



Roast *Casterbridge*[™] Rib Of Beef With Grain Mustard Crust

Ingredients

2kg Casterbridge rib of beef
30ml vegetable oil
60g whole grain mustard
4 sprigs of thyme
2 heads of garlic
5 red onions peeled and cut in halves
5 large carrots peeled and sliced and cut into lozenges
4 sticks of celery peeled and cut into lozenges
Salt and pepper

Method

Season the beef all over, heat the oil in a roasting tray and seal the beef off making sure
That all the outside of the beef is coloured.

Smother the beef with the mustard

Add the rest of the ingredients around the beef and place in a pre heated oven
For 1 hour

When cooked let the meat rest for at 20 minutes

Serve with the roasted root vegetables.