

Roasting Beef - Points To Remember

- ✍ Fat should run through the flesh of a piece of beef like a road map
- ✍ Great wedges of fat will result in beef that cooks unevenly and falls apart when you carve
- ✍ Very lean beef will be drier than beef with a certain amount of fat running through it
- ✍ Starting the joint in the oven at 200 - 220 oc will seal in the juices then turn down the oven to 160 oc



✍ Cooking times

15 - 20 minutes per 500g, plus extra 15 minutes for a medium/rare joint

for a more cooked joint 25 minutes per 50g plus an extra 25 minutes

- ✍ Always rest a joint for at least 15 minutes, this will relax the joints fibres and will help prevent the juices from pouring out leaving you with dry meat.