

Tender Eye of Round Veal Roast MONTPAK

So easy to prepare
With many delicious recipe applications.



Beforehand:

Keep refrigerated until ready to use. If frozen, defrost in refrigerator overnight.



Step 1. Preheat oven to 450°F. Attach eye of round roast with butcher cord (optional). Brush roast with olive oil.

Step 2. Combine salt, pepper, oregano, ground thyme, garlic, and smoked paprika.

Step 3. Rub roast with seasoning mix. Make sure that roast is well covered.

Step 4. Line a roasting tray with a large piece of heavy aluminum foil. Place seasoned roast on foil. Take the aluminum foil and roll tightly in order to enclose the roast completely. This is the preferred cooking method see step 5 (A). However, you can also cook it on a rack in a roasting tray see step 5 (B).



A**B****A****B**

Step 5. Place roast in a pre heated oven at 450°F. Roast for 6 minutes per pound. Reduce the oven temperature to 250 °F and continue to roast for one hour or until internal temperature reaches 140°F for a medium doneness. Reduce cooking time for medium rare doneness.

Step 6. Remove roast from the oven and let rest for 5-10 minutes. If using the foil wrap method [B] keep roast wrapped for the resting period. Collect the natural juices from the pan and foil in a bowl for use later.



Step 7. Set roast on a cutting board and slice roast into ¼ inch thick slices or slice according to the desired thickness.

Step 8. Serve hot with your favourite vegetable sides. Pour on top of roast the pan sauce collected from foil or tray. Roast may be refrigerated and thinly sliced and served as a cold entrée with a veal tonnato sauce or in a sandwich with your favourite garnishes or incorporated as a topping in a family style salad.





Serve tender eye of round roast with your favourite sides. Cut in thin slices for a delicious roast veal sandwich. Serve hot or cold .





To make the tonnato sauce; purée 60 ml of capers and 60 ml cut parsley with 45 ml of vinegar, 15 ml zest of lemon, 4 anchovies, 4 egg yolks, 1 -5 oz. can of tuna drained, salt, and pepper to taste in a food processor until smooth. With the motor running, slowly drizzle in 250 ml of olive oil until sauce is emulsified. Thinly slice veal across grain and arrange on a platter. Top with sauce.

**Serve as a cold starter, cut tender eye of round roast into thin slices and serve with a veal tonnato sauce.
Or get your protein dose with a healthy salad garnished with roasted veal slices.**



Bon appétit!