

Sunday Roast Beef Dinner



Ingredients:

- joint of beef
- mashed potatoes
- peas
- cauliflower
- broccoli
- carrots
- roast potatoes
- roast parsnips
- swede
- roast onions
- runner beans
- yorkshire pudding (batter mix)
- gravy

Instructions:

1. Season beef with salt and pepper and then put into a hot oven.
2. Cover potatoes with oil and put in the oven.
3. Wait for an hour (depends on size of beef joint). At this point, add the parsnips and onions to the beef joint. Continue to cook for 1 hour.
4. Peel and boil more potatoes in a saucepan (with salt).
5. When cooked, drain the potatoes and mash with butter and a little milk. Repeat this with the swede.
6. Boil the vegetables in different saucepans until they are cooked.

Yorkshire Pudding – see batter mix recipe:

1. Pour a little oil into compartments in a muffin baking tray and put into a hot oven.
2. When oil is hot, add a little batter mix to each compartment.
3. Take the puddings out of the oven when they have risen (you must watch the puddings rise and must keep the oven door closed).
4. Finally, use the beef stock to make beef gravy. Add gravy granules or cornflower to make the gravy thicker if you want to. Pour this over the food when it is on the plate.



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