

How to cook a Boneless Rib of Beef

When your Boneless Rib of Beef Arrives

To defrost the Boneless Rib of Beef remove it from the freezer and take off all the packaging. Leave it on your kitchen worktop for one day. Alternatively, place the Boneless Rib in the fridge and allow it to gently thaw for 1-2 days.

Method

1. Before cooking allow the joint to reach room temperature and pat dry.
2. Preheat the oven to 220°C/425°F/Gas Mark 7.
3. Heat a large, heavy based frying pan over a medium high heat. Add a tablespoon of Beef Dripping and when it's nice and hot, season the Beef well with salt and pepper and carefully lay it down into the pan. Fry the Beef on all sides until it is lovely and golden and smells divine.
4. Add a knob of butter to the pan which will begin to bubble away furiously. To the butter add a few fresh sprigs of thyme along with a couple of cloves of garlic. Use a spoon to baste the Beef all over with the herby, garlicky butter. Spend a few minutes doing this, it's worth it!
5. Transfer the Beef and all the garlic and thyme to a medium sized roasting tin and place it in the preheated oven set at 220°C for 15 minutes. Turn the oven down to 160°C and roast for a further 30 minutes per kg. Using a meat thermometer, you are aiming for an internal temperature of 50–55°C for medium rare or 60°C if you like it cooked for a little longer.
6. Rest somewhere warm for 15 to 20 minutes before carving.

