Method

- Place the meat in a large bowl. Generously season with salt.
- Fill a large pot with 1 liter water. Add the wine, vinegar, 1 onion, carrot, bay leaves, whole cloves, whole peppercorns, thyme and parsley. Bring to a boil.
- Pour over the meat. Let it marinate in the refrigerator for 5 days. Turn it over twice a day so it can marinate evenly.
- Remove from marinade and pat dry with paper towels. Reserve marinade and vegetables. Pass the marinade through a sieve and reserve 5 cups of it.
- Heat 2 tablespoons of butter in a deep, large frying pan. Add the bacon and cook until it releases its fat and becomes crunchy.
- Remove from frying pan with a slotted spoon. Add the beef to the butter and bacon fat and brown on all sides. Add the bacon and cook until it releases its fat and becomes crunchy.
- Remove from frying pan with a slotted spoon. Add the beef to the butter and bacon fat and brown on all sides. Remove from pan and transfer to a baking pan.
- Preheat oven to 160° C (320°F) Fan.
- Add the remaining onions to the pan. Sauté until caramelized, over low heat.
- Add the caramelized onions, 5 cups of reserved marinade and vegetables to the baking pan. Cover the meat with parchment paper and aluminum foil.
- Roast for 2 ½ hours.
- Remove from oven and pass the sauce through a sieve and into a bowl. Set aside.
- Allow the meat to cool wrapped in aluminum foil.
- Add the remaining butter to a saucepan and melt it over medium heat. Add the butter and sugar. Beat continuously with a hand whisk, until the mixture turns a light golden.
- Add the sauce that we set aside, the lemon juice and raisins.
- Cook until the gravy thickens, about 10 minutes.
- Slice the meat and serve with the gravy, bacon and finely chopped parsley.

Ingredients

- 2.5 kilos beef, silverside or rump, for roasting
- salt
- 500 g red wine
- 100 g vinegar, red wine
- 3 onions, thinly sliced
- 1 carrot, thinly sliced
- 10 cloves, whole
- 8 peppercorns
- 3 bay leaves
- 3 sprig(s) thyme
- 2 sprig(s) parsley
- 4 tablespoon(s) butter
- 4 slices bacon, thinly sliced
- 3 tablespoon(s) all-purpose flour
- 2 tablespoon(s) granulated sugar
- 50 g raisins
- lemon juice, of 1/2 lemon
- 2 tablespoon(s) parsley, finely chopped

Nutrition information per portion

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>441</td>
<td>15.0</td>
<td>7.4</td>
<td>15.0</td>
<td>9.5</td>
<td>59.0</td>
<td>1.8</td>
<td>0.98</td>
<td>22%</td>
</tr>
<tr>
<td>Percent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21%</td>
</tr>
<tr>
<td></td>
<td>22%</td>
<td>31%</td>
<td>6%</td>
<td>9.5</td>
<td>118%</td>
<td>7%</td>
<td>16%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Διατροφικός πίνακας

Nutrition information per portion

- 20' Hands on
- 5 days' Hands off
- 170' Cook Time
- 8-10 Portion(s)
- 1 Difficulty

Recipe Category / Meats

Roast Beef with Gravy

Photo credit: G. Drakopoulos - Food Styling: T. Webb