

Rib of Welsh Beef and roasted potato wedges



Fore rib is a prime cut of Welsh Beef and is delicious served medium rare. Roasting the beef on the bone adds flavour and keeps the meat tender during cooking. Add a glass of red wine for a weekend treat.

Serves 4-6 | **Prep** 10 minutes | **Cook** Approx 1 hour 45 minutes + 20 minutes resting

Ingredients

3.5kg fore rib of PGI Welsh Beef*

Rapeseed oil

Anglesey Sea Salt / Halen Môn (PDO)^A

Cracked black pepper

Fresh thyme sprigs, leaves picked plus extra for garnish

6 large potatoes, cut into wedges and parboiled in salted water until tender

Fresh rosemary sprigs, leaves picked

Method

- 01 Remove the beef from the fridge, pat dry and bring to room temperature.
- 02 Preheat the oven to 230°C / 210°C fan / Gas 8. To calculate the cooking time, first weigh the beef - see below for timings.
- 03 Rub the beef with a little oil and season well with the sea salt and cracked black pepper.
- 04 Place the beef in a large roasting tin and scatter with the thyme leaves.
- 05 Roast for 15 minutes, then lower the temperature to 190°C / 170°C fan / Gas 5 for the rest of the calculated time. (Another 1 hour 45 minutes for medium rare).
- 06 Remove the joint from the oven and place on a serving board. Cover loosely with foil and rest in a warm place until ready to carve.
- 07 Increase the oven temperature to 220°C / 200°C fan / Gas 7. Place the parboiled potato wedges in a single layer in a non-stick baking tray. Add a glug of oil and a good sprinkling of sea salt and rosemary. Roast the potato wedges for 30 minutes, turning half way through until golden and crisp.
- 08 Carve the beef and serve with the roasted potato wedges.

*12 minutes per 500g for rare

15 minutes per 500g for medium rare

17 minutes per 500g for medium

Plus 30 minutes resting time.



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