



## Herb Crusted Beef Petite Tender

Petite Tender can be cooked whole like a small tenderloin roast or cut cross-wise into filet-style steaks.

- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) EACH dried thyme and paprika
- 2 cloves garlic, minced
- 1 Petite Shoulder Tender Beef Oven Roast (approx 500 g)
- Kosher salt and coarse pepper
- 1 tbsp (15 mL) vegetable oil
- 1 tbsp (15 mL) Dijon mustard

1. **Combine** parsley, thyme, paprika and garlic in small bowl; set aside.
  2. **Rub** beef all over with salt and pepper. Heat oil over medium-high heat in heavy skillet; add beef and cook, turning, until golden brown all over.
  3. **Brush** roast all over with Dijon mustard. Coat all over with reserved herb mixture, pressing mixture. Place pan with roast in preheated 350°F (180°C) oven for 15 to 20 minutes for medium-rare or until digital instant-read thermometer inserted into thickest part of beef reads 140°F (60°C).
- **Petite Shoulder Tender** is a small quick-cooking roast that's good for family of 2 to 3. It is one of the tender roasts available at a moderate price with great flavor.
  - **To Cook:** Rub a 1 to 1-1/2 lb (500 g to 750 g) roast all over with coarsely ground pepper and kosher or coarsely ground sea salt. Place on rack in shallow roasting pan. Insert oven-safe meat thermometer sideways into centre of roast.\* 2. Oven-sear in preheated 450°F (230°C) oven for 10 minutes. Reduce heat to 275°F (140°C); cook uncovered until thermometer reads 140°F (60°C) for medium, about 15 to 20 minutes, depending on roast thickness and weight. OR Grill using medium-high heat, turning occasionally for about 10 minutes per side (move roast to cooler part of grill if it begins to over brown), until digital instant read thermometer inserted into the thickest part of the roast reads 140°F (60°C) for medium. 3. Cover loosely with foil and let stand for at least 15 minutes before carving across the grain into thin slices.