

PERFECT ROAST BEEF



**1 HR 5 MINS PLUS RESTING
TIME**



**NOT TOO
TRICKY**



**SERVES
6**

INGREDIENTS

1.5kg topside of beef

2 medium onions

2 carrots

2 sticks of celery

1 bulb of garlic

1 bunch of mixed fresh herbs, such
as thyme, rosemary, bay, sage

olive oil

METHOD

- 1 Remove the beef from the fridge 30 minutes before you want to cook it, to let it come up to room temperature.
- 2 Preheat the oven to 240°C/475°F/ gas 9.
- 3 Wash and roughly chop the vegetables – there's no need to peel them. Break the garlic bulb into cloves, leaving them unpeeled.
- 4 Pile all the veg, garlic and herbs into the middle of a large roasting tray and drizzle with oil.
- 5 Drizzle the beef with oil and season well with sea salt and black pepper, then rub all over the meat. Place the beef on top of the vegetables.
- 6 Place the tray in the oven, then 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.
- 7 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.
- 8 Baste the beef halfway through cooking and if the veg look dry, add a splash of water to the tray to stop them from burning.
- 9 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 tin foil and a tea towel and leave aside while you make your gravy, horseradish sauce and Yorkshire puddings.

TOP TIP

I've used a joint of topside here because it is by far the most widely available roasting joint, but you can also use rib of beef. The meat has to be rested after cooking for at least half an hour and sliced really thinly for you to enjoy the tenderness. The timings below are just a guide, as they can differ depending on the type of oven you have or the size of the joint.