

Sam's Club® Meat

Bob Fields, Sam's Club Senior Fresh Meat and Seafood Buyer, wants Members to know that Sam's Club takes extraordinary steps to make certain that their meat is absolutely fresh. Meat is hand-cut and packaged every day in each Club to ensure the freshest possible product. Ground beef is produced multiple times daily and is only offered in the meat case for 24 hours before being discarded. This guarantees that the ground meat at Sam's Club will always be fresh and wholesome.



ruler of the roast

roasting tips to **WOW** your friends and family

By Nicole Aloni

BASICS OF ROASTING MEAT

- Look for at least 1/4" of fat on all meats to be roasted.
- Always bring the meat to room temperature before putting it into the oven.
- The perfect roasting pan is made of heavy metal with sides that are shallower than the height of the roast.
- To keep all the tasty juices in the meat and not on the cutting board, let it rest out of the oven before carving: Beef, pork or lamb roast (3-4 lbs.) or whole chicken—let rest for 10-15 minutes. Large beef, pork or lamb roast (7-8 lbs.) or whole turkey—let rest 15-25 minutes.
- The internal temperature of a roast will rise between 5-10 degrees while resting out of the oven before being carved.
- A sticky residue is often left in the bottom of the roasting pan, which is the backbone for delicious pan sauces. To make a quick sauce to accompany roasted meat or poultry, add a warm liquid—like stock, water or wine—to the pan and simmer to thicken. Fresh herbs and butter may be added as flavoring. Pan sauces provide an easy finishing touch to your roasted meat.

HOW TO ROAST VEGETABLES

THE BASIC TECHNIQUE

- Preheat oven to 450°F.
- Place all vegetables in one layer on a heavy sheet pan lined with foil. Coat the surface of the vegetables generously with vegetable or olive oil—unless “no oil” is indicated—and sprinkle with kosher salt.
- Leave all vegetables whole, unless otherwise indicated.
- Turn all vegetables at least once during their indicated cooking time.
- All timing is approximate; look for a fully cooked vegetable. In the case of the eggplant or peppers, the skin will actually be blistered and blackened.

VEGETABLES ARE GROUPED BY REQUIRED COOKING TIME

40–50 MINUTES

- Whole large eggplant (pricked, no oil): 50 minutes or more. Scoop out the smoky-flavored flesh to use in sauces, salads, soups or spreads.
- Butternut squash (cut into 4 wedges, scrape out strings and seeds): 50 minutes.
- Sweet potato (peeled, sliced 1/4" thick): 50 minutes. Drizzle with an even mix of maple syrup and orange juice or melted unsalted butter and minced ginger and thyme for last 10 minutes of cooking time.
- Small new potato (whole): 40-50 minutes. Toss with fresh minced rosemary and crumbled blue cheese when removed from oven.
- Idaho potato (cut lengthwise into 12 wedges each): 40-50 minutes. Add toasted cumin and cayenne to coating oil or sprinkle with malt vinegar and powdered garlic for last 5 minutes of roasting.
- Whole bell peppers (no oil, remove peel, stem and seeds after roasting): 45 minutes. Slice and serve with olive oil and chopped parsley or refrigerate to use in recipes.
- Garlic (whole head): 40 minutes. Cut 3/4" off the top of each head. Add rosemary, thyme or basil to the oil and coat liberally.

20–30 MINUTES

- Red onion (sliced 1/4" thick and separated into rings): 25 minutes.
- Carrots (peeled and sliced 1/2" thick): 25 minutes. To serve, drizzle with honey, butter and thyme.
- Zucchini (sliced lengthwise 1/4" thick): 30 minutes.
- Small eggplant (halved lengthwise, cook cut-side down): 25 minutes.

10–20 MINUTES

- Asparagus: 10-12 minutes.
- Cherry tomatoes (whole): 20 minutes.
- Portobello or shiitake mushrooms (wiped clean,

- stems removed, cooked stem-side down): 12 minutes. Add soy sauce or puréed garlic mixed into roasting oil. Sprinkle with minced thyme and lemon juice after roasting.
- Leek (quartered and sliced 1/4" thick, thoroughly washed and dried): 10-15 minutes. 



Bob Fields recommends Beef Rib, Ribeye Boneless Roast* USDA Choice beef. Boneless oven roast (shown above with roasted vegetables). Barbecue, broil or roast. Great for holiday gatherings.

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Food items are available in-Club only. Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

* Available in Clubs with a Fresh Meat Department.