

Roast Beef with Mushroom Crust



Ingredients

- 1.25 kg (2.5 lb) lean British beef joint e.g. topside, rib, or sirloin
- 100g (4oz) button mushrooms, finely chopped
- 50g (2oz) fresh breadcrumbs
- 2 x 15ml spoon (2 tbsp) fresh parsley, chopped
- 1 x 15ml spoon (1 tspn) Dijon mustard
- Salt and black pepper
- 4 tablespoons cream
- Salt and pepper
- Chopped parsley for garnish

Method

1. Roast the beef.
2. Make crust by mixing mushrooms, breadcrumbs, parsley, mustard and seasoning together.
3. Remove the joint from the oven 15 minutes before the end of cooking time, press mixture onto top of joint and return to oven.
4. Cook for remaining time and serve.

Ingredients

Dijon Vegetables

- 1 x 15ml spoon (1 tbsp) oil
- 1 x 5 ml spoon (1 tsp) Dijon mustard
- 1 x 2.5 ml spoon (½ tsp) sugar
- 4 carrots, peeled and cut into quarters
- 4 parsnips, peeled and cut into quarters
- 4 - 6 potatoes, peeled and cut into chunks

Method

1. In a large roasting pan heat oil, with mustard and sugar.
2. Toss vegetables, then roast for 50 minutes - 1 hour.

Cooking time: Approximately 50 minutes - 1 hour

Preparation time: 10 - 15 minutes

Serves 4 - 6 people

