

SLOW-ROASTED EYE OF THE ROUND BEEF

(inspired by several sources)

for the roast beef:

1 piece of eye-of-the round roast (3 to 5 pounds)
salt and pepper to taste (use a heavy hand on spices in this preparation)
olive oil spray

for the sauce:

1/2 cup creme fraiche (or sour cream)
1 to 2 tablespoons prepared horseradish
2 tsp fresh lemon juice
1 tsp minced fresh chives
salt and black pepper to taste

Season the piece of beef heavily with salt and pepper. Cover with plastic wrap and let it sit in the fridge overnight, or for an hour minimum.

Heat the oven to 225 F. Spray the beef with a light coating of olive oil and sear on a heavy skillet over high heat on all sides. Transfer roast to a rack over a baking sheet and place in the oven. If you have a probe thermometer, stick it inside the meat and set your gadget to let you know when the meat reaches 115 F (for rare), or 125 F for medium-rare. In this preparation, you do not want the meat cooked past medium. It will take anywhere from 75 minutes for rare, to a little over 2 hours for medium-rare.

Turn oven off; leave roast in oven, without opening door, until meat-probe thermometer or instant-read thermometer inserted into center of roast registers 130 to 140 degrees, depending on your preference. This will take another 30 minutes or so.

Transfer roast to carving board and let rest for 15 to 20 minutes. Slice meat crosswise as thinly as possible and serve with horseradish sauce, if so desired.