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Ginger Beef Roast with Orange and Cantaloupe Salad

This recipe is perfect for a patio party – it serves many and the beef roast cooks unattended on the barbecue while you enjoy yourself.

Recipe courtesy of Canadian Beef - www.makeitbeef.ca

Makes 10-12 servings

Prep: 15 min. **Marinate:** 12 hr. **Cook:** 1 hr.



What you need:

| | |
|-----------------|--|
| 1/2 Cup (125mL) | EACH vegetable oil, teriyaki sauce, and finely chopped gingerroot and onion. Grated orange zest and juice of 1 large orange (4 tsp/20 mL zest + 3/4 cup/175 mL juice) |
| 2 tsp (10 mL) | EACH hot Asian chili sauce, chopped garlic, and sesame oil |
| 4 lb (2 kg) | Beef Rotisserie Roast (Sirloin Tip, Inside Round or Cross Rib) |
| 16 cup (4 L) | Mixed salad greens |
| 4 cup (1 L) | Salad ingredients: chopped cucumber, cantaloupe chunks, sweet pepper chunks Citrus Salad Dressing (recipe follows) |

How you prepare:

1. **Combine** vegetable oil, teriyaki sauce, ginger root, onion, orange zest and juice, chili sauce, garlic and sesame oil in large sealable freezer bag. Remove 1 cup (250 mL) of the marinade and set aside to use in Citrus Salad Dressing. Pierce roast all over with fork and add to bag; seal and refrigerate for 12 to 24 hours. Discard marinade; pat roast dry with paper towelling.
2. **Place** drip pan under grill; add 1/2 inch (1 cm) water to pan. Preheat barbecue to medium-high (400°F/200°C). Cooking with rotisserie: Insert spit rod lengthwise through centre of roast; secure with holding forks and place over drip pan. Cooking without rotisserie: Place roast on grill over drip pan that is moved to one side; turn off heat under just the roast.
3. **Insert** meat thermometer into middle of roast, avoiding spit rod (if using). Cook at constant heat in closed barbecue until thermometer reads 155°F (68°C) for medium (about 30 minutes per lb/500 g). Remove roast to cutting board; tent with foil for 10 to 15 minutes to allow temperature to rise an additional 5°F (3°C). Toss salad greens and ingredients with Citrus Dressing and spoon onto individual plates. Carve roast thinly across the grain; place on top of salad.

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Notes:

- **Citrus Salad Dressing:** In small jar with lid, shake together 1/3 cup (75 mL) olive oil, 1/3 cup (75 mL) cider or white wine vinegar and 1 cup (250 mL) of the reserved marinade; season with salt and pepper to taste. Makes 1-1/2 cups (350 mL).
- **Tip:** If using a Premium Rotisserie Roast, marinate for only 1 to 2 hours, just for flavour. You can substitute orange segments, mango or peaches for the cantaloupe if desired.

Per serving:

Calories: 366

Carbohydrates: 11g

Protein: 29g

Fat: 23g

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