

Sous Vide Rump Roast

Servings: 5

Calories: ~760/serving

Time: 21h

Ingredients

- 2.5lb rump/chuck roast
 - salt
 - pepper
 - 2 tsp sugar
 - 3 tbsp butter
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Instructions:

- Pat the rump roast dry with paper towels
- Form a crust on the roast with salt, pepper, and sugar
- Setup a sous vide bag for your roast and add the butter
- Turn the sous vide on 138F and cook for 18-36 hours (20h last time)
- Once finished sear roast on all sides in a hot skillet
- Save drippings from bag and make a pan gravy with milk if you have any, reduce until thick

Source: AllRecipes

Made on: 2018/12/21