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*by ewfood*

## Beef Roast



## Ingredients

1 beef top loin or rump roast (try to find one with a layer of fat)

5 cloves garlic, cut into slivers

1 sprig of thyme, cut into large pieces

1 sprig rosemary cut into large pieces

olive oil

Salt and pepper to taste

For the gravy

1.5 oz. flour

16fl oz. beef stock

**Preparation Time**

10

min

**Cooking Time**

1

hr

## Preparation

- 1 Preheat the oven to 180°C
- 2 Poke small holes on the roast and insert the garlic slivers and pieces of thyme and rosemary into the holes
- 3 Spread the olive oil all over the roast so it is well covered
- 4 Season well
- 5 Place into a roasting tin into the oven and cook for 40minutes – 1 hour depending on whether you want it rare or well done. Using a meat thermometer will help you determine if the meat is done to your liking. 130°C is great for a rare – medium rare and the higher the temperature the more done it is
- 6 For the gravy
- 7 Remove the roast from the tin and leave it on a serving plate to cool down for 15 minutes. In the meantime place the roasting tin on the stove top and scrape of the dregs from the beef. All a little of the stock to loosen all of the fat that may have collected at the bottom
- 8 Add in the flour one tablespoon at a time and stir vigorously until the gravy thickens. Slowly add the rest of the stock and flour until you are left with yummy gravy
- 9 Serve the roast with vegetables and Yorkshire pudding or mash.

## Cooks Note

Preparation time: 10 minutes; Cooking time: 1 hour

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