



Best Roast Beef

 **Very Healthy**

READY IN



135 min.

SERVINGS



10

CALORIES



909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5.5 pound sirloin of beef french trimmed (2.5 kilograms)
- 3 eggs
- 115 grams flour all-purpose
- 2 bulbs garlic peeled
- 2 thumb-sized pieces ginger diced peeled
- 285 milliliters milk
- 10 servings olive oil
- 3 kilograms roasting potatoes peeled

- 3 onions red halved
- 3 rosemary sprigs
- 1 pinch salt
- 10 servings sea salt and pepper black freshly ground
- 10 servings vegetable oil
- 0.5 bottle robust red wine

Equipment

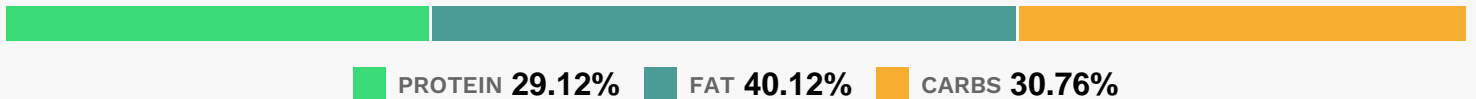
- oven
- sieve
- aluminum foil
- stove
- muffin tray
- garlic press
- colander
- grater

Directions

- Preheat oven to 450 degrees F (230 degrees C), and heat a large thick-bottomed roasting tray on the stovetop.
- Rub the beef generously with salt, then add a little olive oil to the tray and lightly color the meat for a couple of minutes on all sides.
- Lay the onions and bulbs of garlic in the tray with the beef on top of them, then cook in the pre-heated oven for a total of 1 1/2 hours.
- While the beef is roasting, parboil your potatoes in salted boiling water for around 10 minutes and drain in a colander. Toss about to chuff them up, this will make them really crispy.
- After 30 minutes, take the tray out and toss in your potatoes and rosemary. With a garlic press or grater, squeeze or grate the cloves of garlic and ginger over everything in the tray.
- Shake the tray and whack it back in the oven for the final hour.

- Remove the potatoes to a dish to keep warm, place the beef on a plate, covered with foil, to rest, and get your greens and Yorkshire puddings on.
- Remove most of the fat from your roasting tray and you should be left with caramelized onions and sticky beef goodness.
- Add 1 teaspoon of flour to the tray and mash everything together.
- Heat the tray on the stovetop and when hot, add the red wine. Simmer for 5 to 10 minutes, stirring every couple of minutes, until your gravy is really tasty and coats back of a spoon.
- Add any juice from the beef and feel free to add some water or stock to thin the gravy if you like.
- Pour through a coarse sieve and push it through with a spoon, pushing it through with a spoon, and serve in a warmed gravy jug.
- Serve with Yorkshire puddings.
- Preheat oven to 450 degrees F.
- Mix the batter ingredients together.
- Let rest for 10 minutes
- Preheat a Yorkshire pudding tray or muffin tin with 1/2-inch (1 centimeter) of oil in each section. After the 10 minutes divide the batter into the tray. Cook for around 15 to 20 minutes until crisp and puffy, don't open the oven door before then or they won't rise.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:46.17, Inflammation Score:-8, Nutrition Score:45.525652201279%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 5.19mg, Malvidin: 5.19mg, Malvidin: 5.19mg, Malvidin: 5.19mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin:

0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 908.69kcal (45.43%), Fat: 38.99g (59.99%), Saturated Fat: 8.01g (50.03%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 59.69g (21.71%), Sugar: 5.5g (6.11%), Cholesterol: 189.84mg (63.28%), Sodium: 200.13mg (8.7%), Alcohol: 3.97g (100%), Alcohol %: 0.72% (100%), Protein: 63.68g (127.36%), Vitamin B6: 2.57mg (128.43%), Selenium: 81.6µg (116.57%), Vitamin B3: 19.88mg (99.42%), Zinc: 11.67mg (77.78%), Phosphorus: 765.45mg (76.54%), Vitamin C: 61.82mg (74.93%), Potassium: 2284.12mg (65.26%), Vitamin B12: 3.39µg (56.58%), Iron: 7.91mg (43.92%), Vitamin K: 43.24µg (41.18%), Vitamin B1: 0.59mg (39.36%), Vitamin B2: 0.62mg (36.17%), Magnesium: 142.81mg (35.7%), Manganese: 0.69mg (34.67%), Copper: 0.62mg (30.79%), Fiber: 7.55g (30.2%), Vitamin B5: 2.88mg (28.77%), Folate: 112.11µg (28.03%), Vitamin E: 4.04mg (26.91%), Calcium: 144.03mg (14.4%), Vitamin D: 0.59µg (3.92%), Vitamin A: 127.85IU (2.56%)