

Beef Cooking Instructions

A ROAST

Ribroasts: Wingrib, Top Rib or Sirloin on the bone are the best, most expensive and are traditional roasting joints. Off the bone: rolled sirloin, aitch bone, topside & top rump are easier to carve roasting joints.

COOKING ROASTS

Take the meat out of the fridge well in advance, so that it is not stone cold when you start cooking.

Place in hot oven 220C 425F, Gas 7 or at least 10 mins

Reduce heat to 180C, 350F, Gas 4

Rare 10 mins per lb, 450gms + 5 mins. (eg: 2.2lbs/1kg about 40 minutes.) Med 15 mins per 11b/450gms + 10 mins

Well done 20 mins per lb, 450 gms, + 15 mins

Is IT DONE? Insert a skewer or knife into the meat - leave for 30 seconds, if the end is cold the meat is not cooked; warm for rare; hot for medium and very hot for well done,

BEFORE YOU CARVE. Put the meat to one side covered with foil for at least 10 mins before carving. Make the gravy in the roasting dish, after pouring off the excess fat.

SLOW ROASTS

These longer cooking joints have excellent flavour. The best cuts are: Rolled Rib; Silverside and Brisket. To cook brown the joint in a frying pan on the hob before cooking. As a general rule cooking times are double that of traditional roasting.

Oven temperature around 150C - 280F - Gas 2-3

POT ROASTS

Cuts for this are as for slow roast. Cook in a covered pot on a cooking rack, ie: so that the heat and gravy can circulate. Add a small amount of liquid (water or stock) and black pepper. Chopped root vegetables and herbs can also be included. Add the salt at the end of cooking.

CASSEROLES AND BRAISING

This is similar to the above but the meat has been cut into small chunks. For the best results lightly fry the onion and vegetables and then move to the casserole pot. Brown the meat on all sides in the frying pan then add to the vegetables. Put the liquid in the frying pan, (sufficient to cover the meat when it is in the pot) this can be a stock cube dissolved in hot water, red wine or a can of good beer. Bring up to the boil, making sure to scrape the bottom of the pan to get all the good bits that have stuck when you browned the meat. Then pour over the waiting meat and vegetables and put in the oven. The best cuts are Chuck Steak and Stewing Steak (Shin is good but requires a much longer cooking time). Cooking times vary but as a general rule allow a minimum of 2 hours, at 150C, 280F, Gas 2.

MINCE

This is usually made from the forequarter of the animal. Its uses are endless from burgers to cottage pie, bolognese and chilli con carne.

STEAKS

Fillet - Sirloin - T Bone - Rump - Rib Eye - the eye of the Rib exceptional flavour. All steaks can be grilled or fried using a high temperature with the cooking time adjusted to satisfy individual tastes.

(All ovens and their temperatures vary, please adjust accordingly, the above is a guide only.)