

PERFECT KIWI ROAST BEEF WITH MINI YORKSHIRE PUDDINGS



 Serves 6-8

 Prep Time 5 minutes

 Cook Time Depending on cut and doneness required



INGREDIENTS

- 1-1.5 kg piece scotch fillet (or topside)
- Wattie's frozen Kiwi Roast Mix

Yorkshire Pudding

- 1 cup flour
- ½ tsp salt

METHOD

1. Remove beef from the refrigerator and allow meat to come to room temperature before cooking. This will ensure even cooking. Preheat the oven – see below for oven temperatures. Place meat on a rack. This will allow even heat circulation and browning. Brush meat with a little oil and season with salt and pepper.

- 2 eggs
- ½ cup milk
- ½ cup water

2. Cook for desired level of doneness. An internal temperature of the meat taken with a meat thermometer will be more accurate but a guide for the cooking times are listed below. Remove meat from the oven. Allow meat to stand for 10-20 minutes. This will allow the meat fibres to relax and for the juices to be reabsorbed back into the meat.
3. While the meat is resting increase the temperature to 210°C (fan bake) and cook the **Wattie's frozen Kiwi Roast Mix** according to bag instructions. At this time cook the mini Yorkshire puddings.

Yorkshire Puddings

1. Generously grease a 12 hole muffin pan with oil. Sift flour and salt into a mixing bowl. Make a well in the centre. In a separate jug whisk together eggs, milk and water. Pour into the flour a little at a time, beating using electric beaters until batter is smooth. Transfer batter to jug. Allow to stand for 30 minutes. Preheat oven to 200°C (fan bake). Place greased muffin pan in the heated oven for 2 minutes. Remove and pour the batter into the muffin holes. Bake for 10-15 minutes until yorkshire puddings are puffed and golden.

Gravy

1. Make a gravy using the meat pan juices and added water or stock, thickened with a little cornflour.

TIPS

Set the temperature of the oven depending on the cut of meat. Beef with marbled fat through the lean meat will be the most tender and moist cut to use – Scotch fillet, sirloin or whole eye fillet are premium cuts. For these cuts preheat oven to 200°C. Cooking time:

- Rare 15-20 minutes per 500g; Medium 20-25 minutes per 500g; Well done 25-30 minutes per 500g.

Silverside and topside are leaner and benefit from a lower temperature. For these cuts preheat the oven to 160°C. Cooking times:

- Rare 20-25 minutes per 500g; Medium 25-30 minutes per 500g (avoid cooking these cuts to the well done stage as they will be dry and tough).

If using a meat thermometer the internal temperatures of the roast will be:

- Rare 45-50°C; Med 60-65°C; Well done 70-75°C.