

Foodnity Recipes

Garlic Herb Roast Beef With Teriyaki Glaze

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

The Roast

- [ ] 3.5 pounds center-cut beef roast (such as top sirloin or ribeye)
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon kosher salt
- [ ] 1 teaspoon freshly ground black pepper
- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons fresh rosemary, chopped
- [ ] 2 tablespoons fresh thyme, chopped

Teriyaki Glaze

- [ ] 1 cup soy sauce
- [ ] 1/4 cup honey
- [ ] 1/4 cup mirin (or dry sherry)
- [ ] 2 tablespoons rice vinegar
- [ ] 2 cloves garlic, minced
- [ ] 1 teaspoon freshly grated ginger
- [ ] 1 tablespoon cornstarch
- [ ] 1 tablespoon cold water

Instructions

1. First things first, just pat the beef dry with some paper towels. I like to let it sit out and come to room temperature for about 10 minutes; it just makes everything more even, you know?

2. Go ahead and preheat your oven to 425°F (220°C). In a small bowl, mix together the olive oil, salt, pepper, that finely minced garlic, rosemary, and thyme. Now, just rub this lovely herb mixture all over the roast. It smells wonderful already.

3. Get a hot oven-proof skillet or your roasting pan over medium-high heat. Sear the roast for about 2–3 minutes per side. You're looking for that beautiful golden crust to form—don't rush it!

4. Transfer the seared roast onto a rack in the roasting pan. Pop it in the oven for 15 minutes, then—and this is important—reduce the heat to 350°F (175°C). Keep roasting until your meat thermometer reads 125°F (52°C) for medium-rare. Usually, that takes about 50–60 minutes total, but it depends on the size of your beef.

5. While the beef is doing its thing, let's make the glaze. Combine the soy sauce, honey, mirin, rice vinegar, minced garlic, and grated ginger in a saucepan over medium heat. Bring it to a simmer and let it thicken up a bit for about 5 minutes.

6. Whisk together your cornstarch and cold water to make a little slurry, then stir it right into the simmering glaze. Cook for another 2 minutes until it's glossy and coats the back of a spoon. Wow, the aroma is just lovely.

7. Once the roast hits 125°F (52°C), take it out and brush it generously with about ½ cup of that teriyaki glaze. Put it back in the oven for another 8–10 minutes to let the glaze caramelize. We're aiming for a final internal temperature of 135°F (57°C) for medium.

8. Now, the hardest part: waiting. Let the roast rest on a cutting board, tented loosely with foil, for 15 minutes. It allows the juices to redistribute so they don't all run out on the board.

9. Slice the roast thinly against the grain. I love to drizzle some extra glaze on top before serving it with some roasted veggies or a fresh salad. Enjoy!

Nutrition per serving

480 kcal	45 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't skip the searing; it's the secret to that deep, savory flavor.
- A meat thermometer is your best friend here to ensure the beef stays juicy.
- Letting the meat rest is non-negotiable if you want the juices to stay inside the beef.