Recipe Category / Meats

Roast Beef with Gravy

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 pepper corns
- 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
- juice, of 1/2 lemon
- 2 tablespoon(s) parsley, finely chopped

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. 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.

Nutrition information per portion

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<tr>
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<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Total Carbs</th>
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