

Sous Vide Rump Roast

Courses: Main Dish

Categories: Beef, Sous Vide

Cooking time: 18 hours

Ingredients

2.5 pound rump roast

1.5 TBSP Salt

2 TBSP pepper

2 tsp sugar

3 TBSP butter

Directions

Mix the salt, pepper, and sugar together in a bowl. Sprinkle the spices over the roast, and press into the meat to form a crust. Cut a vacuum sealing bag large enough to hold the roast. Place beef in the bag, add the butter in the bag, seal the bag. Set the temperature of the Sous-Vide machine at 138°F for medium rump roast. When the water reaches the temperature, submerge the roast in the water. Set a timer for 18 hours (this is the cook time of the roast). When the roast is done cooking, remove the bag from the water and allow the roast to rest for a few minutes. Snipe the edge of the bag, pour the juices in to a bowl. Heat a skillet over med-high heat. Pour a little olio to coat bottom of the pan. Sear the roast in the pan, 45 seconds to 1 minute per side, you want to caramelize the surface. Slice the roast into thick slices, serve with juice from bowl.