



Whole Roasted Rib of Beef – Jules Mercer



Jules Mercer's Whole Roasted Rib of Beef

Jules Mercer is a Cape Town based food writer and photographer who is inspired by Zonnebloem Wines. Her lovely 'Old Master' style photography is quirky and amusing.

Whole Roasted Rib of Beef

Serves: 8

(Makes about 12 muffin-sized Yorkshire puds)

Ingredients

1 fore-rib joint of beef, about 4-5kg, French trimmed and tied (to French trim, excess fat is cut away, and meat or skin removed to expose the bone. Some stores sell the meat prepared this way. Otherwise, ask your butcher to do this for you.)

salt and pepper

300ml liquid: wine, stock, or a mixture of both

for the Yorkshire Puddings

200g flour

pinch of salt

3 eggs, beaten

350ml milk
4 Tbsp (60ml) groundnut or canola oil
1 Tbsp horseradish sauce (optional)

Method

Preheat the oven to 200°C.

Prepare the roast. Place in the centre of a roasting tin, sprinkle with salt and pepper. Pop in the oven for 15-20 minutes then turn the oven down to 170°C. Roast for about 45-50 minutes for a rare roast, just over an hour for medium.

When the roast is done, remove and place on a carving board and cover with foil to hold in the heat. Reserve the roasting pan juices.

Turn the oven up to 220°C-230°C.

To make the gravy, place the roasting pan on the hob. Using a whisk, loosen all the juicy bits from the base of the tin. Add a knob of butter and whisk in. Pour in the 300ml liquid, whisking continuously. Allow to cook for a few minutes so the alcohol can burn off, if using wine.

While the meat is resting, prepare the Yorkshire puddings. Sift the flour into a bowl, make a well in the centre and sprinkle over the salt.

Place the beaten eggs in the centre, and slowly pour in the milk, whisking all the time, to form a smooth batter.

Stir through the horseradish sauce (if using). Divide the oil between the holes of a regular 12 hole muffin tin, place in the oven for 5 minutes to heat up.

Remove from the oven (it should be almost smoking) and pour the batter equally into each muffin hole.

Return to the oven and bake for 15-20 minutes until puffed up and golden.

Carve the meat and serve immediately with gravy and Yorkshire puds.

Michael's wine recommendation – [CLICK HERE](#)



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