

Roast beef with mashed potatoes and glazed Vegetables

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Raciones para 6

Beef topside

2 Tbsp Salt

2 Tbsp Black pepper

Olive oil

Dijon mustard

Rosemary

2 Potatoes

Salt

100 ml Milk

100 gr Butter

Nutmeg

Olive oil

2 Cloves Garlic

Baby carrots

Pearl onions

2 Tbsp Butter

1 Sprig Rosemary

1 Tbsp Sugar

60 ml Balsamic vinegar

1 For the roast beef, tie the beef topside with kitchen twine. Season it with salt and black pepper, then cover it and refrigerate for a few hours. Brush the meat with olive oil and sear it in a hot pan until evenly browned.

2 Remove the beef from the pan and coat the entire surface with Dijon mustard using a pastry brush. Place the beef in a roasting dish, add a couple of rosemary sprigs, and roast at 175° C for 35 minutes.

3 Peel and dice the potatoes. Boil them in a large pot of water with a tablespoon of salt for about 20 minutes. Drain and mash the potatoes together with butter, milk, a pinch of salt, black pepper, and a dash of nutmeg.

4 Heat a drizzle of olive oil in a pan. Once hot, add the baby carrots and pearl onions with a pinch of salt, cooking until they begin to soften. Add the peeled garlic cloves, butter, and a sprig of rosemary. When the butter has melted, stir in the sugar and balsamic vinegar. Cook the vegetables in this mixture until they're coated with a glossy glaze.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/roast-beef/>

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