Roast beef with sauce



Consejo del chef

Slice the roast beef thinly and serve with some salad and sauce.

Raciones para

- ❏ **ml** Round beef (1’5 Kg aprox)
- ❏
- ❏
- ❏ **2** Teaspoons of salt
- ❏ **1/2** Teaspoon of black pepper
- ❏ **2** Teaspoons of mustard
- ❏ **50** Extra virgin olive oil
- ❏ For the sauce:
- ❏ **1 gr** Teaspoon of dry thyme
- ❏ Juices from the cooked beef
- ❏ **1 ml** Teaspoon of dry rosemery

1. For the roast beef, combine in a bowl the thyme, rosemary, salt, pepper, mustard, and olive oil. over the beef with this mix and cook it in the oven at 230 °C for 20 minutes. Reduce the temperature to 170 °C and continue to cook for 15 minutes.
2. Remove from the oven and place on a rack with an oven tray below to collect the cooking juices. We will use these later for the sauce.
3. In a saucepan or skillet, melt the butter until golden brown. Add the flour and stir until well combined. Pour in the cooking juice and toss. If needed, add some meat stock.

Chef's Notes

https://cookinglovers.teka.com/en/receta/roast-beef-salsa/