

View from the Fridge – Recipes from Brian Donkin

Recipe # 105 – Roast Sirloin of Beef

Preparation time: 2 mins Cooking time: 45 mins

Ingredients:

5 Kilos of Sirloin trimmed and deboned (ask your butcher)
50gms butter
Salt and pepper

Method

1. In roasting tray place the sirloin with the fat side down
2. Rub the beef with butter and then sprinkle with salt and pepper
3. Place in hot preheated oven (around 220 degrees) and roast for 30 minutes
4. Turn over and roast for a further 15 minutes
5. Before carving allow the beef to rest for 30 minutes

Tip: If for cold buffet do not refrigerate – leave at room temperature for three hours

Serves 25

