



# wing rib of beef

roast

*cooking time from: 1 hour*

## 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 which should line the base of the tray.

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 to 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 potatoes, Yorkshire puddings and horseradish sauce.



## 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!

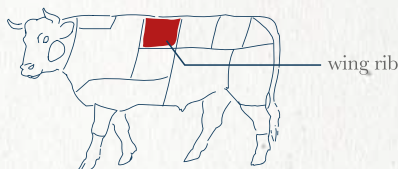


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