

Beef:

Roasting joints off the bone

There are a number of different beef roasting joints and it can be difficult to choose which one is suitable for your occasion.

We have listed all our joints below with their various attributes. Boneless joints have the advantage of being easy to carve but do not have the benefit of the flavour which comes from the bone. However you can always ask for some bones to roast the beef on top of.

Fillet Roast

The ultimate in luxury roasts, fantastic flavour and very lean. It is the centre cut of the fillet and can either be cooked as a roast or you can use it to cut your own fillet steaks. This is a joint best cooked rare and sliced thinly.

Striploin

This is a basic boned sirloin. It is well marbled and has a good level of cover on the outside to give it great flavour. Also if you like to cut your own sirloin steaks so that you can define the thickness yourself, choose this joint as it is what we cut sirloin steaks from.

Rolled Sirloin

The rolled sirloin is the striploin rolled and tied using the mysterious butcher's knot. Rolling the striploin allows for the juices to remain in the joint and gives nice round slices when carving.

Rolled Sirloin with undercut

When the sirloin includes the undercut it means that the rump end of the sirloin roast is boned and rolled so that it contains both the sirloin and the rump fillet, the two best cuts, combining tenderness and great taste.

Rolled Rib Roast

This is cut from the fore rib and boned and rolled resulting in a tasty joint that is more economical than a rolled sirloin.

Rib Eye Roast

The centre of the fore rib muscle, this joint is the same cut as the rib eye steak. It has the same generous seam of fat running through the centre which melts away when cooking to give a fantastic tasting joint.

Topside

Probably the big favourite of all the roasts, this is a lean joint but as it comes from the hard working hind muscles it is not as tender as the rib and sirloin joints – it has great flavour though cook it rare and slice it thin!

Silverside

Again from the hind muscles, this is a good pot roasting joint. It is extremely lean so the method of cooking requires a constant baste.



Beef joint cooking times

Beef Joint Cooking Times	Minutes / pound Minutes / kilo	Gas Mark °C / °F	Notes
Rare	10/lb + 20 mins 25/kg + 20 mins	Gas 6 200°C / 400 °F	Rest for up to 30 minutes after cooking
Medium	15/lb + 20 mins 35/kg + 20 mins	Gas 6 200°C / 400 °F	Rest for up to 30 minutes after cooking
Well Done	20/lb + 20 mins 45/kg + 20 mins	Gas 6 200°C / 400 °F	Rest for up to 30 minutes after cooking

MACBETH'S

Traditional Scottish Butcher & Game Dealer

01309 672254 • www.macbeths.com

