

“Roast” Beef – Slow Cooked

Introduction

This is so simple it doesn't really need a recipe card – apart from the fact it's a good reminder to try this from time to time!

Ingredients

- 1 Kg of Silverside or other similar “Roasting Joint”
- 1 cup of cold water
- A wee pinch of salt
- 2 tsp of Bisto
- 200g peas) - Optional
- 200g sweetcorn – Optional
- 1kg Potato - Optional

Options

- You can portion this into on its own in a plastic tray, or in a 3-cell for a self-contained meal.

Equipment

- Slow Cooker
- Cup
- Saucepan
- Kitchen Scissors

Preparation

Wash the beef under a cold running tap. Leave it in the string or “net” if it has one.



Getting ready to switch on the slow cooker

Method

Place the beef joint in the slow cooker “fat side down” and set to “Auto”. It's fair to argue that this is upside down. You make your choice! This way stops the bottom from over cooking and crumbling, but you lose some benefit from the fat juices not running through the beef as it cooks.

Leave to cook for a minimum of 7 hours, but I tend to leave for 8 so it is more tender. If you leave it too long, the beef becomes so tender it crumbles rather than slices when you try to cut it.

If serving right away: Once cooked, transfer the beef to a warmed plate and cover with foil for a couple of minutes so you can make the gravy.

Mix the bisto in a cup of cold water until it is smooth.

Tip the liquid from the slow cooker into a saucepan and add bisto. Bring to the boil and simmer for 2 minutes. Hey Presto – a simple gravy with the stock from the beef.

Use kitchen scissors to remove the string or net from the beef before slicing.

Use a very sharp knife for slicing but be sure to keep your fingers well clear of the blade!

When serving fresh, you can use whatever veg you want. I like roast potato, cauliflower cheese, peas and Yorkshire pudding. Check out their recipes if you are not sure what to do.

It also stores well for freezing. See overleaf for details.

Portions

Number of portions	4 - 5
Final Portion Size	100g Meat (2 – 3 slices) 125g Potato 100g Veg
Storage Container	Small Foil Tray, or 3-Cell Tray

Storage

This can be served fresh but also ideal for freezing in small foil containers for individual portions of beef so you can serve your choice of tattie and veg.

Alternatively, it can be packaged in a 3-cell tray with the tattie and veg in the other cells.

Either way, cover the beef with the gravy before freezing.

3-Cell trays work well with boiled potatoes but are best with mashed potato. Roast potatoes lose their crunch and can become quite rubbery!

Put a knob of butter in the potato and veg cells.

Allow to cool before freezing

Heating & Serving

Plastic trays

- only suitable for microwave heating.
- 4 – 5 minutes on max power from chilled
- A couple of minutes longer from frozen

Foil trays

- only suitable for oven heating.
- Pre-heat the oven to 180°, gas mark 5.
- Leave the lid on and place the foil container on a baking tray. Heat for 20 minutes from thawed, or 40 minutes from frozen.

Be sure the meal is piping hot before serving.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Par-boiling Potatoes for Freezing
- Using a Sharp Knife.
Don't assume you can use a blunt knife – it simply rips the joint to the consistency of pulled-pork!



Beef as it comes out the slow cooker



Cooking juices that will be the basis of the gravy



*Slicing the beef.
Start of the crumbly bottom from slight over-cooking (but very tender)*



Portioned ready for freezing then re-heating in the microwave