

the essentials of  
*Roasting*



Roast beef with horseradish yorkshire puddings

**Roasting is one of the easiest cooking methods. These are the techniques, tools and tips for the very best results.**

*one*



Preheat the oven in line with the type of meat you are roasting (see our suggested cooking times chart on page 11.9). Also determine the weight of the roast.

*Two*



Place the roast on a rack in a roasting dish. Raising the roast allows the heat to circulate, browning it evenly.

*Three*



Different meats require different cooking times per fixed weight. For ease and accuracy use a meat thermometer.

*four*



Remove roast when cooked to desired degree. Transfer to a plate, cover loosely with foil and rest for 10-20 minutes before carving.

## Best cuts for roasting

### Beef

Rib eye/scotch fillet, rump, sirloin, fillet/tenderloin, eye round, blade, topside, round, oyster blade, standing rib roast, silverside (uncorned), rolled rib beef roast.

### Lamb

Leg (bone-in), shoulder (bone-in), easy carve (leg or shoulder), round or topside roasts, rump, boned and rolled loin, mini roast, eye of shortloin/backstrap, rack, shortloin/mid loin, roast, rump roast.

### Veal

Leg, shoulder, boned and rolled loin, rack, fillet, rump, breast.

# Roasting

cook with room temperature meat / **preheat the oven** / tie the meat for roasting / **pre-brown to add colour and flavour** / use the right size roasting dish / **roast on a rack** / don't forget to baste / **rest after roasting** / make use of the pan juices in the roasting dish

## 1. Cook with room temperature meat.

If time permits, take the roast from the refrigerator about 20 minutes before cooking. This is particularly important if you like rare or medium rare meat, or the roast is boneless. It is safe to stand the covered meat in a cool kitchen (never in direct sunlight) for up to 30 minutes before cooking.

## 2. Always preheat the oven to the suggested temperature.

Different meats require different cooking temperatures (see our suggested cooking times chart on page 11.9).

## 3. Tie the meat for roasting if required.

Some roasts don't need to be tied, however cuts such as beef fillet benefit from it. Tying the meat in this instance gives a neat and compact shape, which helps the roast to cook evenly. For other roasts, such as a boned and stuffed leg of lamb, tying is necessary to hold it together.

Start by compressing the meat into a neat package and tuck in any loose pieces of meat. Using cotton butchers' string/ twine, tie the meat at 4cm intervals, then wrap it around the length of the roast and secure with a double knot. While the roast is resting after cooking, snip the string and gently slide it away from the meat. The thin edge of wedge-shaped roasts can be wrapped in foil to avoid overcooking.



## 4. Pre-brown to add colour and flavour.

Searing or pre-browning the meat will give a better flavour, particularly for the smaller, high-temperature, quick-cooking, boneless roasts.

# Hips

## 5. Use the right size roasting dish.

Use a roasting dish that is close to the size of the roast you are cooking. Placing a small roast in a large dish means the pan juices will burn over the large surface area as it cooks, giving a burnt flavour and leaving no liquid for gravy or pan juices.

The sides of the roasting dish should not be too high, or too shallow. About 8cm is good. If it's too shallow the pan drippings will spatter around the rim and if it's too high the roast will not brown well.

Take care with non-stick roasting dishes. While easy to clean, they don't fare so well with high heat roasting and the high heat cooktop reduction of pan juices.

## 6. Roast on a rack.

Raising the roast allows the heat to circulate around it, browning it evenly. Without a rack the bottom of the roast will begin to stew. Wider rung racks give good results; they're preferable to the closed rack-like trays that are sometimes inside your oven when purchased.

Placing the roast on a bed of julienne vegetables or trimmed meat bones is another way to raise the roast, and they both add flavour to the pan juices.

The exception to this rule is bone-in roasts including standing rib roasts and racks of lamb; the natural arc of the bones in these roasts raises the meat from the base of the roasting dish.

To keep the roast moist add a little water or stock to the dish and replenish during cooking if needed.

## 7. Don't forget to baste.

Use the juices in the roasting dish to baste the roast as it cooks — two or three times should be enough. Add a little stock to the roasting dish if there's only a small amount of pan juices.

Cook roasts that have a little fat cover with the fat side uppermost, so they self-baste. If the roast is very lean, brush with a little oil before cooking.

## 8. Cooking times can only ever be a guide.

Different meats require different cooking times per fixed weight.

To test, use tongs to feel/squeeze the roast. Rare is very soft, medium rare is soft, medium is springy but soft, medium well is firm and well done is very firm.

For accuracy insert a meat thermometer into the thickest part of the roast away from any fat or bone to ensure correct readings.

