



Sirloin Roasts and Rib Roasts

These are both tender, succulent and tasty joints. Sirloin roasts are a classic 'Sunday roast'. Rib roasts come on the bone or rolled.

Dust the surface of the joint with flour and mustard

- Put a little dripping in the roasting pan
- Place the joint in the pan
- Sprinkle with pepper
- Place in a hot oven
- Start by giving it 20 minutes at 245°C, 475°F or gas mark 9
- Then reduce heat to 190°C, 375°F or gas mark 5
- Then cook for 20 minutes per kg
 - Rare: give it no extra cooking
 - Medium-rare: cook for an extra 15 minutes
 - Well-done: cook for an extra 30 minutes



Brisket

These cuts are best for slow pot-roasting

- 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.



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.



Portnellan Steak with Brandy

Popeseye can be grilled, fried or lightly braised – serve with rice. Below is a lovely recipe for a special evening

- Cut the steak into large pieces
- Brown it gently in a pan with olive oi
- Remove steak to a side plate - keep warm
- Brown some onion
- Return the steak to the pan with the onion
- Add a dash of brandy /cognac and cream
- Add some mushrooms (if you like them)
- Salt and pepper to taste
- Cover and cook very gently in the oven (170°C, 325°F or
- Gas Mark 3) for about 1 hour

Portnellan Organic Farm Recipes



Portnellan Steak and Ale

Braising steak is very tender with little to trim off and cooks best by gentle braising. This is a lovely recipe for a cold evening.

- Cut the steak into chunks
- Brown it gently in a casserole with olive oil
- Remove steak to a side plate - keep warm
- Brown some onions and mushrooms
- Return the steak to the pan with the onion
- Add some Newcastle Brown Ale
- Thicken with a little cornflour
- Salt and pepper to taste
- Cover and cook very gently in the oven (170°C, 325°F or
- Gas Mark 3) for about 1 hour

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Remember Mince and Tatties?

In our house it's our favourite meal. Not Bolognese or Chilli con Carne
Just plain old mince and tatties - because the mince tastes so good!

- We cook it with a little bit of water, onion, pepper and salt
- Simmer on a low heat checking the water level for about 1¼ hours
- Or if you've got to go out, pop it in the oven for about the same length of time
- Serve with peas and boiled, mashed or baked potatoes



Make your own Burgers

- First take your mince!
- You don't really need much else
- Some people like to add finely chopped onion
- Or add a few herbs
- A dash of salt and pepper
- And if the mince is refusing to 'bind', add some beaten egg
- Make burger shapes, and grill or fry for about 4 minutes each side