



Jamie Oliver's Perfect Roast Beef

Serves 6 - 8

Ingredients

1.5 kg quality topside of beef
2 medium onions
2 carrots
2 sticks celery
1 bulb garlic
1 small bunch fresh thyme, rosemary, bay or sage, or a mixture
olive oil
sea salt
freshly ground black pepper

Method

To prepare your beef:

Take your beef out of the fridge 30 minutes before it goes into the oven. Preheat your oven to 240°C/475°F/ gas 9. There's no need to peel the vegetables – just give them a wash and roughly chop them. Break the garlic bulb into cloves, leaving them unpeeled.

Pile all the veg, garlic and herbs into the middle of a large roasting tray and drizzle with olive oil. Drizzle the beef with olive oil and season well with salt and pepper, rubbing it all over the meat. Place the beef on top of the vegetables.

To cook your beef:

Place the roasting tray in the preheated oven. Turn the heat down immediately to 200°C/400°F/gas 6 and cook for 1 hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.

If you're doing roast potatoes and veggies, this is the time to crack on with them – get them into the oven for the last 45 minutes of cooking. Baste the beef halfway through cooking and if the veg look dry, add a splash of water to the tray to stop them burning.

When the beef is cooked to your liking, take the tray out of the oven and transfer the beef to a board to rest for 15 minutes or so. Cover it with a layer of tinfoil and a tea towel and put aside while you make your gravy, horseradish sauce and Yorkshire puddings.

Gonalston Farm Shop
0115 966 5666
www.gonalstonfarmshop.co.uk