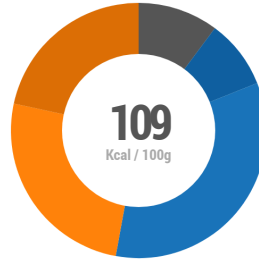


Roasted British beef topside with a bourguignon garnish

Classic roasted British topside of beef with a bourguignon garnish, pickled radish and watercress salad with lemon garlic roasted baby potatoes, a large yorkshire pudding and whipped horseradish sauce.

OVERVIEW ...



CALORIES:

42.7% Carbs

10.2% Protein

47.1% Fat

FOOD LABELLING...

Serves **4**

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD



SULPHITES

MAY CONTAIN:



CELERY



SESAME



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

130398 British Red Tractor Beef Topside (Boned, Rolled & Tied).. - BRA...

130398 BEEF

BRAKES

1.5g

0 x Each

unchanged

123174 Sweet & Sour Onion Pickles.. - BRAKES

123174 SWEET & SOUR ONION PICKLES

BRAKES

20g

0.02 x Each

unchanged

148955 Radish.. - BRAKES

148955 RADISH

BRAKES

10g

0.04 x Each

unchanged

74063 Watercress.. - BRAKES

74063 WATERCRESS

BRAKES

40g

4 x Average Portion

unchanged

127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil.. - B...

127292 LEMON INFUSED COLD PRESSED RAPESEED OIL

BRAKES

10g

0.04 x Each

unchanged

10420 Potatoes Baby 25-35mm Washed.. - BRAKES

10420 (19 Oct 2023) POTATOES

BRAKES

500g

0.1 x Each

unchanged

10439 Fresh Garlic.. - BRAKES

10439 GARLIC FRESH DIRECT

BRAKES

40g


½ x Each





unchanged

113874 Herb Bunched Thyme.. - BRAKES HERB BUNCHED THYME	BRAKES	5g	1 ¼ x Average Portion	N/A
113877 Rosemary.. - BRAKES ROSEMARY	BRAKES	5g	0.05 x Each	N/A
50885 Brakes 8" Fully Baked Yorkshire Puddings.. YORKSHIRE PUDDING	BRAKES	110g		unchanged
88387 Brakes Horseradish Sauce.. HORSERADISH SAUCE	BRAKES	20ml	Each	unchanged
70215 Wholesome Farms Fresh Double Cream.. CREAM	BRAKES	100ml		unchanged
4776 Sysco Essentials Diced Carrots.. DICED CARROTS	BRAKES	200g		unchanged
10226 Button Mushrooms.. - BRAKES MUSHROOMS	BRAKES	200g	0.4 x Each	unchanged
113881 Herb Bunched Flat Leaf Parsley.. PARSLEY FRESH DIRECT	BRAKES	10g		N/A
135809 Smoked Bacon Lardons.. SMOKED BACON LARDONS	BRAKES	60g		unchanged
4796 Sysco Classic Silverskin Onions.. SILVERSKIN ONIONS	BRAKES	100g		unchanged
134544 Kuhne Crispy Fried Onions.. - BRAKES FRIED ONIONS	BRAKES	25g	0.03 x Each	N/A
151502 Knorr Garde D'or Red Wine Sauce.. - BRAKES RED WINE SAUCE	BRAKES	200g	1.94 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving





 414g / 465kcal
 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Cut the potatoes in half

Crush the garlic
Chop the parsley
Quarter the mushrooms
Thinly slice the radish

Method:

1. Season the beef and transfer to a pan over a medium heat, seal all over ensuring you also colour the meat - transfer to an oven at 180oC and cook until a core temperature of 55oC has been reached - remove from the oven, cover and allow to rest for at least 30mins.
2. Add the potatoes to a hot roasting tray with oil, season and toss in the thyme, rosemary and smashed garlic - roast at 180oC for 30mins or until crisp and golden.
3. In a bowl whisk together the cream and horseradish, once slightly whipped whisk in a pinch of the chopped parsley - refrigerate until required.
4. Now make your bourguignon garnish - In a pan fry the lardons until crisp, add in the mushrooms, carrots and onions and caramelize slightly - deglaze with the red wine sauce and bring to a simmer - keep warm until serving.
5. In a bowl mix together the onion pickles, radish and watercress and gently dress in the lemon oil.
6. Warm the yorkshire pudding and transfer to a suitable board.
7. Carve the beef and present on the board alongside the watercress salad and the roast potatoes.
8. Spoon the bourguignon garnish into the yorkshire pudding and garnish the dish with chopped parsley and crispy onions.
9. Finish with the whipped horseradish cream.