

PREPARATION METHODS

THAWING: Remove roast from box and place on sheet pan in 34-40 degrees F refrigerator. *Leave space between roasts for air circulation. Do not remove protective cooking bag. Allow approximately two days for roasts to completely thaw.*

HEATING METHOD: Roasts are fully cooked. Warming to desired serving temperature is all that is required.

Heating Pot Roast: Remove roast from bag; save juice. Place on elevated roasting rack; pour ½" of water in pan; keep meat out of water. Pre-heat oven to 300 degrees F. Heat until internal temperature reaches desired temperature.

Microwave, Individual Slices: 1. Pre-slice thawed roast in desired portion size. Wrap each slice individually and hold in refrigerator. 2. When roast order is received, place unwrapped slice on china plate and cover with lettuce leaf or another china plate. Since microwave ovens vary greatly in wattage, brand and age, testing is required for proper results. At full power, heating time can vary from 1 to 1 ½ minutes. On defrost or lower power, the heating time can run from 3-5 minutes. Thicker slices require more time.

Heating By The Slice: Place individual slice in pan of heated au jus until warmed through, approximately 1-2 minutes.

Steam Table Method: Place whole roast – still in punctured roasting bag on small rack in steam table tray, cover tray with lid and set heat at 145 degrees F for approximately 2 ¼ to 2 ½ hours.

TO PREPARE AU JUS: Capture natural juices from roasting bag and add water (3 parts to 1 part juice). Heat, adjust seasonings to taste, strain and serve over heated roast portion or in cup on the side.

REMEMBER: Each pot roast is fully cooked – over heating will adversely affect quality.

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