



Sunday roast

30'
Hands on

130'
Cook Time

10-12
Portion(s)

2
Difficulty



Method

For the puddings

- Place a 10 cup cupcake pan in a baking pan.
- Preheat oven to 200* C (390* F) Fan.
- Fill the cupcake cups halfway with vegetable oil and “bake” for 15-20 minutes.
- In a bowl, add the milk, eggs, flour, mustard, Worcestershire sauce, salt and pepper. Whisk until the flour dissolves. Transfer to a measuring jug and refrigerate.
- Remove cupcake pan from oven, remove flour mixture from refrigerator and fill the cupcake pan the rest of the way with the mixture. Don't worry if the oil spills a little.
- Lower oven temperature to 185* C (350* F - 370* F) Fan.
- Bake for 30-35 minutes.
- When ready, remove from oven and allow to cool.

For the beef

- Preheat oven to 180* C (360* F) Fan.
- Remove the meat from between the bones with a knife and set aside. Remove the meat on the bottom part of the bones, creating a pocket and set aside.
- Fill the pocket you created in the meat with some rosemary and thyme sprigs.
- Cut 3 pieces of kitchen twine and tie the meat in order to keep it intact while roasting.
- Add the olive oil, salt and pepper over the meat and rub with your hands over the entire surface.
- Tuck the remaining sprigs of rosemary and thyme under the twine.
- Place the meat in a baking pan fitted with a wire rack.
- Roast for 1 ½ hours.

For the gravy

- Place a deep pan over high heat.
- Cut the meat into little pieces and add them to the pan.
- Thinly slice the onions and add to the pan.
- Add the bay leaf and pepper. Sauté for 15-20 minutes until they caramelize.
- Add the bouillon cubes and flour. Mix with a wooden spoon.
- Add the wine, thyme and water.
- Mix and allow it to simmer for 15 minutes, until the gravy thickens.
- Strain and set aside.
- Serve meat and puddings along with the gravy, the potatoes, rosemary, thyme, pepper and the baby potatoes.

Ingredients

For the puddings

- 500 g seed oil
- 250 g milk
- 1 glass eggs
- 1 glass all-purpose flour
- 1 tablespoon(s) mustard
- 1 tablespoon(s) worcestershire sauce, optional
- salt
- pepper

For the beef

- 4 kilos beef steaks
- 5-6 sprig(s) rosemary
- 5-6 sprig(s) thyme
- 2 tablespoon(s) olive oil
- pepper
- salt

For the gravy

- 2 onions
- 1 tablespoon(s) pepper
- 1 bay leaf
- 2 beef bouillon cubes
- 1 tablespoon(s) all-purpose flour
- 50 g red wine
- 5-6 sprig(s) thyme
- 500 g water

To serve

- 1 1/2 kilo baby potatoes
- rosemary
- thyme
- 1 teaspoon(s) olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

617 Calories (kcal)	25.0 Total Fat (g)	8.3 Saturated Fat (g)	12.0 Total Carbs (g)
31%	36%	42%	5%
3.1 Sugars (g)	85.0 Protein (g)	1.0 Fibre (g)	2.1 Sodium (g)
3%	170%	4%	35%