

Beef recipes

Roast beef with horseradish yorkshire puddings



Preparation time:

15 mins

Cooking time:

15 to 30 mins per 500g

Serves:

6

INGREDIENTS

1.5kg piece roasting beef eg rib eye/scotch fillet, sirloin, rump or topside

2 tbsp dijon mustard
roast potatoes, steamed vegetables and gravy to serve

Horseradish yorkshire puddings

2 cups plain flour

1 tsp salt

1¼ cups milk

3 tbsp creamed horseradish

4 eggs, lightly beaten

2 tbsp olive oil

Trim beef of any visible fat. Preheat the oven to 200°C. Smear the mustard over the beef. Place the beef on a rack in a roasting dish.

Roast for 15 minutes, reduce the heat to moderate 180°C and cook for a further 45 minutes for rare, 60 minutes for medium

or 70 minutes for well done. For ease and accuracy use a meat thermometer.

Remove beef from oven, loosely cover with foil and rest for 20 minutes to let the meat fibres relax and reabsorb their juices before serving. While beef is resting cook the yorkshire puddings.

Carve the beef into thin slices and serve with the horseradish yorkshire puddings, gravy, roast potatoes and steamed vegetables.

To make horseradish yorkshire puddings: while the beef is cooking make the Yorkshire pudding batter. Sift the flour and salt into a bowl and beat in the milk, horseradish and eggs until smooth. To cook puddings, spoon the oil into 12 non-stick ½ cup muffin holes. Place the muffin pan in the oven to heat for five minutes. Take muffin pans out of the oven and pour in the batter. Bake for 20-25 minutes or until puffed up and cooked.

Slow-roasted Mediterranean beef roast



INGREDIENTS

750g piece of silverside roast (uncorned)

3 tbsp sundried tomato pesto

8 thin cut prosciutto slices

roast potatoes and steamed asparagus to serve

Preheat oven to 160°C. Coat beef with sundried tomato pesto and wrap evenly with prosciutto slices. Tie with string or secure with metal skewers.

Place the beef on a rack in a roasting dish. Roast for 30 minutes for rare, 40 minutes for medium and 45 minutes for well done. For ease and accuracy use a meat thermometer.

Remove beef from oven, loosely cover with foil and rest for 15-20 minutes to let the meat fibres relax and reabsorb their juices before serving.

Serve with roast potatoes and steamed asparagus.

Preparation time:

15 mins

Cooking time:

20 to 35 mins per 500g

Serves:

4

Spinach and feta rolled beef roast



Preparation time:

20 mins

Cooking time:

15 to 30 mins per 500g

Serves:

4-6

INGREDIENTS

1kg	beef eye fillet
1 bunch	english spinach, leaves washed, blanched and squeezed dry
100g	sundried tomatoes in jar and reserved oil
40g	feta, crumbled
200g	prosciutto slices
	vegetables for roasting, parsnip, carrot, potatoes

Preheat oven to 200°C. Slice beef fillet lengthways by cutting as you would slice open a baguette, leaving 2cm of the fillet uncut. Open out the fillet.

Place half the spinach on the fillet, then sundried tomatoes and feta. Lay the remaining spinach over the top and bring the fillet together to close. Lay the prosciutto slices

over the fillet to cover, then tie the fillet at 4cm intervals with kitchen string.

Place the beef and vegetables prepared for roasting in a roasting dish and spoon over about a tbsp of oil from the sundried tomato jar.

Roast for 30 minutes for rare, 40 minutes for medium and 50 minutes for well done. For ease and accuracy use a meat thermometer.

Remove beef from oven, loosely cover with foil and rest for 10-15 minutes to let the meat fibres relax and reabsorb their juices before serving.

Slice beef and serve with the roasted vegetables.

