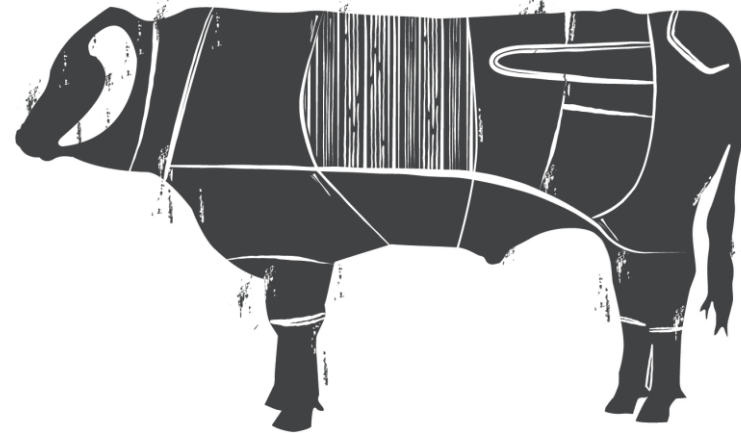




MAYDENCROFT MANOR

NATIVE BREEDS FARM



FORE RIB ROASTING JOINT

'Fore' here means in front of the Sirloin. Its easy to confuse this with the fact that this joint can contain up to four ribs.

Perhaps Henry VIII was served one of these magnificent roasting joints when in residence at Maydencroft Manor, from an early version of a Longhorn. The rib marries flavoursome, juicy beef, with the marvellous flavour of marbling and fat. The chunky bones conduct heat and even more flavour to produce even cooking and superb eating. Maydencroft Fore Rib is the 'quintessential Great British Roast' according to John Torode, who described it as 'wonderful and absolutely extraordinary' – no arguments from us!

There only is one way to serve this; traditionally, with enormous puffed up Yorkshires, and gallons of gravy. A 4-rib Fore Rib will serve 10 plus, for a smaller crowd serve a 2-rib Fore Rib.

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NATIVE BREEDS FARM

JOHN TORODE'S SLOW ROAST FOUR BONE RIB OF BEEF

This is the recipe John Torode created and cooked for his BBC feature on the Great British Revival series about English Longhorns using Maydencroft's Four Bone Rib roasting joint.

He described it as "*The quintessential British Sunday lunch...wonderful, absolutely extraordinary*". Go to our website to see him visiting Maydencroft Manor and then watch him cook this recipe.

INGREDIENTS

1 Maydencroft four bone Fore Rib of Beef

100ml oil

Salt and pepper

FOR THE CRUST

50g butter, plus extra for greasing

2 large onions, diced

300g white breadcrumbs

300g wholegrain mustard

200ml water

3 free range eggs

Salt and pepper

METHOD

1. First thing in the morning, remove the beef from the fridge to come to room temperature. Rub it all over with the oil followed by the salt and pepper.
2. Preheat the oven to 230°C / 425°F / Gas 7. To make the crust (this can be done the before if you wish) melt the butter in a pan and fry the onions until tender. Put the breadcrumbs in a large bowl and in a smaller bowl mix the mustard and water together. Tip the onions into the breadcrumbs, add the mustard mix, the eggs, season well and mix everything together to make a paste.
3. Spread the paste evenly over the beef, leaving the ends uncovered. Cover the paste with well-greased foil. Place the carrots in a large roasting tray and sit the beef on top of them. Place in the oven for 2 ½ hours, removing the foil for the final hour of cooking time.
4. When cooked, take the beef from the oven and leave it to rest for 20 minutes while you make the gravy and cook the Yorkshire puddings.

Main Course

Serves 10 hungry people

30 mins prep | 2 ½ hours cooking | 30 mins resting