

500g Hand Trimmed Centre Cut 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.

Guideline roasting times after searing:

Rare: Fan 210°C for 8-10 minutes

Medium Rare: Fan 210°C for 12-14 minutes

Medium: Fan 210°C for 16-18 minutes

Well done: Fan 210°C for 20-22 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 up to 30 minutes for the meat to come to room temperature.

Preheat the oven to **230°C / 210°C fan / gas mark 8.**

Heat oil in a large frying pan over a high heat.

Sear meat on all sides for a total of 5-6 minutes. Transfer it to a roasting tin and place in the preheated oven, following the above guideline roasting times for your desired finish.

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

Cover with foil and leave it to rest in a warm place for at least 10 minutes.

Once fully rested, carve into slices for serving.



Low temperature cooking with a meat thermometer (medium):

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

Preheat the oven and roasting tin to **80°C** without the fan.

Allow up to 30 minutes for the meat to come to room temperatures.

Heat oil in a large frying pan over a high heat.

Sear the meat on all sides for 4-5 minutes in total.

Place on the pre-heated tin and season with salt and pepper. Set the thermometer to **60°C** and insert horizontally into the centre of the meat.

Put into the oven until the thermometer alarm sounds (**approx 60-90 minutes**) and the internal temperature is **60-65°C.**

When the thermometer beeps your meat is ready to serve straight away. There is no need to rest your meat as it has rested during the cooking process.

For more information visit:

donaldrussell.com/cooking-guidelines