

# 900g Traditional 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 10-12 minutes per 450g**

(internal temperature: 45-47°C)

**Medium: Fan 170°C for 14-16 minutes per 450g**

(internal temperature: 55-60°C)

**Well done: Fan 170°C for 20-22 minutes per 450g**

(internal temperature 65-70°C)

## 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, and add a little water to the tray to prevent any smoking.

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.

Place it on a board or platter, cover with foil and leave to rest for at least 20 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.

Heat a frying pan on high. Add a little oil or brush directly onto the meat.

Sear the meat all over 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 180 - 195 minutes**).

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](https://donaldrussell.com/cooking-guidelines)

