

# Holiday Roasts from Logan Family Farms

The time of year for good times and good food



## Tried and True PRIME RIB

These center cut roasts bring the tastiest beef to your table. It is juicy, tender and slices nicely for a great presentation. The bones are already removed from the muscle and then tied back onto the meat so the bones act as a rack for cooking. The naturally occurring fat kernel, that is present will bath the meat while cooking.

There are so many ways to prepare this roast. Many like the interior to be the soft, delectable pink color and others like it well done. Use the meat thermometer and remember that the temperature will continue to increase even after the roast has been removed from the oven. 135° in medium rare. Be sure to let the roast stand for at least 10-20 minutes before slicing.

## BEEF BRISKET....Don't be afraid of this cut.

The brisket can look over whelming due to the size. We have briskets from 2 lbs. to 10 lbs. This is my go to cut when we are having a large group for dinner and I have lots of balls in the air while I can preparing the meal. Many BBQ addicts think the only way to prepare a brisket is to smoke it for 12 hours. Smoking a brisket is great but that is a more difficult way to prepare it for me. This time of year, I simply put a rub on the brisket. Any seasoning of your choice will do. I let sit in the refrigerator overnight with the seasoning. An hour before cooking, let it come to room temperature (This is not always necessary but it is good if you have the time). Wrap the entire piece of meat in foil and crimp the edges shut, like a Ho Bo pack from your campfire cooking days. Set the package in a pan with sides because juices will collect during the cooking process. Then LOW and SLOW let the piece of meat cook in a 250° oven. MY rule of thumb is an hour per pound. So if the piece of meat weighs 7 pounds then let it cook for 7 hours. This works well over night. It can cook in your oven or on your grill if oven space is limited. Watch the temp on a grill as it is a little more difficult to keep consistent.

## TENDERLOIN ROAST... the queen of beef cuts

This cut is the easiest and least messy to prepare and present of all the holiday roasts. It is a cylindrical cut of beef that is tender, even if you over cook it☺ . The biggest thing to remember is to use your meat thermometer and cook the internal temperature to 5-10 degrees less than what the temperature to be when you cut the roast. This is to be a dry cooking method so this cut can be pan seared and then finished off in the oven or it can be done entirely in the oven. This cut is presented nicely on a platter with a finishing sauce if you prefer.

## HAMS, HAMS, HAMS

## TAVERN HAM (Nitrite Free)

The Tavern Ham is a solid muscle ham that is smoked and cured with out nitrites in the process. These hams will be smaller in size as smaller pieces are required to ensure the smoking process reaches the interior of the piece for food safety reasons. These hams as well any other ham, are fully cooked so it is only necessary to essentially warm them through for serving.

## TUMBLED HAM...BONELESS HAM

The Berkshire Hog makes outstanding quality pork, and the hams are no exception. The tumbled ham has the leg bone removed and then is tumbled which compresses the meat into the football shape that we are familiar with. This ham is fully cooked and only needs to be heated through. This ham is easy to slice.

## SEMI BONELESS HAMS...tried and true

This ham will be on the larger side because part of the leg bone is left in the ham. This ham is brined and then smoked giving it the familiar taste of ham. It requires the simple preparation method of roasting. A nice glaze is always an added treat when cooking ham. Remember this is a fully cooked piece of meat and thus only needs to be warmed through. I advocate for a covered pan with a bit of water to let the steam warm the ham. 300-350° would be the suggested cooking temperature. Remove the cover and glaze at the end.

## PORK CROWN ROAST....very cool look

This is simply a bone-in pork rib roast cut and tied into a circle. The presentation is exciting and the meat is luscious. This roast contains internal fat that bastes the meat during roasting. The roast will cool the best if it is left to come to room temperature before roasting. Often times it is stuffed inside the inner cavity that is created when the roast is tied into the circle with rib bones sticking up like fingers creating a crown appearance. **REMEMBER DO NOT OVER COOK THIS ROAST.** Pull the roast when the internal temperature is about 145°. Tent it and let it rest as it will continue to cook. This is roast should be put on a rack with minimal amount of water in the pan. Cover it and then remove cover and let it brown.

Happy Holidays and Blessings to ALL!

The Logan's