



Top side of beef

Preparation method:

- Ensure the top side is at room temperature before cooking
- Preheat your oven to 240°C/475°F/gas mark 9
- Crush the garlic and roughly chop the vegetables (don't bother peeling them)
- Pile all the vegetables, garlic and herbs into the middle of a large roasting tray and drizzle with olive oil
- Season the beef well with salt and pepper
- Sit the beef on top of the vegetables

To cook your beef:

- Place the roasting tray in the preheated oven
- Turn the heat down immediately to 200°C/400°F/gas mark 6 and cook for 50 minutes, for medium beef (or 56°C internal temperature)
- If you prefer it medium-rare, take it out 5 to 10 minutes earlier (or when the internal temperature is 45°C)
- For well done, leave it in for another 10 to 15 minutes (or when the internal temperature is 65°C)
- Halfway through cooking, if the vegetables look dry, add a splash of water to the tray to stop them burning
- When the beef is cooked to your liking, take the tray from the oven and transfer the beef onto a board to rest for 20 to 30 minutes
- Cover it with a layer of tinfoil and a tea towel whilst you make your gravy

Serve with horseradish sauce, Yorkshire puddings and mashed potatoes.

Ingredients:

- 1.5kg topside of beef or rib of beef
- 2 onions
- 2 carrots
- 2 leeks
- 1 bulb of garlic
- Sea salt and freshly ground black pepper, olive oil, rosemary, mixed herbs

THE HOME OF QUALITY MEAT

Flowery Fields, Hade Edge, Holmfirth, HD9 2JG

www.jbrindonaddy.co.uk

Tel: 01484 682897