

Holiday Beef Roasts Q & A



Smoked & Seared Prime Rib

Q: What are the most popular roasts?

A: **Prime Rib Roast:** This is perfect for slow smoking and then using the reverse sear method to finish. It has just the right amount of marbling to give it tenderness and flavor.

A: **Beef Tenderloin:** A very lean boneless single muscle roast with almost no internal fat, it is a very firm and tender cut that also works well on the smoker and finished on the grill.

A: **Kansas City Strip Loin Roast:** The newer primal beef cut is a lean boneless strip loin, it makes a firm tender roast that can be cut into steaks after being smoked and grilled.

Q: How Many pounds should I buy for a beef roast dinner?

A: I suggest 8oz of meat per person averaged between adults and children.

Q: How can I make sure my Beef roasts turns out well?"

A: **Most important do not overcook it! Smoke/Grill the roasts to the recommended internal temperature and use a good meat thermometer for accuracy. Let the roasts rest for 5 to 10 minutes outside the smoker, than server it. Don't hold it for too long: it will dry out.**

BBQ Smoking times including finishing on the grill (reverse sear) for the last 5 minute to crisp the outside bark. BBQ Smoking temperatures are maintained between 250 -275 degrees using Good-One Lump Charcoal and either peach or cherry wood to enhance flavor.

Smoking times for Beef Roasts

	Weight in Pounds	Total Smoking Time	Remove From Smoker when Internal Temp Reaches
Prime Rib Roast	4 to 6 pounds (2 Ribs)	Medium Rare: 3 Hours Medium: 3 1/2 hours	125 degrees 135 degrees
	6 to 8 pounds (4 Ribs)	Medium Rare: 3 1/2 Medium: 4 hours	125 degrees 135 degrees
	8 to 10 pounds (5 + Ribs)	Medium Rare: 3 1/2 Medium: 4 hours	125 degrees 135 degrees
Tenderloin Roast	2 to 3 (Center Cut)	Medium Rare: 1 1/2 hours Medium: 1 3/4 hours	125 degrees 135 degrees
	4 to 5 (Whole)	Medium Rare: 1 1/2 hours Medium: 1 3/4 hours	125 degrees 135 degrees
Kansas City Striploin Roast	3-5 pounds	Medium Rare: 1 1/2 hours Medium: 1 3/4 hours	125 degrees 135 degrees

Smoked Full Beef Tenderloin Recipe: (Reverse Sear Method)



Ingredients:

1 whole beef tenderloin, trimmed of all visible fat and silver skin stripped
kosher salt
Three Little Pigs All Purpose Rub
1/2 cup tri-color peppercorns, crushed with a rolling pin
1 stick butter
2 cloves garlic, crushed

Directions:

Preheat the Good-One Smoker to 250 degrees F.

Place the tenderloin on a smoker and add 2 chunks of cherry wood. Sprinkle generously with kosher salt and Three Little Pigs All Purpose Rub, which will deepen the savory flavors.

Press the crushed peppercorns all over the surface of the meat. Insert a meat thermometer and place in the smoker until the beef registers to 125-130 degrees F for medium-rare/rare. Beef will probably cook in 1 to 1 ½ hours depending on its temp before it goes in the smoker.

While the meat is smoking, melt the butter with the garlic in a small skillet, and allow the butter to slightly brown. Remove the garlic and discard.

Remove the meat when it's done and place on hot grill until outside is seared to liking, then pour the garlic butter over gently (it should sizzle when it hits the meat). Cover the meat loosely with foil and allow resting for 5 minutes before slicing.

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