

Roast beef and Yorkshire pudding



Serves 6-8

Cooking time:

Rare: 20 minutes per 450g/1lb plus 20 minutes

Medium: 25 minutes per 450g/1lb plus 25 minutes

Well done: 30 minutes per 450g/1lb plus 30 minutes

Oven temperature Gas mark 4-5, 180-190°C, 350-375°F

Ingredients:

2.7kg/6lb England's Rose rib of beef, French-trimmed and chined, boneless rib or topside joint,
15ml/1tbsp English mustard powder,
Salt and pepper
1 small red onion, peeled and cut into quarters,
1 bulb garlic, cut in half widthways

For the best Yorkshire puddings:

175g/6oz strong plain flour,
Pinch salt,
2 large eggs, beaten,
5ml/1tsp fresh thyme leaves
300-400ml/10-14froz milk, 30ml/2tbsp sunflower oil or beef dripping.

Method:

Place the joint on a chopping board, score the skin, pat dry with absorbent kitchen paper and rub the mustard over the surface.
Season with salt and pepper.

