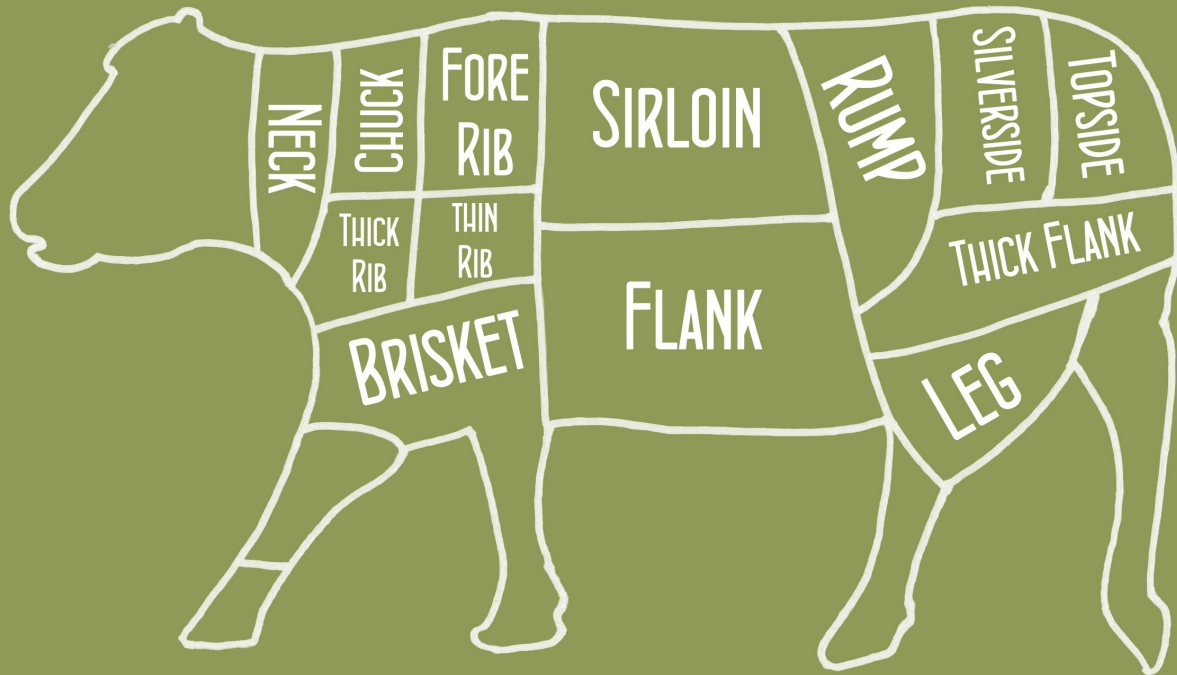


Guidelines for Roasting Beef



Please note that the following information should be treated as a guide, as all ovens vary.

- Always preheat your oven to the required temperature.

Helpful hints

- Best to baste - spoon over the juices from the joint at least 2 to 3 times during cooking.
- To check it is ready, insert a skewer or sharp knife into the thickest part. Red juices = rare, pink juices = medium and clear juices = well done.
- Allow the joint to stand covered in tin foil after removing from the oven. The bigger the joint the longer it needs to rest. For a joint up to 2kg, rest for 30 minutes. Over 2kg rest for up to an hour.

Temperature 180°C-190°C/350°F-375°F/Gas Mark 5

Cooking Times
 Medium Rare
 20 minutes per lb (450g)
 Then add 20 minutes

Well Done
 25 minutes per lb (450g)
 Then add 25 minutes

Rare
 15 minutes per lb (450g)
 Then add 15 minutes

