

# FOOD & WINE

Inspiration served daily

## RECIPE



© Yunhee Kim

### Coriander-Dusted Roast Beef

Contributed by **Grace Parisi**

**ACTIVE: 15 MIN**

**TOTAL TIME: 1 HR 20 MIN**

**SERVINGS: 8 to 10**

Save half of this roast and some of the gravy to make [beef stroganoff](#), [beef salad](#) or [beef fajitas](#) with the leftovers.

**Plus: [More Beef Recipes and Tips](#)**

**ACTIVE: 15 MIN**   **TOTAL TIME: 1 HR 20 MIN**   **SERVINGS: 8 TO 10**  
**HEALTHY**   **MAKE-AHEAD**

## INGREDIENTS

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One 3 3/4-pound beef eye of round roast

2 tablespoons extra-virgin olive oil

1 tablespoon whole coriander seeds,  
coarsely ground

1 teaspoon sweet paprika

Kosher salt and freshly ground pepper

1 1/2 tablespoons all-purpose flour

2 cups beef stock, preferably homemade

## DIRECTIONS

1. Preheat the oven to 350°. Rub the roast with 1 tablespoon of the olive oil. In a small bowl, combine the ground coriander seeds and paprika with 2 teaspoons of kosher salt and 1 teaspoon of pepper. Rub the spice blend all over the roast.
2. In a medium roasting pan, heat the remaining 1 tablespoon of olive oil. Add the roast and brown it well on all sides over moderate heat, turning with tongs, about 5 minutes. Turn the roast fat side up. Transfer the pan to the oven and roast the meat for 35 minutes, or until an instant-read thermometer inserted in the thinner end registers 120° for medium-rare meat. Transfer the roast to a cutting board and let rest for 20 minutes.
3. Set the roasting pan on the stove over

high heat. Add the flour and cook for 2 minutes, whisking constantly. Add the stock and boil, whisking, until the gravy has thickened, 2 minutes. Season with salt and pepper. Slice the roast 1/4 inch thick and serve with the gravy.

From [Pairing of the Day: March 2009](#), 1 Roast Beef, 2 Great Meals

Published [March 2009](#)