



Eagle Catcher Boneless Top Round Roast

Remove Roast from wrapping & rinse in cold R/O (filtered) water. Season completely with lemon pepper. Make a basting paste with finely chopped fresh, garlic, finely chopped fresh Rosemary, coarsely ground black pepper, & olive oil. Rub entire roast thoroughly & set in dish, drizzle with olive oil.

Finely slice small brown portabella mushrooms, fresh medium small garden onions & cover roast with them. Sprinkle with ground black pepper & sea salt, cover & set in refrigerator overnight.

Prior to cooking, press one or 2 garlic cloves with juice & crushed garlic on top of roast with more olive oil. In roasting pan place roast & 2-3 small bulb onions. Season lightly.

Roast, uncovered @ 400 degrees for 15 minutes. Remove from oven & drizzle with olive oil. Return to oven & at 250 degrees roast another 20 minutes. Remove cover, rest for 10 minutes & serve with vegetables. * See recipes for vegetables*

Vegetables to serve with Top Round Roast

In microwave safe covered bowl, place whole washed Yukon potatoes, onions of choice, halved mushrooms, small carrot sections, olive oil & seasonings.

Cook in 1100-watt microwave 7-9 minutes (depending on size of dish & quantity of veggies). Add to serving platter with roast, sliced to choice. (Always across the grain of the meat fibers).

Roast & veggies are really enjoyed with a good full-bodied red wine: a French red Languedoc – (Grande Reserve de Gassac – 2009) with our meal on 6/16/2012 was really good.