



# MR HANS

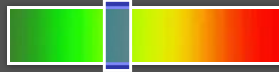
## FRESH FAMILY FOOD

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# PDF of Recipe

MR HANS says it's...



Very Easy to Ambitious

For more information



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## The Ultimate Sunday Roast Tarragon & Garlic Crusted Roast Beef (with all the trimmings)

Prep Time: **Varies**

Cooking Time: **Varies**

Serves **4 to 6**

### INGREDIENTS:

- Beef Roasting Joint
- Garlic Paste
- Dried Tarragon

### EXTRAS:

Salt & Pepper

SIDES & SAUCES: Select from below

[Roast Potatoes](#)

[Yorkshire Pudding](#)

Cabbage & Bacon

Provençale Courgettes

Roasted Garlic

Horseradish

[Red Wine Gravy](#)



### EQUIPMENT:

- Oven or [Counter Top Cooker](#)
- Roasting Tin or Roasting Tray
- [Meat Temperature Probe](#)



### CHEAT INGREDIENTS:

- No Cheats

### WHY THESE CHEATS?

"No cheats here for this." - MR HANS

### METHOD:

This recipe was given to me by a close chef friend of mine, Jon, and is now my ultimate Sunday roast. You can use any beef roasting joint. In the past, I have used topside, rump and fore rib. The combination of garlic and tarragon produces the most wonderful aroma while the beef is roasting and gives an amazing crust at the end.

## PREPARATION

- Preheat the oven to 200°C or 180°C fan
- Season the beef all over with salt & pepper
- Liberally spread garlic paste all over the beef joint (enough so that the tarragon will stick)
- Roll / cover the entire beef joint in dried tarragon and place in a roasting tin
- Roast in the oven until medium rare \*
- Remove from the oven and leave to rest for 15 minutes

\* If you have a [Meat Temperature Probe](#), the ideal internal meat temperature, before removing from the oven, is between 55°C & 60°C for medium to medium rare.

### TEMPERATURE

Conventional Oven 200°C or 180°C Fan

Serve with your preferred choice of Side Dishes (Selection above)