



TIPS • ADVICE • COOKING TIMES

# Beef

## Buying Beef

Joints to choose: Rib, Sirloin, Topside, Silverside.

Weight to allow: A 3 to 4lb (1.4 to 1.8kg) boned joint gives 6 good portions.

## Accompaniments

Yorkshire Puddings (it is easier to serve individual puddings rather than one large pudding), horseradish sauce, mustard, roast potatoes, roast parsnips (boil for 20 minutes; draining, dry well, then roast in hot fat).

Green vegetables. Slightly thickened gravy from pan juices; flavour with a dash of red wine.

## Temperatures for Roasting

Preheat oven before cooking.

**A: Hot Oven:** suitable only for prime cuts. Set oven to 425° F / 220° C / Gas Mark 7.

**B. Moderately Hot Oven:** suitable for all joints. Set oven to 375° F / 190° C / Gas Mark 5.

## Cooking Times

**Rare:** 15 minutes per lb (450g) plus 20 minutes at A; 20 minutes per lb (450g) plus 15 minutes at B.

**Medium Rare:** 20 minutes per lb (450g) plus 20 minutes at A; 24 minutes per lb (450g) plus 20 minutes at B. Carve slices from outside of joint for people who like beef well done.

**Well Done:** 25 minutes per lb (450g) plus 25 minutes at A; 30 minutes per lb (450g) plus 30 minutes at B.

Cook joints with a natural fat with fat side uppermost, add a little fat to lean joints. Baste during cooking or use covered roasting tin.

## Carving Beef

Boned joints – carve across the grain.

## Using Cooked Beef

Serve cold with various pickles, relishes and salads.

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