Check the temperature just before the estimated cooking time elapses. Take larger roasts out of the oven just short of the goal, as the larger roasts and bone-in roasts tend to cook further and increase a little in temperature as they rest.

## 9. Rest after roasting.

Roasts need to rest for about 10 to 20 minutes before carving. This gives the juices in the meat a chance to redistribute, giving a moister and more tender result.

Transfer the roast to a plate, loosely cover with foil and stand the roast to rest in a warm place.

## 10. Make use of the pan juices in the roasting dish.

While the roast rests make use of the pan juices by placing the roasting dish on the cooktop over a moderately high heat. Add stock or wine. Boil until reduced to a sauce-like consistency, adding juices from the rested roast. Enrich with a little butter if you like.



## Suggested roasting times

BEEF	Temp	Rare	Medium	Well done
Rib eye/scotch fillet, rump, sirloin, fillet, tenderloin	200°C	15-20 mins	20-25 min per 500g	25-30 min per 500g
Silverside, blade, round, topside, eye round, oyster blade	160°C	20-25 min	25-30 min	30-35 min
LAMB	Temp	Rare	Medium	Well done
Eye of shortloin/backstrap, lamb round or topside mini roast, lamb rump	220°C	15-20 mins	20-25 min per 500g	25-30 min per 500g
Rack of lamb, four rib roast, crown roast	200°C	20-25 min total regardless of weight	30-35 min total regardless of weight	40-45 min total regardless of weight
Loin (boned and rolled), leg or shoulder (bone-in), easy carve leg or shoulder	180°C	20-25 min per 500g	25-30 min per 500g	30-35 min per 500g
VEAL	Temp	Rare	Medium	Well done
Fillet, rack, leg, loin/eye of loin, rump and shoulder, boned and rolled loin, rump, breast	200°C	15-20 min	20-25 min	25-30 min

## Oven temperature

Different meats require different cooking temperatures; there are three oven temperature choices when it comes to roasting - high, moderate or low heat.

**The more traditional method of roasting uses a moderate heat (180°C).** This temperature is used when cooking the larger bone-in roasts such as a leg of lamb. The bone acts as a conductor of heat, so when these types of roasts are cooked at moderate heat and for a slightly longer cooking time, the meat will be moist and tender.

## Degree of doneness

The internal temperature for:

- Rare 60°C
- Medium rare 65°C
- Medium 70°C
- Well done 75°C

### High heat roasting (200°C to 220°C) is now more

**commonplace** for smaller, leaner, top-end cuts, such as beef rib eye, beef fillet or the very lean lamb eye of loin. These roasts are seared first over a high heat to give good colour and flavour, as they are cooked for shorter times.

### Low temperature roasting (160°C) is used for larger cuts of beef such as silverside, blade and round.

These cuts have a little outer fat cover and some fat seams, so they benefit from being roasted at this lower temperature. A lower temperature means less shrinkage and a moister result. These roasts can benefit from pre-browning on a cooktop over a moderate heat.



# Roasting recipes

## Standing rib roast



Preparation time:

10 mins

Cooking time:

15 to 30 mins  
per 500g

Serves:

6

### INGREDIENTS

<b>1.5kg</b>	standing beef rib roast
<b>1 tbsp</b>	oil
	salt and freshly ground black pepper
<b>1 litre</b>	beef stock
<b>½ cup</b>	red wine or port
<b>1</b>	extra tbsp olive oil
<b>300g</b>	mixed mushrooms
<b>30g</b>	chilled butter
	roast potatoes and mixed salad leaves to serve

Trim beef roast of any visible fat. Preheat the oven to 200°C. Brush the beef with oil and season well with salt and black pepper. Place the beef in a roasting dish.

Roast for 45 minutes for rare, 60 minutes for medium and 90 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 meat is resting, place the stock and the wine in a pan. Bring to the boil and reduce by two-thirds or until the mixture is syrupy.

Heat the extra oil in a fry-pan and cook the mushrooms until just tender.

Whisk the chilled butter into the syrupy sauce.

Slice the beef into cutlets, add some mushrooms and drizzle with sauce. Serve with crispy roast potatoes and salad leaves.

## Honey glazed roast beef with corn and potato mash



Preparation time:

20 mins

Cooking time:

15 to 30 mins  
per 500g

Serves:

6

### INGREDIENTS

<b>1.5kg</b>	piece rib eye/scotch fillet
<b>2 tsp</b>	oil
<b>1 tsp</b>	freshly ground black pepper
<b>1 tbsp</b>	honey
<b>1 tbsp</b>	lemon juice
<b>1 tbsp</b>	fresh thyme leaves
<b>1 cup</b>	red wine
<b>½ cup</b>	beef stock
	steamed vegetables to serve

### Corn and potato mash

<b>4</b>	corn cobs, husks removed
<b>600g</b>	Desiree potatoes, peeled and cut into chunks
<b>50g</b>	butter
<b>¼ cup</b>	milk

Trim beef of any visible fat. Preheat the oven to 200°C. Brush the beef with the oil.

