

## The Rump Roast

### Super Slow Roasted Beef

*The Grassfed Gourmet Cookbook*, by Shannon Hayes

About 6 1/2 hours before you would like to serve dinner start to prepare the roast, which weighs approximately 2 1/2 to 3 pounds.

Take the fully defrosted roast out of the refrigerator and cover with Herb Rub:

1 tablespoon dried thyme

1 tablespoon dried rosemary

2 tablespoons dried oregano

1 teaspoon ground fennel

2 teaspoons garlic powder

1 1/2 tablespoons coarse salt

2 teaspoons freshly ground black pepper

Store any unused rub for a later recipe.

Lightly cover the rubbed roast and let it sit at room temperature for 2 hours. Preheat oven to 325 degrees. **Use a meat thermometer.** Insert it into the roast and place the roast in the oven uncovered for 1/2 hour. Turn the oven down to 170 degrees and cook until the meat thermometer reads 135 degrees. Take the roast out of the oven, lightly cover it with aluminum foil and let it rest for 15 minutes. Slice it very thinly.

Serve this wonderful roast with mashed potatoes topped with gravy made from the pan drippings.