

SILVERSIDE

POT ROAST



FOR BEST RESULTS, POT ROAST THIS CUT

| CORE TEMPERATURES | °C | °F |
|-------------------|----|-----|
| RARE | 54 | 130 |
| MEDIUM RARE | 58 | 135 |
| MEDIUM | 61 | 140 |
| MEDIUM WELL DONE | 65 | 150 |
| WELL DONE | 72 | 160 |

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

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METHOD

- Remember, after removing your joint from the packaging, pat dry and bring to room temperature.
- Preheat your oven to 200°C for fan assisted or 215°C for ovens without a fan.
- Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.
- Massage a little goose or duck fat into the joint if it doesn't have a generous coating of fat, then season with good quality fine sea salt just prior to cooking.
- Make a trivet by roughly chopping equal amounts of onion, carrot and celery (or our preferred choice of celeriac, the root of the celery) plus a bay leaf, sprig of thyme and a few black peppercorns.
- Place the beef fat side up onto the trivet which should line the base of the tray.
- Place in the centre of the oven and roast for 20 minutes.
- Add 250ml red wine and 250ml of beef stock or water to the roasting tray after the initial 20 minute roast. Cover with a tight fitting lid or tin foil and cook for 5 to 6 hours on 140°C for fan assisted or 150°C for ovens without a fan. The meat is ready when it is tender, it should pull away easily when pierced with a fork.
- Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of tin foil whilst finishing the gravy.
- Pass the roasting juices through a fine strainer into a clean saucepan & bring to a simmer.
- Skim away any fat that rises to the surface & thicken with a little corn flour mixed with a little cold water.
- Pour the finished gravy over the beef & serve.

SERVING SUGGESTION

Serve with buttery mash and, seasonal brassicas.

