

Herb-Crusted Sirloin and Red Wine Jus Easy as Pie

1.5kg, Canadian Sirloin Beef – let stand for 1 hour

Cooking spray

2 1/2 teaspoons rock salt

1 teaspoon freshly ground black pepper

1/4 cup Dijon mustard

2 tablespoons chopped fresh rosemary

1 tablespoon chopped fresh thyme

3 garlic cloves, minced

1 1/2 teaspoons all-purpose flour

1/2 cup dry red wine (such as pinot noir)

1 1/4 cups unsalted chicken stock

3 teaspoons unsalted butter



PROCEDURE:

1. Sprinkle roast with 1 1/2 teaspoons salt and pepper.
2. Heat a large skillet over medium-high heat. Add roast to pan, fat side down; cook 10 minutes, turning roast to brown on all sides. Let rest for 5 minutes
3. Coat a large roasting baking dish with cooking spray and place meat there
4. Combine mustard, rosemary, thyme, and garlic in a small bowl and rub mustard mixture evenly over roast.
6. Place baking dish in a preheated oven (180 C) for 1 hours and 40 minutes or until desired degree of doneness. Remove roast from oven; let stand.
7. Sprinkle 1 1/2 teaspoons flour into skillet. Place over medium heat; cook 2 minutes, stirring constantly and scraping pan to loosen browned bits. Stir in wine; cook 2 minutes or until liquid thickens, scraping pan to loosen remaining browned bits. Stir in stock. Increase heat to medium-high. Bring to a boil; cook until liquid is reduced to 1/2 cup (about 8 minutes).
8. Strain stock mixture through a fine sieve over a bowl.
9. Cut twine from roast and serve.