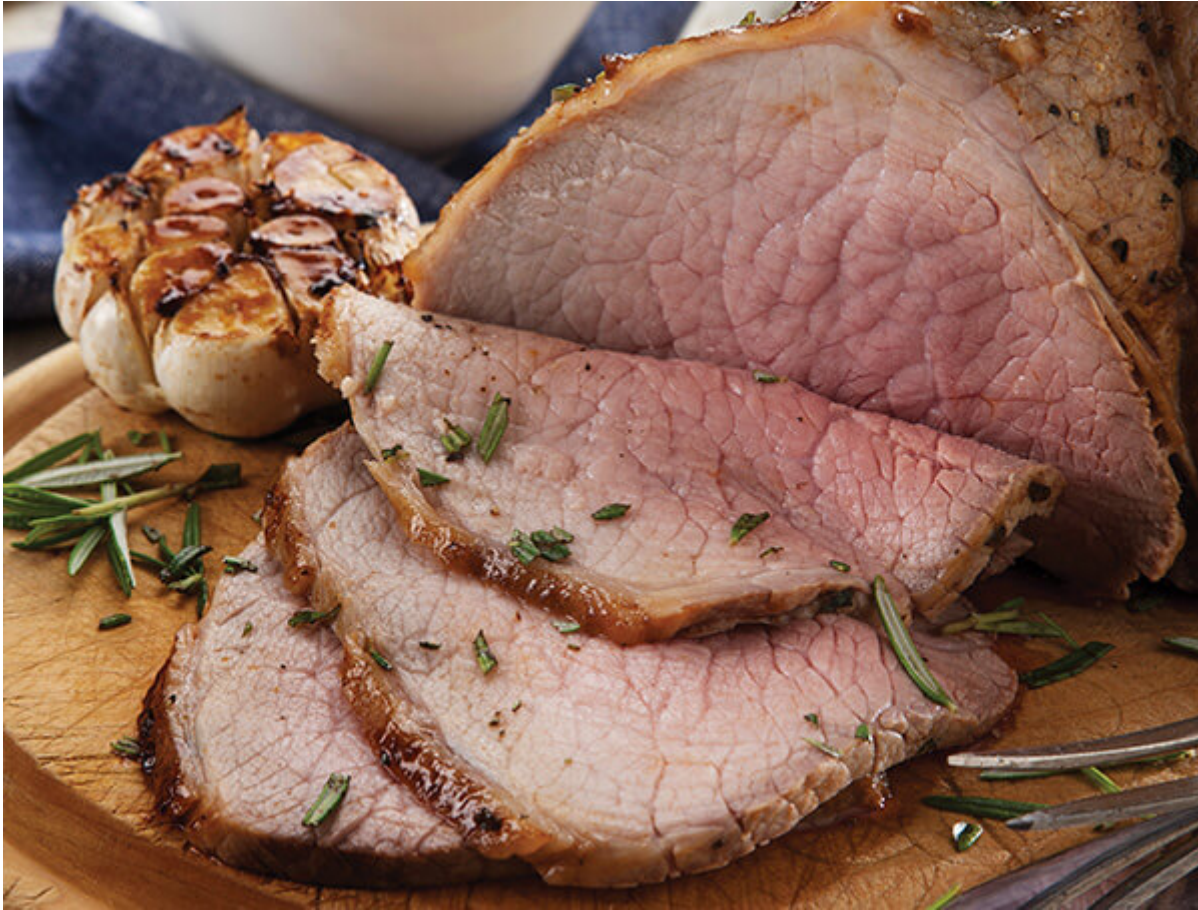




Lemon and herb beef roast



FRAGRANT AND TENDER, A ROAST IS ALWAYS A HIT FOR SUNDAY LUNCH WITH THE FAMILY. SLICE AND SERVE WITH FRESH VEGGIES AND A DECADENT GRAVY.

INGREDIENTS

- 2.2 kg beef aitchbone
- A few sprigs rosemary
- 8 medium potatoes, peeled, quartered and parboiled
- 4 whole garlic bulbs, tops cut off

BASTING SAUCE

- 100 ml olive oil
- 2 cloves garlic, crushed
- 5 ml (1 tsp) [Spur Lemon & Peri Peri Spice](#)
- Freshly ground black pepper, to taste
- 8 ml (1½ tsp) **Spur Steakhouse Spice**





- 15 ml (1 Tbsp) finely grated lemon rind
- 45 ml (3 Tbsp) fresh, chopped rosemary or 15 ml (1 Tbsp) dried rosemary
- 200 ml (¾ cup) [Spur Hickory Basting](#)



METHOD

1. Place beef in an oven-roasting pan with sprigs of rosemary.
2. Combine all basting sauce ingredients together.
3. Brush beef with **Hickory basting** sauce and roast at 160°C for 20-25 minutes per 500 g, (add an additional 20 minutes to the cooking time if medium-well done is preferred).
4. Add potatoes, garlic and more rosemary halfway through cooking time. Drizzle with more basting sauce or olive oil if needed and return to oven for remaining cooking time.
5. Remove from oven and leave in a warm place for 10 minutes before carving.
6. Boil remaining basting sauce over a high heat until reduced.
7. Serve roast beef with potatoes, garlic and basting sauce.

VARIATIONS

1. Substitute potatoes with sweet potatoes or butternut or serve roast with broccoli, baby carrots or any other vegetables of your choice.