

900g Extra Trimmed Rump Roast



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.

Guideline roasting times after searing:

Rare: Fan 170°C for 20-24 minutes

Medium: Fan 170°C for 28-32 minutes

Well done: Fan 170°C for 40-44 minutes



Cooking guidelines from defrosted:

Remove all packaging and make sure the beef is fully defrosted prior to cooking and pat dry with kitchen paper.

Allow 30 minutes for the meat to come to room temperature.

Preheat the oven to **250°C / 230°C fan / gas mark 9**.

Place the joint in a roasting tray. Season with salt and pepper,

Sear meat for 15 minutes in the oven. Then reduce the oven temperature to **190°C / 170°C fan / gas mark 5**, and follow the above guideline roasting times for your desired finish

Once your joint is cooked to your liking, remove from the oven.

Keep warm and rest for at least 10-15 minutes.

Once fully rested, carve into slices for serving.

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.

When checking if your beef is cooked to your liking, probe the centre of the joint to make sure the internal temperature matches your desired finish:

Rare: internal temperature of 45-47°C

Medium-rare: internal temperature of 50-52°C

Medium: internal temperature of 55-60°C

Well done: internal temperature of 72-75°C



Eddie McDonald
Donald Russell Head Chef

