

TRIMMED FORE RIB OF BEEF

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

EAT BETTER MEAT

Explore our wide range of innovative and forgotten cuts and choose the breed that best suits your palate at

[FARMISON.COM/OUR-MEAT](https://farmison.com/our-meat)

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 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.

