



ROASTING GUIDELINES – BEEF JOINTS

Please note that the following information should be treated as a rough guide. All ovens vary.

Always pre-heat your oven to the required temperature.

All joints should be cooked for the first 20 – 30 minutes at a higher temperature; 230 °C / 450 °F / Gas Mark 8, then lowered to the temperatures detailed below. For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

COOKING:

Roasting Temperature:	Joint:	Cooking Time (for medium):
180 °C to 190 °C 350 °F to 375 °F Gas Mark 5	Sirloin Rib of Beef Topside Silverside	25 minutes per lb (454g) + 25 minutes
E.g. 4 lb Joint (1.8 – 2 kg)		2 hours 5 minutes

If you like your meat rare reduce the cooking time to 15 minutes per lb + 15 minutes. For well done increase the cooking time to 30 minutes per lb + 30 minutes.

NOTES:

Baste: Spoon over the juices from the joint at least 2 to 3 times during cooking.

Is it ready? Skewer your meat or insert a sharp knife into the thickest part:
 Red juices = rare.
 Pink juices = medium.
 Clear juices = well done.

Rest: Allow the joint to stand for 20 to 30 minutes after removing it from the oven, and before carving.