



Roast Rib of Yorkshire Beef

Serves 8 – 10

Cooking time: 10 minutes per lb, plus 10 minutes for rare. 15 minutes per lb plus 15 for medium.

Ingredients:

2.7kg well marbled Beef Rib
Dijon mustard
Rosemary and garlic
Salt and pepper

Method

1. Pre heat the oven to 190°C
2. Cover the fat of the meat with Dijon mustard; season well and sprinkle with the rosemary and garlic
3. Roast uncovered for the calculated cooking time or to an internal temperature of 45°C for rare, 56°C for medium rare.
4. Remove from the oven, cover with foil and a clean tea towel before leaving to rest for 20 minutes.
5. For the gravy, pour off any excess fat. Place on a medium heat, deglaze with a glass of red wine; add water or stock and reduce for 10 minutes. Thicken with cornflour and season with Worcestershire sauce and salt and pepper.

Serve with Yorkshire puddings and seasonal vegetables.

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