



## Recipe Details

Recipe Name : **Best Roast Beef**  
 Recipe Category:  
 Author : **Jamie Oliver**  
 Created : **February 16, 2015**  
 Last Updated : **February 16, 2015**  
 Portions : **8**

### Weight (Per Portion)

One portion of this dish weighs approximately 791.00 Grams

### Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Beef, fore-rib/rib-roast, raw, lean	5.5 Pound	
Oil, olive	1 Tablespoon	
Onions, red, raw	3 Bulb/Head	
Garlic	4 Clove	
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Potato, raw, skin	7 Pound	
Rosemary, fresh	3 Bunch	
Ginger, fresh	2 Bulb/Head	
Wine, red	0.5 Litre	
Flour, 00, plain	1 Teaspoon	
Salt, table	2 Tablespoon Heaped	
Pepper, black	2 Tablespoon Heaped	

### Recipe Alerts

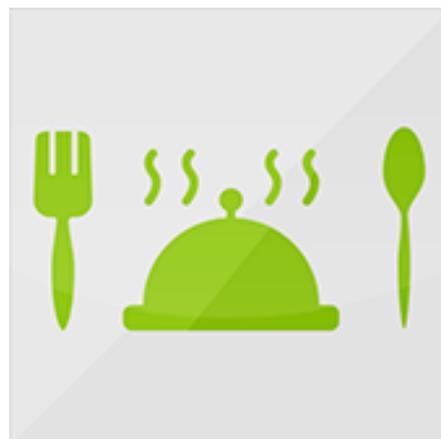
Allergen Warnings:



Gluten Sulphur Dioxide

### Recipe Method

Preheat oven to 450 degrees F (230 degrees C), and heat a large thick-bottomed roasting tray on the stovetop. Rub the French trimmed beef generously with salt, then add a little olive oil to the tray and lightly colour the meat for a couple of minutes on all sides. Lay the halved onions and bulbs of garlic in the tray with the beef on top of them, then cook in the pre-heated oven for a total of 1 1/2 hours. While the beef is roasting, parboil your roasting and peeled potatoes in salted boiling water for around 10 minutes and drain in a colander. Toss about to chuff them up, this will make them really crispy. After 30 minutes, take the tray out and toss in your potatoes and rosemary. With a garlic press or grater, squeeze or grate the peeled cloves of garlic and thumb-sized, peeled and diced ginger over everything in the tray. Shake the tray and whack it back in the oven for the final hour. Remove the potatoes to a dish to keep warm, place the beef on a plate, covered with foil, to rest, and get your greens and Yorkshire puddings on. Remove most of the fat from your roasting tray and you should be left with caramelized onions and sticky beef goodness. Add 1 teaspoon of flour to the tray and mash everything together. Heat the tray on the stovetop and when hot, add the robust red wine. Simmer for 5 to 10 minutes, stirring every couple of minutes, until your gravy is really tasty and coats back of a spoon. Add any juice from the beef and feel free to add



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some water or stock to thin the gravy if you like.