

## EASY RECIPE SUGGESTIONS

### Sirloin & Rib Joint

Both of these joints are perfect for oven roasting.

A good joint with the right amount of fat means flavour and succulence. The fat melts during cooking and bastes the meat within as well as outside.

Using approx a 2kg joint, try this for a superb roast :

Dust the fat layer with a mixture of flour and mustard powder and sprinkle on pepper.

Put in a hot oven (240 C) for 20 mins, then lower (to 370 C) for approx. 80-100 mins depending on how rare/well done you like it.

Baste the meat occasionally by spooning the juices over the joint.

It is best for the joint to rest for 30 mins before carving (any juices escaping can be added to the gravy!)

### Topside & Brisket Joints

These joints should not be roasted fast like the sirloin/rib but slowly with a little stock or water in the dish.

Braising, on vegetables and stock is also delicious.

Try this recipe for English Pot-Roast

Joint of Topside or Brisket (approx 1.5-2kg)

6 small onions, peeled

6 small whole carrots, peeled

4 celery stalks

½ swede, in chunks

beef dripping

6oz mushrooms

15 fl oz hot stock liquid

1 tbspn cornflour mixed with some cold water

Melt the dripping and brown the beef all over, then remove

Brown the onions, carrots, celery and swede then remove them

Empty fat from pot and replace the joint and arrange the veg and mushrooms around it

Add the stock, salt & pepper

Cover with foil and well-fitting lid and when it is simmering, put in slow oven (140 C) for approx 3 hours

When ready, put meat and veg on serving dish and boil the liquid briskly until slightly reduced. Add the cornflour and whisk until thick.

Serve the sauce over the meat

Cooking the joint this way makes it really great for eating cold the next day as the meat hasn't dried out at all. If you prefer a more crispy roast joint, you could take the lid & foil off for the last 20 mins.

### STEWING/BRAISING BEEF

Casseroles of various types are a really useful way to cook meat.

They can be prepared in advance and then left in the oven simmering slowly without attention.

Most also freeze really well and seem to improve in flavour after thorough reheating

Try this one:

### RED WINE BEEF CASSEROLE

1kg diced beef  
2 onions  
tbspn flour  
15 fl oz red wine or cider  
2 garlic cloves

Heat some olive oil really hot and brown the cubes of beef a few at a time, then remove

Brown the onion slices

Return the meat to the pan, sprinkle in the flour and stir

Gradually add the red wine and stir well

Add chopped garlic and season

Put in casserole dish with lid on for 3 hours at a slow heat (approx 140 C)

Even nicer, fry some bacon and add this with some sliced flat mushrooms after the first 2 hours cooking time.

### SIMPLE BEEF CASSEROLE

Brown the beef cubes, add chopped onions and garlic and cook lightly

Add tin tomatoes and either approx 2 pints boiling water with 1 stock cube or similar amount of beer or wine. Cook slowly for approx 3 hours. When nearly cooked add 1-2 tablespoons cornflour (mixed into some cold water until smooth)

### MINCED BEEF

Here is a really simple bolognese sauce which can be made into cottage pie, lasagne or spaghetti bolognese:

Heat some oil in a pan and soften the onion and garlic for 5 mins

Add minced beef and brown it

Then add tin tomatoes, 2 tbsps tomato puree, some red wine (optional) and seasoning

Simmer with lid on for 20 mins and then for a further 20 mins with no lid to get a nice strong sauce



















































































































































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