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the market



Boneless Spoon Roast

With Yorkshire Pudding

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Ingredients

1 Spoon Roast - 6 lbs.
2 Tsp. Vegetable Oil
Cooking Oil (if Needed)
2 Cups of Milk
1/4 Tsp. Salt

6 Cloves Garlic
Kosher Salt & Coarse Black Pepper to Taste
4 Eggs
2 Cups All Purpose Flour

Cook Time: 2 - 1/2 Hours Preptime: 10 Minute

Place garlic cloves under fat cap of roast. Lubricate with oil and season well with salt and pepper. Place meat fat side up in roasting pan. Roast in a 325 degree oven for 20 minutes per pound. (2-2 1/2 hours for medium rare, 130 degrees internal temperature) Remove meat and cover with foil. Let stand 20 minutes and carve. After removing meat from oven increase temperature to 450 degrees. Place muffin tins on sheet pan and place in oven to get hot. Meanwhile, add enough cooking oil to drippings to equal 3/4 cup. Combine eggs, milk, flour and salt. Beat with electric mixer until smooth. Pour drippings into muffin tins for 12 equal portions. It should be smoking. Pour batter into muffin tins, 1/2 full. Bake for 12-15 minutes or until puffy and golden. Serve at once with roast and au jus.