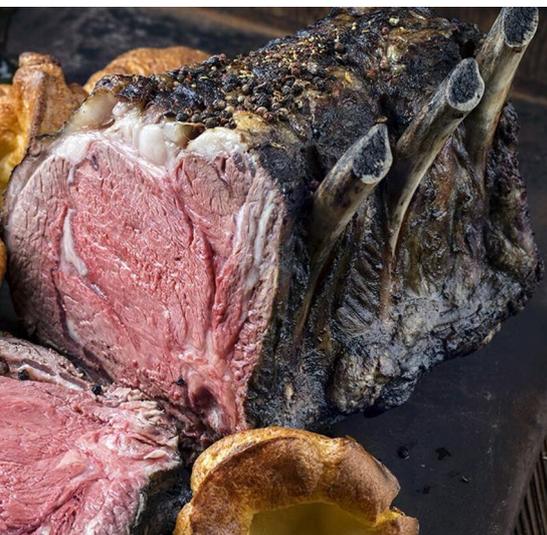


Roast rib of beef (on the bone)

How many it serves: 6

Preparation time: 25 Mins

Ingredients



11.3kg/3lb piece fore-rib of beef, on the bone
1 carrot, 1 onion and 1 leek roughly chopped
2 tbsp Dijon mustard
1 tsp dried thyme
1 tsp dried basil
2.5ml/½ tsp cayenne pepper
1 tsp paprika

1 tsp garlic salt
2.5ml/½ tsp dry English mustard powder
4 tbsp olive oil
600ml/1 pint fresh beef stock
150ml/¼ pint red wine
3 tbsp olive oil (for cooking the vegetables)

Method

Place the thyme, basil (do not use fresh, as the recipe will not work), cayenne, paprika, garlic salt and English mustard powder into a bowl and mix to combine

Wipe the meat with damp kitchen paper and then spread a thin layer of the Dijon mustard all over the fat side of the beef (this allows the spices to stick). If you have time, wrap in cling-film and put to one side to allow the beef to marinate

Chop up the vegetables. preheat a roasting dish 200C/Gas mark 6 (choose one that's big enough to place the meat into) containing 3 tbspof olive oil. Put the vegetables into the dish and cook for 20 minutes until caramelised or lightly browned.

Preheat the oven to 220C/425F/Gas8. Then heat some 4 tbspof olive oil, or 3 tbspof dripping in a large frying pan, and sear the beef for about ½ minute on all sides (be careful as the spices will give off strong aromas and will probably make your eyes water)!

Place the beef into the roasting pan on top of the caramelised vegetables . Into the frying pan containing the left over juices of the meet, add the red wine and heat to burn off the alcohol. Pour into the base of the roasting pan. Also add ½ pint of beef stock

Place roasting pan with meat, vegetables and stock in a hot oven 220C/Gas mark 8 for and roast 15 minutes until well sealed.

Reduce the oven temperature to 200C/Gas 6 and roast for 12 minutes per 450g/1lb for medium-rare; or 10 minutes for very rare, almost 'blue' meat and 20 -25 mins for a well done beef. Baste the roast regularly (every 10 minutes or so is perfect) during cooking with the red wine and stock to create juices for the gravy. Remove meat from the roasting dish and place on a large dish. Always allow the meat to rest for at least 10-15 minutes before carving

For the gravy: Pour into the roasting dish containing the roasted vegetables, wine, beef stock and meat juices, add ½ pint of beef stock. Stir and cook for 5minutes Pour the cooked ingredients into sieve, allowing the gravy sauce to seep through

Carve the meat pour over the gravy sauce and serve with roast potatoes, Yorkshire pudding and vegetables.

