



Topside and Silverside

These cuts are best for slow pot-roasting

METHOD ONE

- Wrap the meat with foil, adding salt & pepper and maybe a clove of garlic
- Seal tightly and put in a heavy pot
- Cook in the oven for 2 to 3 hours depending on joint size at 150°C, 300°F or Gas Mark 2

METHOD TWO

- Prepare a selection (or all!) of the following vegetables: onions, carrots, parsnips, leeks, celery and swedes/needs
- Place them in large chunks on the bottom of a heavy cooking pot
- Put the meat on top and shuggle it down to bed it beside the vegetables
- Add some salt, herbs, pepper and water/stock/wine to ensure that there is enough fluid for a long, slow cook
- Cover the pan tightly, get it good and hot on the top of the oven then place in oven at 140°C, 275°F or Gas Mark 1 for about 3 hours.