



The **Pikes Peak Roast**, also known as the rump end or the heel of the round, is a unique and often underappreciated cut of beef. It comes from the lower part of the cow's rump and top of the shank. This cut is incredibly flavorful but requires slow-cooking methods to get the tender and juicy results it's famous for.

This cut stands out for its rich marbling and gelatinous texture when cooked. It's perfect for pot roasts and hearty dishes that allow the flavors to shine through. Its origin as a working muscle means it's naturally lean, but with the proper cooking techniques, you can achieve melt-in-your-mouth tenderness.

## Exploring Pikes Peak Roast Price: How Much Does It Cost?

When it comes to pricing, **Pikes Peak Roast** offers exceptional value. This cut is often more affordable compared to premium cuts like ribeye, filet mignon, or prime rib, making it an excellent option for families or anyone hosting on a budget.

Depending on your location and butcher, the price of Pikes Peak Roast typically ranges from \$5 to \$10 per pound. You can often find this cut at local butcher shops, farmers' markets, or specialty online meat retailers. Considering its unique flavor and versatility, this is a bargain for those who enjoy flavorful, slow-cooked meals.

## Step-by-Step Pikes Peak Roast Recipe for Perfect Results

Looking to cook the perfect **Pikes Peak Roast**? Follow this foolproof recipe to impress your family or guests. The secret here is slow cooking—allowing time for the connective tissues to break down for ultimate tenderness and flavor.

### Ingredients:

- 3 lbs Pikes Peak Roast
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 2 cups beef broth
- 1 cup red wine (optional, for extra flavor)



- 3 carrots, chopped
- 3 potatoes, chopped
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme

## Instructions:

1. **Prep the Roast:** Pat the **Pikes Peak Roast** dry with a paper towel. Season all sides generously with salt, pepper, and thyme.
2. **Sear the Meat:** Heat olive oil in a large skillet over medium-high heat. Sear the roast on all sides until golden brown; this step locks in flavor.
3. **Prepare for Slow Cooking:** Place the roast in your slow cooker or Dutch oven. Add onions, garlic, carrots, and potatoes around it.
4. **Add Liquids:** Pour beef broth and wine over the roast. Ensure there's enough liquid to submerge at least half of the meat.
5. **Cook Low and Slow:** Cover and cook on low for 8-10 hours (or 3-4 hours on high). The longer, the better to maximize tenderness.
6. **Serve:** Once done, remove the roast. Slice and serve with vegetables and your favorite sides.

## Pioneer Woman's Take on Pikes Peak Roast: A Delicious Twist

If anyone knows how to make **Pikes Peak Roast** irresistible, it's The Pioneer Woman herself, Ree Drummond. Her signature twist on this classic dish involves adding tomato paste for extra depth and rosemary for a fragrant note.

Ree's modified recipe calls for:

- Add 2 tablespoons of tomato paste during the searing process.
- Toss in a sprig or two of fresh rosemary when adding liquids to infuse the roast with additional earthy, aromatic flavors.

## How to Cook Pikes Peak Roast in a Slow Cooker: Easy



## Instructions

Cooking a **Pikes Peak Roast** in a slow cooker is arguably the easiest method to guarantee tender, flavorful meat. Simply follow the same steps as the recipe above, with minimal hands-on time. Slow cookers are ideal for busy schedules and allow you to savor a warm, home-cooked meal with little effort.

## Understanding the Pikes Peak Roast Cut: What Makes It Special?

What truly sets the **Pikes Peak Roast** apart is its ability to soak up flavors and become ultra-tender with the right cooking methods. While it's leaner than other cuts, its connective tissue transforms into a silky texture through slow cooking.

This cut is also unique because it's less mainstream, giving you a chance to surprise family or guests with something they've likely never tried before.

## Pikes Peak Roast Oven Recipe: Baking to Perfection

### Ingredients You'll Need:

- 1 Pikes Peak Roast (3-4 lbs)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 onion, sliced
- 2 cups beef broth
- 1 cup red wine (optional)
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- Salt and pepper to taste
- Assorted root vegetables (carrots, potatoes, parsnips), chopped

### Step-by-Step Instructions:

#### 1. Preheat the Oven

Preheat your oven to 275°F (135°C) to ensure slow and even cooking.



