



Cured Buffalo Sirloin Roast with Mushroom Jus

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon allspice
- 8 servings mushroom jus
- 4 bay leaves
- 4.5 pound buffalo sirloin roast
- 6 large garlic cloves crushed
- 2 tablespoons kosher salt
- 8 servings salt and pepper freshly ground

- 2 tablespoons sugar
- 3 tablespoons vegetable oil
- 6 cups water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- roasting pan
- kitchen thermometer

Directions

- In a large saucepan, combine the water, garlic, salt, sugar, allspice and bay leaves. Bring to a boil and cook for 2 minutes, then let the brine cool to room temperature. In a very large bowl, cover the buffalo roast with the brine and refrigerate overnight.
- Preheat the oven to 32
- Pat the buffalo roast dry with paper towels. Season with salt and pepper. In a large skillet, heat the oil until almost smoking.
- Add the roast, widest side down, and brown over high heat, about 4 minutes. Continue cooking, turning, until browned all over, about 10 more minutes.
- Transfer to a large roasting pan and cook for about 1 1/2 hours, or until an instant-read thermometer registers 120 for very rare.
- Let the roast rest for 20 minutes.
- Cut the roast in half across the grain. Thinly slice each half across the grain. Arrange the slices on plates and serve with the Mushroom Jus.
- Serve With: Mushroom Jus

Nutrition Facts



■ PROTEIN 64.72% ■ FAT 30.08% ■ CARBS 5.2%

Properties

Glycemic Index:14.39, Glycemic Load:2.37, Inflammation Score:-2, Nutrition Score:22.343913132406%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 350.84kcal (17.54%), Fat: 11.32g (17.42%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.02g (3.35%), Cholesterol: 181.15mg (60.38%), Sodium: 2081.89mg (90.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.82g (109.64%), Vitamin B12: 5.87µg (97.81%), Selenium: 64.41µg (92.01%), Zinc: 8.73mg (58.23%), Phosphorus: 522.43mg (52.24%), Iron: 7.79mg (43.31%), Vitamin B6: 0.69mg (34.57%), Vitamin B3: 5.19mg (25.94%), Potassium: 873.62mg (24.96%), Copper: 0.44mg (21.87%), Magnesium: 64.86mg (16.22%), Vitamin B2: 0.25mg (14.78%), Vitamin K: 9.42µg (8.97%), Vitamin B1: 0.12mg (8.01%), Manganese: 0.11mg (5.54%), Vitamin E: 0.55mg (3.64%), Calcium: 29.58mg (2.96%), Vitamin C: 1.07mg (1.29%)