

# Beef and Cheddar Sandwich

This recipe will make 2 medium trays of Roast Beef \*

[John in Bibs': Beef and Cheddar Freeze Dried and Reconstituted Ep243](#)

## Ingredients:

4lb Beef Rump Roast

Caribbean Cowboy  
Meat Rub or your  
choice of rub

1 Cup of Water

1 Beef Ramen  
Seasoning Packet

Freeze Dried Cheese  
Sauce (See recipe)



## Directions:

1. Bring to room temperature, and then trim off as much fat as possible
2. Spread Meat rub all over the roast liberally
3. Place rack in your electronic pressure cooker, preheat on broil for 10 minutes, place roast on rack, and then broil the roast for about 50 minutes (looking for medium rare-medium cook temp) monitoring until internal temperature reaches at least 125 degrees. Remove the roast and let rest and get to room temperature, cover and refrigerate overnight
4. Remove rack from pressure cooker, add 1 cup of water and 1 Beef Ramen Seasoning Packet, stir, turn the pressure cooker to saute Hi and bring to a boil, then cool in refrigerator overnight.
5. Slice the roast thinly, (I use a meat slicer)
6. Remove fat from the drippings, and then pour the juice evenly over the 2 trays.
7. Freeze until solid and then freeze dry.
8. I packaged mine with a ½ C of Freeze Dried Cheese Sauce per single use package

**Cycle Time: Varies**

**Rehydration:** Add 1 Cup of Boiling water, cover, and let rest. I Added ⅛ C of warm water to the ½ C of Cheese Sauce, and then added a little more water. Drain Water off of the meat, and then add meat to your sandwich and cheese sauce.



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray