

PUB ROAST BEEF SANDWICH

F EASY

Last Modified: 07/18/2005

PREP: 1 Hr
COOK: 3 Hrs 30 Min
OVEN: 500 & 225

SANDWICH

MAKES 24 SANDWICHES

QUA	MEASURE	INGREDIENT	PROCESS
4 ~ 6	Pounds	Sirloin Tip Roast (Choice Or Better)	Rare
24	4 Inch	Crusty Hard Rolls	
AND / OR / MIX			
24	4 Inch	Kaiser Rolls	
AND / OR / MIX			
24	4 Inch	Ciabatta Rolls	
AND / OR / MIX			
24	4 Inch	Soft Rolls	
1	Recipe	Sauce - Red Wine & Orange Pan Sauce	
OR IF ABSOLUTELY NECESSARY			
1	Quart	Canned Au Jus (SALTEEE)	
1/4	Cup	Whole Peppercorns	Crushed
1/4	Cup	Canola Oil	
24	Slices	Provolone Cheese	
AND / OR			
24	Slices	Swiss Cheese	

PREPARATION

FACTOID	The overwhelming majority of Pubs and Bars in the Philadelphia area serve a hand trimmed Sirloin Tip (also known sometimes as a Beef Knuckle) Roast Beef Sandwich with Cheese and Au Jus drizzled over the top. It is served on a Roll, along with a herd of different Condiments on the side. (Different Mustards, Horseradish, Hot Sauces, Pickles, Sliced Red Onions, Hot and Mild Pepper Rings, etc. etc.).
FACTOID	The whole giant Roast sets on a steam table near the Bartender, nestled in an Au Jus base, with a heat lamp that he/she can turn off/on to heat the top of the Roast if it is a little too rare for the customer. The Roast is first cooked to rare in the Kitchen.
TOOLS	1) Basting Brush 2) Probe Thermometer 3) Roasting Pan & Rack
PREP	None.
1	Take the Roast out of the refrigerator a few hours before you cook it to get the Meat closer to room temperature. A room temperature Roast will cook more evenly and quicker than a cold one. Once the Roast gets close to room temperature, preheat the oven to 500 degrees and move the oven racks so you can put the roasting pan on the second rung up from the bottom. Coat the Roast evenly with Canola Oil. Season the Roast liberally with Salt and pat on as much of the crushed Peppercorns as you can coax into sticking. The Oil will help brown the outside and caramelize the Meat in a process (called the Maillard reaction). Put the Roast in the roasting pan with the point up and proceed.
2	When the oven is preheated, place the Roast inside and set the timer for 20 minutes. The first stage of roasting is a high temp for a short period to brown the Roast and get some flavor crust on the outside. Put the Roast in quickly and close the door. Set the timer, and don't open the door until the time is up. Most Sirloin Tips are around 4 pounds, but if your Roast is over 6 pounds, set the timer for 30 minutes instead of 20 minutes.

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3	When the timer goes off, take the Roast out of the oven and lower the heat to 225 degrees. The second stage of roasting is a low heat to finish the inside of the Roast. The best way to make sure your Roast is finished to the proper temperature is to use a detachable probe digital thermometer. That way you will be able to monitor the internal temp of the Roast as it finishes. Here is the list for temperatures and desired done-ness: Rare is 120~125 degrees and medium-rare is 140~150 degrees (well-done is 160~170 degrees, but don't <u>EVEN</u> go there).
4	The last stage of roasting is the resting stage. After you take the Roast out of the oven, it will need to cool and rest before it is consumed. The meat juices inside are hot and bubbly, and if you cut into it right now, the juices would run out and leave you with a dry hunk of Meat. Let it rest for 20 minutes before you cut into it. While the Meat rests, cover it with aluminum foil to keep it from getting cold. After it has rested, slice it thinly and across the grain (pointed end up).
SERVE	Cut bunches of very thin slices off of the pointed top of the Roast, trimming off and discarding ALL fat, gristle, etc. and adding each slice until the Meat in the Sandwich is about 3/4 of an inch thick. Drizzle the top of the Meat generously with hot Au Jus, add a thin slice of Cheese on top and serve while nice and hot with Condiments on the side.

