

# Roast Beef

## Ingredients

One 8lb beef roast  
3 cloves fresh garlic  
2 Tbs rosemary (for the marinade)  
4-5 sprigs fresh rosemary (for the roasting pan)  
1/4 cup olive oil  
1/4 cup red wine  
Fresh ground pepper to taste

## Preparation

Marinate a nice piece of beef overnight in red wine, olive oil, thyme, and rosemary.

The next day, fire your oven until hot, and then let the heat fall to a low to moderate temperature, roughly 350-400°F. If you have fired your oven for a longer period (90 minutes or more), rake out the coals to allow the temperature to keep falling. If you do not have enough retained heat in the oven, you can leave a small fire, or coals at the start of cooking.

Place the roast on a bed of rosemary in a terracotta dish, and top it with some garlic cloves halves and a branch of rosemary.

The roast will brown at the higher heat, then roast slowly as the oven temperature falls. It should take somewhere from 2 to 3 hours to cook. When the roast just starts to drip its juices and it is brown on the outside, check the temperature with a meat thermometer. Pull the roast from the oven when the inside temperature of the roast is 135° to 140°F. Let the roast sit for at least 15 minutes before carving to serve.