

**Pwlllywrach Farm - [www.welshangusbeef.co.uk](http://www.welshangusbeef.co.uk)**

## **Roast Beef**

It is important to pre-heat the oven to 230 C (Gas Mark 8) this helps to seal the juices into the joint. Rub the fat with a dusting of flour and dry mustard powder, and season. Roast at this temperature for 20 minutes, and then reduce the temperature to 190 C (Gas Mark 5). Continue to roast for 15 minutes per lb for Rare, or 30 minutes per lb if you like you beef well done. Remove from the roasting tin and rest for 20 – 30 minutes before carving.

Put the roasting dish on top of the cooker and sprinkle a tablespoon of plain flour into the juices left in the dish. Carefully blend in the flour and then gradually pour on boiling water (I always use the vegetable water) until you have a nice rich gravy.

