Roast beef with mashed potatoes and glazed Vegetables

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/en/receta/roast-beef/