



Rare beef with mustard Yorkshires

 Very Healthy

READY IN



205 min.

SERVINGS



8

CALORIES



1006 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 garlic clove
- ☐ 2 tbsp lemon thyme
- ☐ 1 tbsp peppercorns black
- ☐ 1 tbsp coarse mustard
- ☐ 4 anchovy
- ☐ 2 tbsp olive oil
- ☐ 2.7 kg ground beef french trimmed at room temperature (mine was a large 2-rib)
- ☐ 12 potatoes peeled halved quartered

- ☐ 4 tbsp olive oil
- ☐ 175 ml milk
- ☐ 2 large egg whites
- ☐ 115 g flour plain
- ☐ 8 servings unrefined sunflower oil (from a can)

Equipment



- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Using a large pestle and mortar, grind the garlic, thyme, peppercorns, mustard, anchovies and olive oil to a paste. Rub the mixture all over the beef and put in a large roasting tin. Roast for 25 mins, then turn down the oven to 160C/fan 140C/gas
- ☐ Remove the pan from the oven, add the potatoes and toss in the fat, adding 4 tbsp sunflower oil. Return to the oven for another 90 mins for rare; 2 hrs for medium rare.
- ☐ Meanwhile, make the Yorkshires. Make the milk up to 225ml/8fl oz with water. Beat the eggs, egg white, mustard and milk together, then gradually add the flour and tsp salt the batter should be the consistency of thin double cream.
- ☐ Pour into a jug. Take the meat out of the oven, cover and leave to rest, then turn the oven up to 220C/fan 200C/gas
- ☐ Put 1 tbsp goose fat or oil in each of 8 large Yorkshire pudding tins and heat for 15 mins in the oven, with the potatoes on a lower shelf.
- ☐ Pour the batter into the tins, then cook for 15–20 mins, without opening the oven, until risen and golden.
- ☐ Serve with horseradish, gravy and your favourite veg.

Nutrition Facts



 PROTEIN **33.24%**  FAT **38.71%**  CARBS **28.05%**

Properties

Glycemic Index:41.97, Glycemic Load:49.58, Inflammation Score:-8, Nutrition Score:51.556086934131%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 1006.03kcal (50.3%), Fat: 42.78g (65.81%), Saturated Fat: 11.01g (68.78%), Carbohydrates: 69.72g (23.24%), Net Carbohydrates: 61.63g (22.41%), Sugar: 3.72g (4.14%), Cholesterol: 213.16mg (71.05%), Sodium: 288.05mg (12.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.65g (165.29%), Vitamin B12: 7.7µg (128.36%), Zinc: 18.41mg (122.74%), Vitamin B6: 2.32mg (115.93%), Vitamin B3: 23.14mg (115.69%), Selenium: 68.28µg (97.54%), Phosphorus: 901.54mg (90.15%), Vitamin C: 66.22mg (80.27%), Potassium: 2619.38mg (74.84%), Iron: 11.8mg (65.58%), Vitamin E: 8.29mg (55.28%), Vitamin B2: 0.8mg (47.2%), Manganese: 0.85mg (42.31%), Magnesium: 161.54mg (40.39%), Vitamin B1: 0.53mg (35.31%), Vitamin B5: 3.33mg (33.27%), Copper: 0.66mg (33.21%), Fiber: 8.09g (32.36%), Folate: 95.99µg (24%), Vitamin K: 16.37µg (15.59%), Calcium: 118.76mg (11.88%), Vitamin D: 0.59µg (3.9%), Vitamin A: 135.38IU (2.71%)