Vietnamese noodle and beef salad



Preparation time:

15 mins plus 30 mins marinating time

Cooking time:

6 mins

Serves:

4

INGREDIENTS

500g	lean beef strips
200g	mung bean thread vermicelli (glass noodles)
1 stalk	lemongrass, finely chopped
1	red chilli, seeded and chopped
2 cloves	garlic, finely chopped
1 tbsp	fish sauce
1 tbsp	soy sauce
1 tsp	sugar
1 tbsp	peanut oil
2	spring onions, finely sliced
1	red capsicum, cut into strips
1 punnet	cherry tomatoes, halved
1 tbsp	sesame seeds, toasted
2 tbsp	mint leaves
	lime wedges to serve

Soak the vermicelli noodles in boiling water until just tender (about five minutes). Drain and snip into manageable lengths with scissors.

Pound together the lemongrass, chilli and garlic in a mortar or blender. Add the fish sauce, soy sauce and sugar, mix well. Combine with the beef strips, marinate for 30 minutes.

Coat the marinated beef strips in the oil. Heat the wok, ensure it is hot. Stir-fry the beef in three batches, reheat wok between each batch.

Toss beef together with the noodles, spring onion, capsicum and tomatoes. Scatter with the sesame seeds and mint and serve with lime wedges.

Beef recipes

Char-grilled rump steak, potato salad and garlic mayonnaise



Preparation time:
25 mins

Cooking time:
8 mins

Serves:
4

INGREDIENTS

- 4 rump steaks
- oil
- Potato salad**
- 600g small kipfler potatoes, washed
- 2 tbsp olive oil
- salt and freshly ground black pepper
- 1 red capsicum, thickly sliced lengthways
- 2 bunches asparagus, ends trimmed
- ½ cup flat-leaf parsley leaves
- 2 tbsp lemon juice
- extra 2 tbsp olive oil
- Garlic mayonnaise**
- ½ cup whole-egg mayonnaise
- 1 clove garlic, crushed
- ½ cup chopped fresh coriander

Brush the steaks lightly with oil. Preheat the char-grill pan to hot before adding the steaks.

Cook one side until the first sign of moisture appears on the upper side. Turn and cook for a further 3-4 minutes for medium or cook until

desired doneness. Turn steaks once only. Test the steaks for degree of doneness with tongs.

Remove steaks from grill pan, loosely cover with foil and rest for two minutes to let the meat fibres relax and reabsorb their juices before serving.

To serve, place the steaks on plates, top steaks with mayonnaise, add a spoonful of potato salad. Serve immediately.

To make the potato salad: cook potatoes until just tender, and then thickly slice. Drizzle with a little of the oil and season with salt and pepper. Brush the capsicum with half the remaining oil. Cook on grill for two minutes each side or until tender. Transfer to a heatproof bowl. Drizzle the asparagus with remaining olive oil. Cook on grill for two minutes each side or until bright green and tender crisp. Place the potato, capsicum, asparagus and parsley in a large bowl. Drizzle with lemon juice and extra olive oil, and gently toss to combine.

To make the garlic mayonnaise: combine the mayonnaise, garlic and coriander.

Chilli beef and snake bean stir-fry with cashews



Preparation time:
15 mins

Cooking time:
8 mins

Serves:
4

INGREDIENTS

- 600g lean beef strips
- 1 bunch snake beans, cut into 3 cm lengths
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
- 2 tbsp lemon juice
- 1 tsp brown sugar
- 2 tsp cornflour
- 2 tbsp peanut oil
- 1 onion, cut into thin wedges
- 3 red chillies, seeded and sliced
- 1 clove garlic, finely chopped
- 1 tbsp grated fresh ginger
- ½ cup cashews, toasted and chopped
- steamed jasmine rice to serve

Steam or microwave the snake beans until just tender. Combine the soy and oyster sauces, lemon juice, sugar and cornflour in a bowl.

Heat the wok, ensure it is hot. Add half the oil, add onion and cook until soft. Remove from the wok and reserve.

Combine the beef strips with the chilli, garlic, ginger and remaining oil.

