

1kg Slow-cooked Beef Shoulder Fillet



Allow a minimum of 12 hours defrosting time for each 1kg of beef.

Weigh your roast to calculate the defrosting & cooking time required as it may be heavier than the weight stipulated.

Cooking appliances vary in performance, these are guidelines only.

Cooking guidelines from defrosted:

Make sure the joint is fully defrosted and keep the joint in its packaging for 30 minutes at room temperature prior to heating.

Preheat the oven to **200°C / 180°C fan / gas mark 6.**

Remove the joint from its packaging and place into a deep roasting tin with all the liquor.

Cover with greaseproof paper then wrap with tin foil and heat on the middle shelf of the preheated oven for **45 minutes.**

Remove the foil, top up the liquid if required using a light beef stock, return to the oven and heat for a further 15-25 minutes, basting occasionally.

Remove from the oven when piping hot throughout, wrap with foil and allow to rest somewhere warm for 15 minutes.

Whilst the joint is resting, strain the liquor into a clean pan and finish to your liking, Keep hot ready for serving with the beef.

Once fully rested, carve into slices for serving.

Ensure product is piping hot throughout. Do not reheat once cooked.



Chef's tips:

When carving your beef, use a sharp, straight-edged knife, in smooth strokes to cut across the grain of the beef, this will ensure your slices are more tender to chew. Place a damp tea towel under your board to ensure it does not slip or move on your countertop or table.



Eddie McDonald

Donald Russell Head Chef

For more information visit:
donaldrussell.com/cooking-guidelines

