

Organic Beef Sirloin Roast with Gremolata

Prather Ranch, located northeast of Mt. Shasta, is a closed-herd cattle ranch. Their certified organic beef is produced with strict bio-security measures and an animal-rights policy to ensure that the cattle are maintained in an extremely healthy environment. The beef is dry-aged, cut and trimmed by hand on the ranch and the end result is a tender and deeply flavored, leaner product.

one 2-3 lb. Prather Ranch sirloin roast
sea salt and freshly ground pepper to taste
2 t. paprika
2 T. canola oil
½ c. red wine
1 c. chicken stock

1) Preheat oven to 375°F. Season roast generously with salt, pepper and paprika. Allow to sit at room temperature for 30 minutes. In a large sauté pan, heat canola oil and brown roast on all sides. Transfer roast to a baking dish (or if pan is oven-proof, place directly in oven) and roast for 15-17 minutes. Check temperature every ten minutes or so. Timing will vary depending upon the size of roast. Internal temperature should be 120°F for medium rare doneness. After resting the internal temperature will go up 5-10° so final temperature will be between 125° to 135°F.

2) Remove roast from pan and tent with foil. Deglaze pan with red wine, scraping up all the wonderful brown bits. Add chicken stock and reduce mixture to half its volume (¾ cup). Skim off any excess fat and season with salt and pepper. Slice the roast and serve with the au jus and top with the gremolata.

Gremolata

1 clove of garlic, finely minced
zest of one lemon, finely grated
¼ c. finely chopped parsley
1 anchovy filet, finely chopped
¼ c. olive oil
sea salt and fresh ground pepper to taste

Combine all ingredients in a bowl and mix well. Adjust seasonings if needed.

Nutrition (per serving based on 8 servings): 286 calories; 51% calories from fat; 16.0g total fat; 93.0mg cholesterol; 152.8mg sodium; 509.7mg potassium; 1.6g carbohydrates; 0.2g fiber; 0.5g sugar; 1.4g net carbs; 30.1g protein.