

## Roast Beef



**Serves:** 4

**Profitability:**

**Steps:**

Preheat the oven to 200°C / fan 180°C / gas 6

Place the beef on a rack in a roasting tin. Rub the dripping, mustard and pepper over the joint

Cook the beef for 20 minutes per 500g, plus 20 minutes

When the meat has cooked, drain off all but 2 large spoonfuls of the meat juices into a small pan. Remove the beef from the oven and cover well with foil and leave to rest

Whilst the beef is still roasting make the Yorkshire pudding batter: Put 125g of the flour in a bowl, then add the egg and half the milk. Beat until smooth and add the remaining milk and 75ml of water

Increase the oven temperature to 220°C / fan 200°C / gas 7. Heat a 12 section patty tin in the oven, add some oil to each patty and allow to heat for a few minutes and then pour the batter

into the hot patty tin

Cook the pudding for 20 minutes of until risen and crisp

To make the gravy, skim the fat off the reserved juices in the pan and bring them to the boil

Blend the flour with the water and stir in. Cook for 2-3 minutes, then add the beef stock

Simmer gently for a further 2-3 minutes and serve with the beef and the Yorkshire puddings

### **Ingredients:**

#### **ROAST BEEF**

1.5kg sirloin of beef joint

25g beef dripping or lard

ready prepared mustard

freshly ground black pepper to taste

#### **YORKSHIRE PUDDING**

125g plain flour, sifted

1 medium size egg

200ml milk

75ml water

#### **GRAVY**

2 tbsp water

1 tablespoon plain flour, sifted

300ml beef stock