

# Posh Pot

## Roast Beef

### INGREDIENTS

2tbsp Olive oil  
1kg Hereford or Aberdeen Angus  
silverside of beef  
2 large onions, peeled and chopped  
3 Cloves garlic, crushed  
Bouquet garni  
2 bay leaves, torn  
300ml red wine  
500ml hot beef stock  
3tbsp tomato purée  
1 tbsp cornflour (optional)



Serves 4

### The Method

*Silverside of Beef – Excellent recipe producing succulent beef. Serve with usual traditional Sunday roast accompaniments and really good Yorkshire puddings*

1. Preheat the oven to 170C, gas mark 3. Heat the oil in a large, flameproof casserole (with a well-fitting lid). Sear the beef over a high heat for 4-5 minutes, turning regularly so that the outside is a golden brown all over. Transfer the beef from the pan to a plate and keep warm.
2. In the same pan, fry onion and garlic for 2-3 minutes, until starting to colour. Add the bouquet garni and bay leaves. Stir in the red wine with the beef stock and tomato purée. Return the beef to the pan. Add the bouquet garni, season and bring to the boil.
3. Cover and transfer to the oven for 3 1/2 hours, turning the beef in the liquid halfway through cooking. Remove the beef from the pan, cover with foil and keep warm. Allow to rest for 20 minutes before slicing. Remove the bouquet garni and discard. Meanwhile, if you want your gravy thicker, add a little cold water to the cornflour to make a paste before stirring into the gravy. Return the casserole to the hob and bring to the boil, stirring. Serve with traditional accompaniments.

