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Roast Beef

Place approx 1 kilo of rolled sirloin on a grid over a large tin containing approx 250 mls of water.

Cook in the middle of the oven at mark 5 for an hour, then turn over and cook for a further half an hour. at mark 7 having placed the potatoes for roasting at the top of the oven. Allow to rest on a plate in a warm place until ready to serve.

Place the water from the cooking tin in a pan, and make up to one pint with water. Add 3 Bovril cubes, and bring to the boil stirring regularly.

Cool, add a level table spoon of Juvella flour mix and whisk this in until it is fully dispersed. Bring to the boil, stirring all the time, set aside, and re-heat when the rest of the dinner is ready.

Serve with Yorkshire puddings (qv) or Aunt Bessies' frozen puddings .

Suitable vegetables are: Mashed carrots and swede, and sprouts or cabbage.

Accompaniments are Horse Radish Sauce



This recipe has been brought to you by The Cream Of Tartar Company Limited

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