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# Roast Beef Bourbon

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1 four to five pound round roast (top or bottom round, eye of round or rump roast)**

**1/2 cup bourbon**

**1 tablespoon brown sugar**

**2 tablespoons lemon juice**

**3 cloves garlic, minced**

**3 dashes bitters**

**1/2 cup oil**

**3 tablespoons flour**

**1 teaspoon pepper**

**1 tablespoon salt**

**2 cups hot water**

**2 cubes bouillon**

In a bowl, combine the bourbon, sugar, lemon juice, garlic, bitters and oil. Pierce the beef deeply with a long skewer and place in a large sealable Ziploc bag. Pour the marinade sauce into the bag over the beef. Turn the bag several times to completely coat the meat.

Marinate for several hours or overnight. Turn occasionally.

Remove from the marinade and coat with flour mixed with salt and pepper. Place the roast on a rack in the oven.

Set the oven temperature to 325 degrees. Roast about 35 minutes per pound or to an internal temperature of 140 to 150 degrees (rare to medium). Baste with the marinade from time to time. Remove the meat to a serving platter. Slice very thinly.

To the pan juices, add water and the bouillon cubes and cook, stirring in the brown bits, until it is smooth and thickened. Strain and serve with the beef.

Yield: 6 to 8 servings

## **Beef**

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*Per Serving (excluding unknown items): 1388 Calories; 109g Fat (86.9% calories from fat); 3g Protein; 34g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6417mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 22 Fat; 1/2 Other Carbohydrates.*