Reheat the wok, ensure it is hot. Stir-fry the beef in three batches, reserving each batch to rest in a warm bowl. Reheat wok between each batch.

Return the onion and beef to the wok and add the combined sauce and cornflour mixture. Toss until just thickened, stir through the cooked snake beans.

Scatter with the cashews and serve with steamed jasmine rice.

Dijon and oregano roast beef with champ potato



Preparation time:
30 mins plus 1 hour
marinating

Cooking time:
15 to 30 mins per 500g

Serves:
4

INGREDIENTS

1.5kg	piece rib eye/scotch fillet
2 tbsp	dijon mustard
1 tbsp	dried oregano
1 tsp	finely grated lemon rind
1 tbsp	fresh lemon juice
1 clove	garlic, crushed
	salt and freshly ground black pepper
2 bunches	baby (Dutch) carrots, ends trimmed, scrubbed
200g	sugar snap peas, topped

Champ potato

1kg	pontiac potatoes, peeled, coarsely chopped
½ cup	cream
40g	butter
4	green shallots, ends trimmed, finely chopped
2 tbsp	coarsely chopped fresh continental parsley
	salt and freshly ground black pepper

Trim beef of any visible fat. Combine the mustard, oregano, lemon rind, juice and garlic in a small bowl. Place the beef in a large glass or ceramic dish. Pour over the mustard mixture and turn to coat. Cover with plastic wrap and place in the fridge for one hour to develop the flavours.

Preheat the oven to 200°C. Place the beef on a rack in a roasting dish. Roast for 45 minutes for rare, 60 minutes for medium and 75 minutes for well done. For ease and accuracy use a meat thermometer.

Remove beef from oven, loosely cover with foil and rest for 15-20 minutes to let the meat fibres relax and reabsorb their juices before serving.

Thinly slice the beef across the grain. Place on serving plates and serve immediately with the champ potato, carrots and sugar snap peas.

To make the champ potato: cook the potato until tender. Drain well. Return to pan with cream and butter, and use a potato masher to mash until smooth. Add the green shallot and parsley, stir until combined. Taste and season with salt and pepper.

Beef brisket and mushrooms in burgundy



Preparation time:
20 mins

Cooking time:
2 hours

Serves:
6

INGREDIENTS

1.2kg	rolled piece beef brisket, fat trimmed
10g	packet dried porcini mushrooms
¼ cup	boiling water
2 tbsp	olive oil
75g	pancetta, roughly chopped
1 tbsp	plain flour seasoned with salt and pepper
1	onion, chopped
2 cloves	garlic, crushed
1 cup	burgundy wine (or other red wine)
1 cup	beef stock
2 tsp	fresh rosemary leaves
25g	butter
300g	mixed mushrooms, thickly sliced
	mashed potato, roasted baby carrot and parsnips to serve

Preheat the oven to 180°C. Soak the porcini mushrooms in the boiling water for 10 minutes. Drain, reserving the soaking liquid. Roughly chop the porcini and set aside.

Heat 1 tbsp of the olive oil in a large frypan and add the pancetta. Cook until the pancetta

is golden. Place pancetta in a deep casserole dish.

Pat beef dry with paper towel and sprinkle with the seasoned flour. Brown the beef on all sides in the frypan and then place in the casserole dish.

Add the remaining oil to the frypan. Stir in the onion and cook for five minutes over a medium heat until golden. Add the garlic, rosemary, wine, beef stock, porcini and soaking liquid, stirring up residue from the base of the pan. Bring to the boil, remove from heat and pour over the beef.

Cover casserole dish tightly and cook in the preheated oven for 1½-2 hours or until very tender. Turn the meat over halfway through the cooking time.

Just before serving, heat the butter in a frypan, cook the mushrooms until golden and tender. Stir into the casserole dish.

Cut the brisket into thick slices and spoon over the mushroom and pancetta cooking liquid. Serve with mashed potato, roasted parsnips and baby carrots.