



Spiced roast beef with red wine gravy



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp peppercorns mixed
- ☐ 2 tbsp mustard seeds shopping list black yellow
- ☐ 2 tsp fennel seeds
- ☐ 1.5 kg beef
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp dijon mustard gluten-free english (check the brand is)
- ☐ 3 onion red sliced into rounds
- ☐ 3 thyme leaves

- ☐ 1.5 tbsp cornstarch
- ☐ 2 beef bouillon cubes (check the label)
- ☐ 3 tbsp jam
- ☐ 400 ml red wine

Equipment

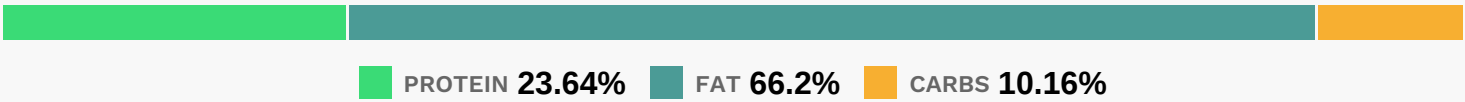
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Up to 2 days before, crush together the peppercorns and seeds using a pestle and mortar, or in a saucepan with the end of a rolling pin or similar.
- ☐ Brush the beef fillet all over with the mustard, then roll in the peppercorn mix to coat. Cover and chill.
- ☐ Two hours before you are ready to start cooking, take the beef out of the fridge to come to room temperature.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a pan big enough to hold the beef, and brown the beef all over, seasoning with salt. In a roasting tin, use the onions as a bed to sit the beef on pat on any spices that have fallen off. Roast for 20 mins for rare, 25 mins for medium, and 35 mins for well-done beef.
- ☐ Lift the beef from the tin and rest on a platter, covered with foil to keep it hot, for about 30 mins. Set the tin with the onions and roasting juices over the hob and stir in the oil, cornflour and crumbled stock cubes.
- ☐ Mix in the jelly, then gradually stir in the wine and 400ml boiling water, scraping up any stuck bits from the bottom. Simmer for 15 mins until reduced a little. Season, then sieve into a clean pan to keep warm, discarding the onions. Slice the beef, scatter over the thyme, if you like,

and serve with the gravy.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:5.56, Inflammation Score:-7, Nutrition Score:26.660000150618%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg Malvidin: 9.36mg, Malvidin: 9.36mg, Malvidin: 9.36mg, Malvidin: 9.36mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 820.14kcal (41.01%), Fat: 56.06g (86.25%), Saturated Fat: 19.99g (124.93%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 16.85g (6.13%), Sugar: 8.28g (9.2%), Cholesterol: 177.55mg (59.18%), Sodium: 709.95mg (30.87%), Alcohol: 7.17g (100%), Alcohol %: 2.27% (100%), Protein: 45.05g (90.09%), Vitamin B12: 5.36µg (89.39%), Zinc: 10.85mg (72.33%), Selenium: 43.07µg (61.53%), Vitamin B3: 11.02mg (55.09%), Vitamin B6: 0.94mg (46.98%), Phosphorus: 458.1mg (45.81%), Manganese: 0.72mg (36.2%), Iron: 6.12mg (33.99%), Potassium: 928.5mg (26.53%), Vitamin B2: 0.43mg (25.46%), Magnesium: 74.08mg (18.52%), Vitamin B5: 1.41mg (14.15%), Copper: 0.26mg (13.01%), Vitamin K: 13.37µg (12.73%), Vitamin E: 1.86mg (12.41%), Vitamin B1: 0.16mg (10.93%), Fiber: 2.5g (9.99%), Calcium: 96.3mg (9.63%), Folate: 34.35µg (8.59%), Vitamin C: 6.04mg (7.32%), Vitamin D: 0.25µg (1.67%)