



sirloin joint

roast

cooking time from: 40 minutes

method

Remove your joint from the packaging, pat dry & 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 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 25 minutes, then reduce the temperature to 160°C or 180°C without a fan (gas 4) & continue roasting for 12-15 minutes per 500g reaching a core temperature of 52°C before resting for a medium rare joint.

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

Rest for a minimum of 20 minutes before carving, leaving the roasted vegetables in the tray for the gravy.

serving suggestions

Serve with roast hasselback potatoes, tender stem spinach & grain mustard.



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!

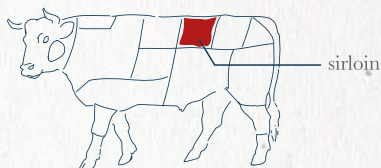


Jeff Baker

Executive Development Chef

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