



# Beef Rib Roast

*garlic, rosemary, maximum  
flavour...*

# Beef Rib Roast

*Blasted under high heat, the beef on a bed of caramelising garlic and rosemary - maximum taste and extraordinary flavour.*

## Ingredients...

1 x 2.25 kg ribs of beef  
3 medium bulbs of garlic, broken into cloves (you can leave the skins on at this stage)  
Large handful of fresh rosemary  
3 large shallots skinned and sliced into long quarters  
sea salt  
freshly ground black pepper  
olive oil

## Approach...

First things first, move your joint to the kitchen from the store of fridge a couple of hours before you want to roast it - you need it to be at room temperature to cook it well. When you're ready to start cooking, begin with getting the oven hot well in advance - you want to blast the joint not slowly warm it through so, preheat the oven to 240°C.

Whilst the oven is warming, put the joint onto a heavy roasting pan just to manage the preparation. Quickly rub the joint in olive oil, and using a garlic press squeeze three garlic cloves over the top of the joint. You may wish to lightly score the joint's top and rub in the garlic paste. Sprinkle a little sea salt over the top - but not too much as the joint will have natural salt in the fat. You may wish you can add rosemary sprigs to the top a little like you would with lamb.

Now go back to the bulbs of garlic, simply slice in half like you would an orange and place under the joint with the remaining rosemary sprigs and shallots like a roasting bed. The shallots add a little moisture in the roasting process and tastes fantastic once cooked. Leave the skin on the garlic as once cooked you can simply squeeze these out for a purée or add to your gravy. Roast the joint until cooked through and the fat turns crispy. Don't forget to keep basting. A last point if you have room in your pan, you can put vegetables to roast alongside the beef - they will be enhanced by the garlic and herbs.

Serves 6



*"We're probably in, just about one of the best places in the whole of the UK for beef and lamb. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."*

*Charlie Munro, John Munro Limited.*

## John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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