

STANDING BEEF RIB ROAST AND ROAST VEGETABLES

EQUIPMENT

CHEF KNIFE, PEELER, SMALL MIXING BOWL, PERFORATED BAKING TRAY,
CAKE RACK, SOLID BAKING TRAY

INGREDIENTS

3 POINT BEEF RIB ROAST (1.8-2KG), 1 BUNCH DUTCH CARROTS, 3 BABY ONIONS, 2 PARSNIP, 6 CHAT POTATOES,
3 CLOVES GARLIC, 6 SPRINGS THYME, 6 LARGE SAGE LEAVES, SALT, BLACK PEPPER, OLIVE OIL

METHOD

ROUGHLY CHOP THE GARLIC AND SAGE ADD TO A SMALL MIXING BOWL ALONG WITH PICKED THYME AND A GENEROUS AMOUNT OF CRACKED
BLACK PEPPER AND SEA SALT

SCRAPE THE MEMBRANE OFF THE EXPOSED RIB BONES UNTIL CLEAN (YOUR BUTCHER CAN DO THIS FOR YOU), COVER THE BONES TIGHTLY WITH
FOIL

PLACE YOUR ROAST ON A CAKE RACK THEN ON A PERFORATED BAKING DISH; PUSH HANDFULS OF THE GARLIC AND HERB MIX ONTO THE BEEF

PLACE IN A PRE-HEATED OVEN COMBI SETTING 230 DEGREES FOR 20 MINS

WHEN THE ROAST IS IN THE OVEN YOU CAN BEGIN TO PREPARE THE VEGETABLES

PEEL AND CUT EACH PARSNIP INTO 4 PIECES, SLICING AWAY A LITTLE OF THE CORE FROM THE "FAT" END OF THE PARSNIP

PEEL CARROTS, CUT THE BABY POTATOES AND ONIONS IN HALF, AND DOUSE ALL THE VEGETABLES LIBERALLY WITH OLIVE OIL AND SEA SALT

PLACE ALL THE VEGETABLES ON A BAKING TRAY CUT SIDE FACING DOWN AND SET ASIDE

AFTER THE BEEF HAS BEEN IN FOR 20 MINS, TURN THE OVEN DOWN TO 190 DEGREES FOR A FURTHER 30 MINS

ONCE COOKED REMOVE THE BEEF FROM THE OVEN AND WRAP TIGHTLY IN FOIL AND SET ASIDE TO REST FOR 20 MINS

RE-SET THE OVEN TO 200 DEGREES AND PLACE THE VEGETABLES IN THE OVEN FOR 20 MINS

ONCE THE VEGETABLES ARE DONE REMOVE AND PLACE ON A SERVING PLATTER, SLICE THE BEEF AND SERVE

HINTS & TIPS

- IT IS IMPERATIVE THAT YOUR BEEF IS AT ROOM TEMPERATURE BEFORE YOU BEGIN THIS DISH

- NO BEEF JOINT IS THE SAME, USE YOUR THERMOMETER TO CHECK THE INTERIOR TEMPERATURE 52-55 DEGREES IS PERFECT

- REST, REST, REST. WE CAN'T STRESS THIS ENOUGH, PLAN YOUR MEAL. IF YOU WANT TO SERVE AT 7.30PM REMOVE YOUR BEEF AT 7.10 AT THE
LATEST. THE LONGER YOU REST THE BETTER THE END RESULT. FIGURE OUT A TIME YOU WANT TO SERVE AND WORK YOUR WAY BACK FROM THERE
TO FIGURE OUT WHAT TIME TO START.

- THE VEGETABLES ARE ALL RELATIVELY THE SAME SIZE HENCE WE CAN ROAST THEM AT THE SAME TIME. THEY ARE ALL ROASTED CUT SIDE DOWN
TO GIVE THAT NICE GOLDEN COLOUR.