



East West Bake Cooking Show

ROAST BEEF & YORKSHIRE PUDDING

Chef Brian Mellor

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Episode 10 – Roast Beef & Yorkshire Pudding by Chef Brian Mellor

Roast Beef

Serves 6

Ingredients

1.5 Kg Beef topside [whole]

50 MI Oil vegetable

3 G Seasoning (salt & pepper)

Preheat the oven to 200C. Place a roasting tray over a medium heat on the hob. Rub the oil onto the joint and season. Sear the outer surface of the beef to seal and add flavour. Remove from the hob, cover with foil and roast for around 1.5 hours or until an internal temperature of 60C (medium rare) is reached. Remove the foil around 10 minutes before the end to help crisp up the beef. Rest for around 15 minutes prior to serving. Serve with gravy & Yorkshire puddings.

Yorkshire Puddings

Makes 6

Ingredients

140 G Flour plain

2.5 G Salt, half a teaspoon 4 Ea Eggs whole

200 MI Milk whole

80 MI Oil vegetable

Sieve flour and salt into a basin and make a bay. Gradually whisk in the eggs until a smooth consistency is reached then stir in the milk add the water and a tablespoon of oil. Cover and leave to stand for at least an hour. Preheat the oven heat to 200C divide the oil between the 6 moulds in the tin and heat until smoking then divide the batter between the moulds and bake for 30 minutes until brown and crispy. Don't open the door for at least the first 20 minutes until the puddings are well risen and set into place. Place the foils in a roasting tray/grill basket for ease.

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