

Beef Cold Cuts (Sous Vide)

March 15th, 2022

This recipe serves: 12

Prep Time: 00:30

Cook Time: 13:00

Commercially available lunch meat is full of preservatives. You can make tasty sliced roast beef lunch meat with none of the unhealthy additives. The perfect roast beef cold cut is obtained through a "low and slow" cook. Ensure that the meat is Pasteurized throughout the cooking process by cooking at 131° F.

Ingredients:

3-4 Pound Eye of Round Roast

Meat Rub

1 Teaspoon Ground Fenugreek

1 Teaspoon Ground Cardamom

1/4 Teaspoon Ground Cumin

1 Tablespoon Table Salt

Directions:

In a small bowl, mix the Rub Mix ingredients.

Cover the Roast Beef with the Rub mix and place the Beef Roast into a Sous Vide bag,

Vacuum out all the air and seal the bag.

Marinate in the refrigerator for 3 days, or up to 5 days.

Freeze up to 6 months.

Sous Vide at 131° F for 12 hours.

Remove the bag from the Sous Vide.

The unopened bag can be refrigerated up to 4 weeks or frozen up to 6 months.

Open the bag and discard the liquid (Au Jus) or use for Beef Stock in another recipe.

Slice the Beef Roast into paper-thin slices (1 mm to 1.5 mm or 1/16 ").

Refrigerate up to 2 weeks.