



5 bone carvery 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

cooking time from: 2 hours 30 mins

method

Remove the joint from the packaging, pat dry and bring to room temperature.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.

Season the meat with good quality fine sea salt just prior to cooking.

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.

Place the beef fat side up onto the trivet.

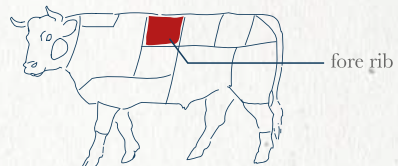
Place in the centre of the oven and roast for 30 minutes then reduce the temperature to 160°C or 180°C without a fan (gas 4) and continue roasting for 12-15 minutes per 500g, until reaching a core temperature of 54°C before resting for a medium rare finish.

Remove from the oven, put onto a clean tray, and keep warm by loosely covering it with a sheet of foil.

Rest for a minimum of 1 hour before carving, leaving the roasted vegetables in the tray for the gravy.

serving suggestions

Serve with Yorkshire puddings, Koffman roast potatoes, traditional gravy and horseradish.



Share your kitchen creations with #eatbettermeat

[f](#) [t](#) [@](#) [p](#) [farmisonuk](https://farmisonuk.com)