

Pro Tip Recipes

PREP TIME 20 MIN | COOK TIME 2-3 HOURS | SERVES 10

STANDING RIB ROAST

Method

1. Pre heat oven to 220°C, full heat.
2. Score the beef. Season with salt and pepper, rub with 20mls of oil. Place potato and pumpkin in a gastronome, drizzle with remaining oil, season with salt and pepper. Gently toss until combined. Place beef on top of vegetables. Roast in oven for 15 minutes to develop a crust. Reduce heat to 160°C and 20% steam. Probe roast and cook to an internal temperature of 57°C. Remove from oven, place on a board, cover loosely with foil to rest for half the cooking time.
3. Thinly carve beef across the grain. Serve with vegetables, Yorkshire puddings and gravy.

INGREDIENT LIST

Beef

- 3.5kg standing rib roast

Other Ingredients

- 60mls oil
- 1.3kgs potatoes, peeled, quartered
- 1.3kg pumpkin, peeled, cut into pieces

Serving Suggestions

- Roast Kumara with chickpeas
- Roasted Brussel sprouts with beef bacon
- Steamed Greens
- Yorkshire Puddings and Gravy

