
RECIPE OF THE WEEK

Roast Rib of Beef with Trenchers

A rib of beef is always a feast for the carnivores! Impressive, relatively easy to cook and very flavoursome since meat is tastiest on the bone and roasts best on the bone (remember that



next time you think of buying a ribeye steak because you are paying the butcher to throw away the bone!) With good beef there's no point in messing about with complicated flavours and cooking. A simple light rub with olive oil to stick the salt and pepper or celery salt and pepper mixed with a bit of mustard is more than adequate to protect the outside and give a bit of flavour to your gravy and roasted vegetables.

If you are a bit bored with Yorkshire Puddings why not try making some old fashioned trenchers which are a bread base on which to

serve up your beef and which soak up the meat juices and gravy?

*1 two-rib of beef joint 3-4kg in weight
a few pinches of celery salt & 2 tpsps dry
mustard*

*good grind of black peppercorns
Vegetables of choice - carrots, onions, potatoes,
parsnips, swede, turnips) - and cornflour or St.
Vincent arrowroot to thicken gravy*

for the trenchers;

1kg flour

25g suet

300g water

330g milk, warmed gently

50g fresh yeast

15g salt

*for the Parmesan Potatoes &
Parsnips*

*1.2kg each washed parsnips and
potatoes*

Preheat your oven and baking tray to 190°C. Rub your hands with olive oil then rub the joint all over. Season with a mix of sea salt, black pepper, celery seeds and dry mustard with a tiny pinch of cumin mixed in. If you want to bake your veg at the same time set your carrots, onion and celery around the joint having given them a rub with olive oil as you did the joint.

Cover with foil and pop the joint in the oven for 1 hour 30 minutes approx then rest covered in foil for 20-25 minutes whilst baking the trenchers.

If using a temperature probe to check for doneness medium rare is 57-63°C, medium 63-68°C, medium to well done 72-77°C and well done 77°C but remember that the meat will continue to cook whilst resting and gains up to 4°C when resting in foil!

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To make the trenchers, dissolve the sugar in milk and water mixed together then stir in the yeast and leave in a warm spot to prove. Meanwhile rub the suet into the flour in a bowl with your hands then work in the yeast to get a soft dough. Cover with a damp towel and leave to rise near the stove for 45 mins.

At the end of 45 mins turn out the dough and roll into a ball then take a large pinch from the four corners of the compass and draw into the centre a couple of times then flip over and plump up like a large mushroom. Cut the dough



ball into four then halve again to make eight balls. Shape each ball then roll out in to 20cm rounds like a pizza then prick all over with a fork and leave to rise on greaseproof paper.

When you remove the joint from the oven put the trenchers in on baking sheets or trays, turn up the heat to 200°C and bake for 20-25 mins whilst resting the joint wrapped in foil covered with towels.

To make Parmesan Crusted Potatoes & Parsnips - which can be done a day or so in

advance - mix 75g of finely grated Parmesan with 175g plain flour in a bag and season the mix with salt and pepper. Halve and quarter the parsnips lengthwise and the potatoes similarly then parboil for 3-4 minutes before draining in a colander. Drop one by one into the bag of seasoned Parmesan flour and shake about to coat them evenly.

Next put a good splash of olive oil or sunflower oil in another heavy duty baking tray and heat the oil and baste the potatoes and parsnips in the oil.

Once done arrange the potatoes and parsnips in a baking tray and put them in the top of the oven as you get the rib of beef out and put in the trenchers underneath. Both trenchers and parsnips and potatoes should be done at the same time although you may want to swap the trays about so they're all ready together depending on your oven type. Whilst the beef is resting and the trenchers are in the oven you can make some red wine gravy using the juices from the roasting tin. Pour these into another wide bottomed pan or use the roasting tin having transferred the joint to another warmed covered dish.

Mix 1½ tablespoons of cornflour or St. Vincent arrowroot in a cup with a splash of water or red wine until smooth then add to the juices in the pan stirring all the while whilst adding more red a splash at a time. Reduce by half to concentrate the gravy - and transfer to a warmed gravy boat to serve.

Once trenchers are done put one of each plate and top with sliced meat and gravy then let everyone fight over the vegetables and crusted potatoes and parsnips. *Buon appetito!* Serves 8.

To download this recipe go to www.squisito-deli.co.uk
