



Rutland, Steady, Cook!

Northfield Farm's

Summer Roast Beef Salad Platter

Ingredients

For the Salad:

200g Spinach Leaves
100g Watercress
100g Other Leaves – Raddicio, Rocket, Beet Tops, shredded
50g Pine Nuts, toasted
1 bunch of Radishes, topped and halved
1 bunch of Basil, stems removed
200g Green Beans
1 Cucumber, sliced thinly
6 Ripe Tomatoes, or 20 Cherry Tomatoes
2 Red or Yellow Peppers
6 small - medium Raw Beetroot
A few sprigs of Thyme or Rosemary
A pinch of Chilli Flakes (optional)
A few pinches of Sugar
Olive Oil
Salt & Pepper, to taste
Balsamic Vinegar

Hint: If you do not like any of the above salad ingredients, leave them out and replace with those you do like – roasted asparagus, a couple of ripe avocados, cucumber etc.

For the Dressing:

1 tbsp Whole Grain Mustard
1 tsp Dijon Mustard
1 tsp Sugar
½ tsp freshly Ground Black Pepper
3 tbsp balsamic vinegar
10 tbsp/150ml Olive or Rapeseed Oil
Salt to taste

For the Roast Beef:

800g Filet or 1kg narrow long piece of well-hung Rump Roast or Topside
1 tsp English Mustard Powder
1 tsp Sea Salt
1 tsp Ground Black Pepper
Oil for roasting





Method

1. Preheat your oven to 180°C.

2. Prepare the beetroot.

- If the beetroot are small to medium sized, just top and tail and cut into quarters.
- If they are larger, they will need peeling and cutting into eighths.

Put the beets into a small roasting tin, adding about 2 tablespoons of oil, 1 tablespoon of balsamic vinegar, and ½ teaspoon of salt and of pepper. Add a couple of sprigs of thyme or rosemary to the tin and a pinch of chilli flakes. Toss the beetroot well in the oil, vinegar and seasonings. Cover the dish tightly with foil before putting into the oven.

Hint: The beetroot will take the longest to cook of the roasting ingredients – usually about 45 minutes, but it could be up to an hour.

3. Halve your tomatoes and place cut side up in a small roasting tin. Drizzle with Olive oil. Add a pinch of salt, a pinch of thyme, a pinch of sugar and a good grind of pepper to each half. Put in the oven to roast.

4. Deseed the peppers, place in a roasting tin, and sprinkle with olive oil, salt and pepper. Pop into the oven.

5. Place the beef in a roasting tin. Rub about 2 tablespoons of olive oil over the outside of the joint. Sprinkle over the English Mustard powder and spread all over the fat. Season really well with salt and pepper (this is going to be eaten warm with a salad and will need liberal seasoning!) Put it at the top of the oven and roast for 30-40 minutes (40 minutes per kg – for rare meat).

6. Whilst everything is roasting, top and tail your green beans, and cut in half if very long. Barely cover with water, add a bit of salt, cover the pan and bring to the boil. Boil for 2 minutes, then drain and immediately refill the pan with cold water to stop them cooking further. Drain once the beans are cool. Put a good deep layer of leaves on the platter. Quarter the radishes and scatter over. If you are using cucumbers or avocados, slice or prepare as you wish and scatter over the leaves.

7. Take the beef out of the oven at the end of its cooking period. Check the vegetables; the peppers should be fairly soft and slightly charred at the edges, the beetroot should feel done when pierced with a knife and the tomatoes should look cooked.

8. Slice the beef as you like it, either a smaller number of fairly thick slices or lots of thinner slices. Place on top of the leaves and other ingredients, interspersed with green beans, tomatoes, roast peppers and roast beetroot quarters. Roughly tear the basil leaves over the top and sprinkle with the dry toasted pine nuts.

9. To make the dressing, put the mustards, salt, pepper, sugar and balsamic vinegar in a jam jar. Shake well to mix. Add olive or rape seed oil until the jar is about ¾ full. Put the lid on and shake well to combine. Check the seasonings, before drizzling a little over the salad. Put the rest in a bowl or jug for your guests to add their own.

Don't forget to share your own **Northfield Farm's Summer Roast Beef Salad Platter** image on Facebook using **#RutlandSteadyCook**

Thank you to: Northfield Farm, Cold Overton