

McGonigle's Market

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Loin Point Roast

Unless you are a regular shopper at McGonigle's, you have probably never heard of a loin point. Kansas Citians have been guarding this secret for years. This little beauty is steak quality at a roast price. Cut from the sirloin, it combines two lean and delicious cuts, the tri tip and the ball tip. McGonigle's rolls them together by hand for a wonderful little roast fit for the finest tables.

Basic Roasting Instructions

The loin point is best cooked rare or medium rare. Place the roast in a roasting pan. Using a cast iron skillet allows you to make the gravy right in the cooking pan. Season with the provided spice mix, or just salt and pepper. Cook open in a 325' oven for 1 ¼ to 1 ½ hours. Remove roast from oven and let rest for ten to fifteen minutes. Gravy: Remove roast from pan and place pan with juices on a burner. Add one cup of water and scrape pan to loosen bits. Slowly bring to a boil. When mixture is boiling rapidly, add contents of demi-glance mix. Stir to dissolve. Reduce heat to simmer. In separate container, mix 1 cup cold water and 2 tbs. flour until smooth. Slowly pour flour mixture into simmering broth, stirring constantly. Simmer for another 2 minutes as gravy thickens.

Basic Grilling Instructions

Season as above. Sear over fairly high heat until browned all around. (10-15 min) Cover, lower heat and allow to cook for 20-30 minutes more until desired doneness. Use a meat thermometer for accuracy.

For other recipes, consult our website: www.mcgonigles.com