

Traditional Roast Beef



Main Course



2 Hours



Easy

A traditional roast beef is a centrepiece dish defined by simplicity and good ingredients. A well-chosen joint is roasted until richly browned on the outside and tender within, then rested and carved into generous slices. Served with roast potatoes, seasonal vegetables, and gravy, it is a timeless meal that celebrates the natural flavour of beef without unnecessary embellishment.

Ingredients Serves 4-6)

- 1.5–2 kg roasting joint of beef (see cuts below)
- 2 tbsp vegetable oil or beef dripping
- Salt and freshly ground black pepper
- Optional
- 2 garlic cloves, lightly crushed
- A few sprigs of rosemary or thyme

Best Cuts for Traditional Roast Beef

The following cuts are most suitable, depending on budget and desired tenderness:

Rib of Beef (US: Prime Rib / Rib Roast)

Rich, well-marbled, and deeply flavoured. Ideal for special occasions.

Sirloin (US: Strip Loin)

Tender, full-flavoured, and easy to carve. A classic Sunday roast choice.

Topside (US: Top Round)

Lean, traditional, and economical. Best served slightly pink and sliced thinly.

Silverside (US: Bottom Round)

Leaner than topside, often cooked with care to retain moisture.

Rump (US: Rump Roast)

Robust flavour, good value, and excellent when rested properly.

Method

Prepare the beef

Remove the beef from the fridge at least 1 hour before cooking. Pat dry and season generously all over with salt and black pepper.

Preheat the oven

Heat the oven to 220°C (200°C fan).

Sear and roast

Place the beef in a roasting tin, fat side up. Rub with oil or dripping and scatter over garlic and herbs if using.

Roast at high heat for 20 minutes to brown the outside, then reduce the oven to 180°C (160°C fan).

Continue cooking

Roast for:

Internal Temperatures

15 minutes per 500 g for rare

50–52°C/120–125°F

20 minutes per 500 g for medium

60–63°C/140–145°F

25 minutes per 500 g for well done

70–72°C/160–165°F

Rest the beef

Remove from the oven, loosely cover with foil, and rest for 20–30 minutes. This is essential for tender, juicy meat.

Carve and serve

Slice thinly across the grain and serve with traditional accompaniments.

Serve with:

Crisp roast potatoes, Yorkshire puddings, Seasonal vegetables, Proper beef gravy made from the pan juices