



Complete Guide to Cooking the Perfect Beef Roast

You will need

- Beef roasting joint (e.g. ribeye, sirloin, topside, silverside)
- Olive oil
- Salt & black pepper
- Optional: garlic, rosemary, thyme, butter

Step 1 : Bring the beef to room temperature

- Take the beef out of the fridge 45–60 minutes before cooking. This helps it cook evenly all the way through

Step 2 : Preheat your oven

- Set to 200°C (fan 180°C)

Step 3 : Season well

- Rub the meat with:
- Olive oil
- Plenty of salt & pepper (Optional flavour boosts can include herbs, garlic, butter & mustard)

Preference	Time per 500g (1 lb) for boneless roast
Rare	20 mins
Medium	25 mins
Welldone	30 mins

Preference	Core Temperature Use a meat thermometer for accuracy:
Rare	48–52°C
Medium	60–63°C
Welldone	68–72°C

Step 4 : Sear for flavour

- Heat a pan on high and brown the beef on all sides. This locks in juices + gives a delicious crust

Step 5 : Roast in the oven

- Place the beef in a roasting tray on a rack if possible.
- Calculate cooking time using the table below.
e.g. Medium 1.5kg = 3 x 25 = 75 mins
- If you are cooking a bone-in joint, just add 5 minutes extra per 500g compared to boneless.

Step 6 : Remove & Rest

- Once cooked to your liking, remove from the oven.
- Loosely cover with foil and rest for 20–30 minutes.

Step 7 : Carve

- Carve against the grain for tender slices.
- Serve with your favourite trimmings and enjoy!

Bel's tips for bone-In joints

- Position bone-side down in the roasting tray
- Sear first for deeper caramelisation
- Resting is crucial as the juices redistribute, resulting in a tender roast
- A roasting rack helps heat circulate evenly

