

ROAST RIB OF BEEF

WHAT YOU'LL NEED

SERVES 10

- 1 x 4 rib approx. 4kg of trimmed rib tied on the bone
- Salt & pepper to taste
- Vegetable oil
- 120gms roughly chopped onions
- 80 gms roughly chopped celery
- 80 gms roughly chopped carrots
- 1 Bay leaf
- 2 Sprigs of thyme
- 500mls of red wine
- 500 mls veal stock

WHAT TO DO

1. Pre-heat an oven 230/c and position a rack near the bottom. Place a sturdy roasting pan onto the top of the stove and heat a film of oil until smoking.
2. Generously season the beef with salt and pepper then carefully sear the meat in the pan on all sides browning well then place in the hot oven for 15 mins.
3. After 15 mins turn the heat down to 120/c and roast the meat to the desired internal temperature. Invest in a probe if you do not have one already. Baste the meat every 15-20 mins with the pan juices - remove the meat from the oven and take it out of the roasting tin. Cover with tin foil and allow to rest in a warm place for 20-30 mins.
4. Pour of most of the fat (this could be used for yorkshire puddings. Heat the tray on top of the stove and add the chopped vegetables. Stir well scraping any sediments from the base and sides of the tray cook until the vegetables are brown. Add the wine a little at a time reducing each amount before adding the next amount. When all the wine has been added pour in the veal stock and add the herbs allow to cook until it has reduced by half - add any juice which may seep out from the rib. Pass the gravy through a muslin cloth and serve with the slices of the rib.

As for vegetables and potatoes that is down to personal choice but I prefer to eat roast vegetables i.e. roast parsnips and potatoes with roast meat it is entirely up to individual choice. Serve the beef with yorkshire puddings and horseradish sauce.

NOTES

When roasting beef the finished product should be nicely seared or browned on the outside but should remain moist and full of juice on the inside. To achieve this the size of the joint and the oven temperature must be taken into account. For roasts which are 10-12 cm across such as a rib eye a high roasting temperature is required. But for a larger joint such as a fore rib if this high temperature is used throughout the cooking process the rib joint would be charred on the outside but not sufficiently cooked on the inside therefore it is best to start the joint of on a high heat 230/c to sear the outside then after 15 minutes turn the temperature down and slow roast at 120/c.

Lots of chefs rely on the old method of x amount of minutes per kg and so much at the end. I prefer to cook my roasts using a probe to achieve accurate cooking and not leave things to chance.

If you choose to roast a cheaper cut such as rump remember that it does not have the same fat content as rib or sirloin has so if you roast at a high temperature you can cause toughening and drying out of an already less tender cut of meat.

Remember that when you remove a joint of beef from the oven that it will carry on cooking and the internal temperature will rise by at least another 5 degrees.

To achieve rare roast beef the meat should have an internal temperature taken from the thickest part of the joint of 54/c so should be removed from the oven when the probe reads 49/c and placed somewhere warm to rest. For medium rare the finished joint temperature should be 54/c to 57/c. Medium 60/c to 65/c and well done 77/c and above