Heat a fry-pan over a moderately high heat, brown the beef on all sides.

Place the beef on a rack in a roasting dish. Roast for 45 minutes for rare, 60 minutes for medium and 90 minutes for well done. For ease and accuracy use a meat thermometer.

Brush with the combined honey, lemon juice and thyme during the last five minutes of cooking.

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.

While meat is resting, remove any excess fat from the pan and place the pan over a medium heat. Add the wine and stock and scrape up any meat residue from the pan. Bring to the boil and reduce by one-third. Serve with the sliced beef, accompanied by the corn and potato mash and steamed vegetables.

To make the corn and potato mash: cook the corn cobs in boiling water or in the microwave until tender. Cut the kernels from the cobs, place in a food processor or blender and blend to a rough puree. Steam or microwave the potatoes until tender, drain and mash with the butter and hot milk. Stir in the pureed corn and season to taste. Beat well with a wooden spoon.

## Rack of veal with rosemary and mustard crust



Preparation time:

20 mins

Cooking time:

15 to 30 mins  
per 500g

Serves:

6

### INGREDIENTS

<b>800g</b>	frenched veal rack (with 6 cutlets in the rack)
<b>¾ cup</b>	fresh breadcrumbs
<b>1 tbsp</b>	chopped parsley
<b>2 tsp</b>	chopped fresh rosemary leaves
<b>1 clove</b>	garlic, crushed
<b>1</b>	egg yolk, lightly beaten
<b>2 tbsp</b>	wholegrain mustard
<b>500g</b>	pumpkin, peeled and cut into small, thin wedges
<b>2</b>	onions, each cut into 8 wedges
<b>3 tbsp</b>	olive oil
<b>1 tbsp</b>	red wine vinegar
<b>160g</b>	rocket leaves

Trim veal rack of any visible fat. Preheat the oven to 200°C. Place the veal rack in a roasting dish. Cook for 20 minutes.

While veal is in the oven combine breadcrumbs, parsley, rosemary, garlic, egg yolk and 1 tbsp of the mustard. Remove veal from the oven and reduce the heat to 180°C.

Spread the remaining tablespoon of mustard over the veal and firmly press breadcrumb mixture on to veal. Roast for a further 30 minutes or until the crust is golden and meat is cooked to your preferred doneness. For ease and accuracy use a meat thermometer.

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

While the veal is cooking, place the pumpkin slices and onion in another roasting dish and drizzle with 2 tbsp of the oil. Bake in the oven along with the veal for 30 minutes. Whisk together the remaining oil and the vinegar.

Place the rocket leaves in a bowl and add the pumpkin and onion. Drizzle over the dressing. Slice the veal into cutlets and serve with the salad.

## Mustard rack of lamb with minted ricotta



Preparation time:

20 mins

Cooking time:

20-40 mins

Serves

4

### INGREDIENTS

<b>2</b>	frenched racks lamb (8 cutlets each rack)
<b>4</b>	roma tomatoes
	balsamic vinegar, to drizzle
	olive oil, to drizzle
<b>2</b>	bunches thin asparagus, trimmed
<b>1</b>	extra tbsp olive oil
<b>1 tbsp</b>	french mustard
<b>1 clove</b>	garlic, crushed
<b>1 tsp</b>	dried mint flakes
	mashed potato to serve

### Minted ricotta

<b>150g</b>	fresh ricotta
<b>½ cup</b>	cream
<b>½ cup</b>	finely chopped mint
	salt and freshly ground black pepper

Preheat the oven to 160°C. Halve tomatoes lengthways, place on a tray lined with baking paper, drizzle with a little balsamic vinegar and olive oil. Cook for 30 minutes. Then add the asparagus to the baking tray and brush lightly with olive oil. Bake for a further 15 minutes or until the tomatoes and asparagus are tender. Remove from oven. Increase the oven temperature to 200°C.

Place lamb racks in roasting dish. Smear each rack with the combined extra olive oil, mustard, garlic and mint. Roast for 20 minutes for rare, 30 minutes for medium and 40 minutes for well done.

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

To serve, cut racks into pairs, place a pair of racks on serving plates and drizzle with any pan juices. Arrange the tomatoes and asparagus on the side and top with the minted ricotta. Serve with mashed potato.

To make minted ricotta: mix the ricotta and cream until smooth. Add the mint and season with salt and freshly ground black pepper.