## 2. Prepare the Roast

- Season the Pikes Peak Roast generously with salt and pepper.
- Heat olive oil in a large oven-safe Dutch oven or skillet over medium-high heat.
- Sear the roast on all sides until browned, creating a crisp, flavorful crust.

## 3. Add Aromatics and Liquid

- Remove the roast and set aside.
- Reduce the heat and sauté garlic and onions until fragrant and soft.
- Pour in beef broth and red wine (if using) to deglaze the pan, scraping up any browned bits.

## 4. Assemble in the Oven

- Place the roast back in the pot, nestling it among the chopped root vegetables.
- Add rosemary and thyme sprigs for extra flavor.
- Cover tightly with a lid or aluminum foil.

## 5. Bake to Tenderness

- Transfer the pot to the oven and bake for 3-4 hours, or until the meat is fork-tender.
- Check occasionally, adding more broth if needed to keep the roast moist.

## 6. Rest and Serve

- Remove the roast from the oven and allow it to rest for 10 minutes.
- Slice or shred as desired, serving alongside the tender vegetables and the flavorful pan juices.

This oven recipe ensures you achieve a melt-in-your-mouth roast packed with hearty flavors perfect for any occasion.

# Comparing Pikes Peak Roast Coffee and Starbucks Blends

Feature	Pikes Peak Roast Coffee	Starbucks Blends
Flavor Profile	Bold, smooth, unique	Wide variety, often robust



Roasting Style	Small-batch, artisanal	Large-scale, commercial
Bean Origin	Sourced locally or regionally	Global sourcing from many regions
Availability	Limited, specialty markets	Widely available in stores and online
Price Range	Often more premium-priced	Varies, generally highly accessible
Sustainability Practices	Focus on artisan growth, eco-conscious	Varies by blend, aims for global sustainability
Audience Appeal	Appeals to niche coffee enthusiasts	Appeals to mainstream coffee consumers

This table highlights the differences and unique characteristics of the two coffee options, helping coffee lovers choose based on their preferences and priorities.

## Tips for Pairing Pikes Peak Roast with Your Favorite Sides

**Pikes Peak Roast** pairs wonderfully with a variety of sides for a well-rounded meal. Here are a few ideas for maximum flavor contrast:

- **Mashed Potatoes:** Creamy and buttery, perfect for soaking up roast juices.
- **Roasted Vegetables:** A medley of root vegetables like parsnips and sweet potatoes adds natural sweetness.
- **Crusty Bread:** Great for sopping up gravy or jus.
- **Steamed Greens:** Spinach or green beans balance the richness of the roast.

## Conclusion

The **Pikes Peak Roast** is a versatile and [flavorful cut](#) that shines when prepared with care. Whether you’re crafting a comforting family dinner, meal prepping for busy weeks, or experimenting with creative dishes like tacos or sandwiches, this roast offers endless possibilities. By slow-cooking it to tender perfection and pairing it with complementary sides, you’ll highlight its rich, savory flavor every time. With a little patience, the **Pikes Peak Roast** is sure to become a standout dish in your recipe collection.



## FAQs

### **What is a Pikes Peak Roast?**

A Pikes Peak Roast, also known as a heel of round, is a cut of beef taken from the lower round portion of the cow. It's a lean cut with a robust flavor that benefits from slow, moist cooking methods to achieve optimal tenderness.

### **How should I store a Pikes Peak Roast?**

Store your Pikes Peak Roast in the refrigerator if you plan to cook it within 2-3 days. For longer storage, wrap it tightly in freezer-safe packaging and keep it frozen for up to 6 months for the best quality.

### **Can I cook a Pikes Peak Roast in a pressure cooker?**

Absolutely! Using a pressure cooker is a great way to achieve tender, flavorful results in a fraction of the time compared to traditional slow cooking methods. Just be sure to include enough liquid for the roast to cook evenly.

### **What are some other ways to use leftover Pikes Peak Roast?**

Leftover roast can be repurposed in a variety of ways! Slice it thinly for savory sandwiches, shred it for tacos or burritos, or dice it to add to soups, stews, or hearty salads.

### **Is Pikes Peak Roast suitable for a keto diet?**

Yes, the Pikes Peak Roast is perfect for a keto diet as it is a low-carb, high-protein cut of meat. Pair it with keto-friendly sides like roasted vegetables or cauliflower mash for a complete meal.