

We don't mind singing for our supper when it's roast beef or lamb.

Publication/Creation

[Place of publication not identified] : [publisher not identified], [2007]

Persistent URL

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Roasting Times

Beef joints: Sirloin, Rib, Topside, Silverside, Mini joints

COOKING TIME Gas mark 4-5, 180-190°C, 350-375°F

Rare 20 mins per 450g (1lb) +20 mins – Internal temp approx 60°C

Medium 25 mins per 450g (1lb) +25 mins – Internal temp approx 70°C

Well-done 30 mins per 450g (1lb) +30 mins – Internal temp approx 80°C

Lamb joints: Leg, Shoulder, Breast, Shanks, Rack of Lamb

COOKING TIME Gas mark 4-5, 180-190°C, 350-375°F

Medium 25 mins per 450g (1lb) +25 mins – Internal temp 70-75°C

Well-done 30 mins per 450g (1lb) +30 mins – Internal temp approx 75-80°C

Beat the heat with Beefy & Lamby

- Planning is the key to a stress-free Christmas Day. Draw up a time plan of the dishes you're preparing and list all the ingredients you need.
- Prepare vegetables the day before and store them in plastic bags in the fridge.
- On Christmas morning take your joint out of the fridge, cover and leave it on the worktop to come up to room temperature. This will make cooking much easier.
- If you're worried about carving, why not choose a boneless beef or lamb joint? Or visit www.roastrage.co.uk/carving for step-by-step instructions.
- For perfect gravy, use a whisk to stir some plain or sauce flour through the rich meat juices then add fresh hot stock and Port or Madeira. Don't forget to cook your gravy through for 5-10 minutes, stirring occasionally to 'cook' the flour.
- If you don't fancy cold meats for lunch, make a substantial salad with leftover meats by mixing in boiled potatoes or pasta, freshly chopped parsley or chives, green peas and mayonnaise combined with some horseradish sauce.
- Keep party food simple by serving no more than 4-6 dishes. And remember, simple garnishes like fresh herbs make a big difference to a party platter.

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Pepper-Crusted Rib of Beef with Mulled Wine Gravy



Serves 8-10

Preparation time 5 minutes

For roasting times please see back cover

INGREDIENTS

1 x 2.7kg/6lb lean fore rib of beef,
French-trimmed, boneless rib of beef,
sirloin or topside joint

Salt

FOR THE PEPPER CRUST

10ml/2tsp whole allspice berries, crushed

30ml/2tbsp pink peppercorns,
lightly crushed

30ml/2tbsp green or black
peppercorns, lightly crushed

25g/1oz unsalted butter

25g/1oz Demerara sugar

15ml/1tbsp English mustard powder

6 medium sized red onions,
peeled and quartered

FOR THE MULLED WINE GRAVY

15ml/1tbsp plain flour

300ml/1/2 pint mulled wine

300ml/1/2 pint good, hot beef stock

METHOD

1. Preheat the oven to Gas mark 4-5, 180-190°C, 350-375°F.
2. Mix the pepper crust ingredients together in a bowl to form a paste.
3. Season the joint with salt and coat both sides with the pepper crust. Place on a rack in a roasting tin and open roast for the calculated cooking time. Cover the bones with foil if browning too quickly.
4. 40 minutes before the end of cooking time, remove from the rack and add the onions. Place the joint on top and return to the oven.
5. Remove from the oven, cover and leave to rest for 15-20 minutes. Meanwhile, make the gravy. Spoon off any excess fat from the roasting tin and discard. Place the roasting tin over a medium heat and sprinkle with the flour. Stir well, add a little stock and stir again, scraping the base of the pan to release any rich, beefy sediment.
6. Add the remaining stock, mulled wine and any meat juices from the platter, adjust the seasoning, if required and simmer for 8-10 minutes, stirring occasionally or until reduced. Strain before serving.
7. Garnish the beef with fresh bay leaves and serve with seasonal vegetables and the mulled wine gravy.



Cranberry Stuffed Guard of Honour with a Port Glaze



Serves 4-6

Preparation time 15 minutes

For roasting times please see back cover

INGREDIENTS

2 x 6-boned best end neck of lamb,
chinned (Ask your butcher to prepare
the Guard of Honour – 2 best ends of
neck trimmed and the bones
interlaced, fat side facing outwards to
form an arch.)

Salt and black pepper

15ml/1tbsp oil

FOR THE CRANBERRY STUFFING

50g/2oz pancetta or streaky bacon,
roughly chopped

45ml/3tbsp freshly chopped chives

90ml/6tbsp fresh breadcrumbs

25g/1oz dried cranberries, soaked in
150ml/1/4 pint Port for 12 hours

15ml/1tbsp freshly chopped rosemary

METHOD

1. To prepare the stuffing; drain the cranberries, (keep the Port) and transfer to a bowl.
2. Cook the pancetta or bacon for 2-3 minutes in a large non-stick frying pan. Spoon into the cranberries and stir in the remaining stuffing ingredients. Season if required. Wipe the frying pan clean.
3. Heat the oil in the frying pan. Season the racks on both sides and cook them skinned-side down and for 1-2 minutes on each side until brown. Remove and place on a clean chopping board.
4. Position the racks to form an arch and fill the cavity with the stuffing mixture. Secure with butcher's string or elasticated meat bands.
5. Weigh the racks, transfer to a medium-sized roasting tin and roast for the calculated cooking time. Cover the bones with foil if browning too quickly.
6. 10 minutes before the end of the cooking time brush the racks with the reserved Port.
7. Place the remaining Port into a saucepan, bring to the boil and simmer for 3-4 minutes.
8. Slice the guard of honour and serve with mini roast potatoes, seasonal vegetables and the Port jus.

