

Miele

Standing rib roast

By Miele

20 minutes

Preparation Time

1 hour 20 minutes

Cooking Time

8 serves

Serves



INGREDIENTS

Roast beef

1 x 3-point standing rib roast,
frenched (approximately 3 kg),
at room temperature
6 sprigs rosemary, stems removed
5 garlic cloves
2 tbsp olive oil
80 g (? cup) Dijon mustard

Pan juice gravy

1 tbsp vegetable oil
1 brown onion, roughly chopped
1 carrot, roughly chopped
1 stick celery, roughly chopped
375 ml (1 ½ cups) boiling water
1 litre (4 cups) beef stock
25 g (¼ cup) corn starch
Salt flakes and pepper, to taste
¼ cup roughly chopped
parsley leaves

Miele accessories

Universal tray
Grilling and roasting insert

METHOD

Roast beef

1. Preheat the oven on Fan Plus at 200°C.
2. Wrap the rib bones tightly in foil.
3. Place the rosemary, garlic and olive oil into a mortar and pestle, crush until a paste is formed.
4. Rub the garlic paste over the beef and place on a grilling and roasting insert in a universal tray.
5. Place the tray on shelf level 2, insert the Food probe into the thickest part of the meat and change the function to Moisture Plus + Auto Roast at 200°C + Food probe temperature 48°C with 2 manual bursts of steam, releasing the first burst of steam after 1 minute and the second burst after 10 minutes.
6. Set a minute minder for 40 minutes, brush the beef with the mustard and return to the oven.
7. When the internal temperature has reached 48°C, remove from the oven and rest in the warming drawer on. Keep warm setting 2 while making the gravy.

Pan juice gravy

1. Heat the oil in a medium saucepan on medium heat, induction setting 6. Add the onion, carrot and celery and cook for 6 minutes, stirring occasionally.
2. Add half of the boiling water to the universal tray used to cook the beef and, using a spatula, carefully lift all the stuck pieces of roast off the tray.
3. Strain your pan juices from your roast through a fine mesh sieve into the saucepan with the cooked vegetables.
4. Add your beef stock to the saucepan and place on medium-high heat, induction setting 7, until boiling.
5. Combine the corn starch with the remaining boiling water until a smooth paste is created.
6. Once the gravy is boiling, slowly add the “slurry” and whisk until gravy is thickened to your liking. Season to taste.
7. Cook the gravy for a further 10 minutes on medium heat, induction setting 6, before straining into large gravy boat.
8. Mix through the parsley and serve.

Hints and tips

- Source your beef from a sustainable butcher where possible.
- Try this rib roast with Korean flavours, make a paste of gochujang, garlic, honey and sesame oil and rub over the beef before roasting.
- This roast can also be cooked using Automatic Programmes in Miele ovens including Dialog and Combi steam ovens; Select Meat / Beef / Fillet of Beef / Roast and your preferred level of doneness.