

## SMOKED EYE OF ROUND

### Preparation:

- Trim excess fat from the roast. (There will not be a lot to remove.)

Sprinkle a “light dusting” of the following over the entire surface:

Adolph’s meat tenderizer (I’m not familiar with other brands)

Onion powder            Garlic powder

(I did not add an additional salt since the main component in Adolph’s is salt.)

Use a large fork (the one I used had two tines about 3 inches long) and stick the roast multiple times on all sides. This should allow the meat tenderizer and other additives to penetrate deeply within the meat.

- Coat the surface of the meat with dried Italian herbs and dried parsley. (Other herbs and spices can be added depending on what is available and your preference.)
- Place in a small pan (or pot) that is just slightly larger than the roast and then add a mixture of ice and water to barely cover the roast. (Avoid using a large pan since this will require more water to cover the meat and will dilute the additives.) Cover the pan and place in refrigerator for several hours – I left it overnight since that was convenient.
- One hour before you plan to start cooking the roast, remove the roast from the ice water, drain it and place in a shallow bowl or pan.
- Add Worcestershire sauce (about 2 or 3 tablespoons) and coat all the surfaces of the roast. In 30 minutes turn the roast over in the pan so that the top side also has good contact with the Worcestershire sauce. (This would be a good time to start preheating your smoker.)
- When the smoker temperature is up to about 220 to 225 F, remove the roast from the Worcestershire sauce and added your favorite “steak spice rub.”

### Smoking :

- Place the roast in the smoker on the second grill level and place an aluminum foil “boat” on the first grill level to catch the juices that cook out during the smoking operation.
- Smoke for one hour with a temperature set point of 220 and raise to 225 for the second hour. Check the center temperature of the roast at the end of the second hour. It should be at least 125 F (rare). (The one I cooked had reached 140 F (med rare) at the end of two hours and it was excellent.) (For “rare” roast, you might check temperature after 90 minutes in the smoker.)

### Finishing:

- Wrap the roast in Aluminum foil and let it rest for about 30 minutes or until the rest of the meal is done. (Since I had been projecting for 2 ½ hours cooking time, I had an extra 30 minutes before the rest of dinner was ready – I left the foil-wrapped roast in the smoker with the temperature set to 130 F.)

### Serving:

- Slice in very thin slices across the grain and serve. The juices collected in the foil boat were made available for addition to the meat as desired by those eating the meal. Amazingly tender.