



# 'cooked' traditional British beef roast

roast



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

*cooking time small: 20 minutes  
cooking time large: 30 minutes*

## method

Remove the joint from the packaging, pat dry using food safe towel and bring to room temperature (the cooking juices can be added to your gravy for added flavour).

Preheat the oven to 200°C fan-assisted or 220°C without a fan (gas 7).

Roast for 20 minutes reaching a core temperature of 56°C.

## serving suggestions

Serve as a traditional roast dinner with seasonal vegetables and F&Co horseradish.

## for best results, roast this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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)

Share your kitchen creations with #eatbettermeat

    farmisonuk