

ROAST BEEF & GRAVY

FOR THE BEEF

Ingredients:

2kg pavé rump of beef – rolled and tied with fat on
1 onion
1 red onion
2 carrots
2 celery sticks
1 leek
2 cloves of garlic
1 sprig of rosemary
1 sprig of thyme
Rock salt and freshly ground black pepper

Method:

- Pre-heat oven to 160/Gs mark 3
- Chop up the onions, carrots, celery, leek, garlic and add to a roasting tray. Sprinkle over rosemary and thyme
- Season beef thoroughly with salt and pepper
- In a pan, seal the edges of the beef until a nice golden colour (this helps to retain the juices while cooking)
- Place in the oven and roast for 35-45 mins
- Check the vegetables every 15 mins and give them a stir so they caramelize evenly.
- Once the beef is ready and the vegetables are nicely browned, remove them from the oven, leaving the beef to rest in a warm part of the kitchen for a good 15-30 minutes, and putting the vegetables aside for the gravy.
- Serve with gravy, roast potatoes, Yorkshire puddings and horseradish cream.

FOR THE GRAVY

Ingredients:

Vegetables from roast beef (above)
200ml red wine or port
500ml beef stock
2 tablespoons flour

Method:

- Transfer all the roasted vegetables to a hot saucepan over a medium heat
- Pour in red wine and cook until the alcohol is fully evaporated and it is dark in colour and sticky in texture.
- Add the flour and cook gently, stirring regularly for 2 minutes
- Stir well so the wine mixes with the flour and thickens
- Gradually pour in the hot beef stock, stirring to avoid lumps forming
- Bring gravy to a boil, giving it a thorough skim with a ladle to remove any fat that collects on the surface
- Turn the heat down to a simmer and reduce the liquid until you have reached your desired gravy consistency – this should only take a few minutes
- Taste for seasoning
- Strain the gravy through a fine-mesh sieve and serve at the table

