

RUMP JOINT

ROAST



FOR BEST RESULTS, ROAST THIS CUT

CORE TEMPERATURES	OUT OF THE OVEN	AFTER RESTING
RARE	48-50°C	52-54°C
MEDIUM RARE	52-54°C	56-58°C
MEDIUM	58-60°C	60-62°C
WELL DONE	65-68°C	70-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

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

- 1 Remove your joint from the packaging, pat dry & bring to room temperature.
- 2 Preheat your oven to 210°C for fan assisted or 230°C for ovens without a fan (gas mark 8).
- 3 Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.
- 4 Season the meat with good quality sea salt just prior to cooking.
- 5 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.
- 6 Place the beef fat side up onto the trivet which should line the base of the tray.
- 7 Place in the centre of the oven and roast for 20 minutes, then reduce the temperature to 160°C or 180°C without a fan (gas mark 4). Continue roasting for 12-15 minutes per 500g reaching a core temperature of 52°C before resting for a medium rare joint.
- 8 Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil. Rest for a minimum of 20 minutes before carving, leaving the roasted vegetables in the tray for the gravy.
- 9 For the gravy, make up 500ml of beef stock, then deglaze roasting tray with this stock stirring in all the caramelized juices from the tray. Next, pass through a fine sieve pushing all the juices from the vegetables into a clean saucepan. Bring to a simmer and thicken if required by whisking in a teaspoon of cornflour mixed with a little cold water and reduce till you reach a rich, glossy gravy.

SERVING SUGGESTION

Serve with roast potatoes, Yorkshire puddings and horseradish sauce.

