



TENDERISING

BASTING

CARVING

LARDING

SEARING

# ROAST SIRLION

## WITH ROASTED BEET AND WALNUT SALAD

A beef roast that is flavoured with a spicy rub, seared and roasted in the oven. Serve thin slices of roast beef with a roasted beet, goats' cheese and walnut salad.

Yield: 4-6 servings // Prep time: 30 min plus overnight tenderising  
Cooking time: 2 hours // Total time: 2 hours 30 minutes plus overnight tenderising



# BEEF

1,3 - 1,5 kg Sirloin of beef, with some fat on the outside  
100 g Beef fat/lard/fat bacon, cut into ½ cm wide strips and frozen  
3 tablespoons Dukkha seasoning (can be store bought)  
[¼ cup hazelnuts  
¼ cup macadamia nuts  
¼ cup sesame seeds  
1 ½ Tbsp coriander seeds  
1 ½ Tbsp cumin seeds  
½ tsp black peppercorns  
½ tsp smoked paprika  
¼ tsp sugar  
¼ tsp salt] mixed, toasted and blended  
2 cloves Garlic, minced

1 tablespoon Kosher salt  
2 tablespoons Butter/ Ghee melted

## SALAD

½ cup Walnuts, roughly chopped  
4 medium beets, top and bottom trimmed, washed  
2 tablespoons Olive oil  
60 grams Soft goat cheese  
1 teaspoon Salt  
½ teaspoon Black pepper, freshly ground  
2 tablespoons Apple cider vinegar  
1 cup Rocket  
2 teaspoons  
Fresh chives, chopped

## METHOD

### PREPARE THE BEEF [LARDING]:

Larding is the process of threading strips of fat or smaller pieces of fat/ lard or bacon between the meat fibres. As the meat is cooked this fat melts and keeps the meat moist on the inside. If the fat has been coated with herbs or spices before threading it through the meat it is another method of adding extra flavour to the dish.

1. Place the meat on a chopping board. Remove the frozen lard from the freezer and roll in 1 tablespoon of the dukkha seasoning.
2. To lard the meat you need a special larding tool/ arding needle, it has a concave shape and allows one to place strips of fat/peel/vegetables in the roast. If you don't have such a tool, make small holes in the meat with a sharpening steel or the tip of a knife inserting the strips by hand. Use the larding needle to insert the spicy fat into the meat at intervals following the natural muscular lines of the meat.
3. Mix the remaining 2 tablespoons of dukkha seasoning, minced garlic and salt together to create a spicy rub for the roast. Rub all over the roast. Place the roast on a large plate and refrigerate uncovered at least 3 hours or preferably overnight. Remove from the refrigerator at least an hour before cooking.



#### PREPARE THE LAMB:

1. Position the oven rack in the middle of the oven and place a roasting pan on the rack and heat the oven to 220° C. Spritz the roast with olive oil. Transfer the roast, fat side down, to the preheated pan and roast, turning until it has browned on all sides, 10 to 15 minutes.
2. Reduce the temperature to 150° C. Remove the roast from the oven and turn the roast fat side up. Coat the roast with the melted butter. Return to the oven and roast until an internal temperature of 50° C is reached on an instant read thermometer, about 50-70 minutes.
3. Remove the roast from the oven and transfer to a cutting board, cover loosely with foil and leave to rest for 20 minutes. Resting the meat provides a more juicy roast. Slice thinly and serve with the beetroot salad.
4. Doneness of a beef roast are medium-rare when the internal temperature is 55° C, 60° C for medium, and 70° C for well done.

#### PREPARE THE SALAD:

1. Preheat the oven to 135° C. Spread walnuts onto a baking sheet and toast in the preheated oven until golden brown, about 45 minutes, stir the nuts to prevent them from burning. Remove the nuts from the oven and set aside. Increase the oven temperature to 190° C.
2. Wrap the beets in aluminum foil and place it into an oven-safe dish and bake beets until just turning tender, about 45 minutes. Remove from the oven.
3. Leave the beets in the aluminum foil and let cool for 15 to 30 minutes. Unwrap the beets and peel with a sharp paring knife. Slice the beets into thick slices and arrange on a serving plate in a single layer.
4. Crumble the goat's cheese over the beets. Season with salt and pepper.
5. Drizzle vinegar over top and garnish with rocket and chives.

\*Roast sirloin can be served room temperature or cold.

