

New cook's corner



The Sunday Roast...

With winter almost on our doorstep, what better way to beat the cold with a traditional Sunday roast? This month, *The Blue Bowl Inn's* head chef **Mark Riches** offers some hints and tips for this truly British staple...

Let's start with the centerpiece. No matter the size of the beef joint, it will take roughly 30 minutes per kilo plus 20 minutes at the end of cooking for medium cooked beef. Depending on how you like your beef, cook for longer for well-done or less time for rarer.

When is it cooked? Skewer the centre of the joint, and the redder the juice, the rarer the meat.

Rest the joint of beef 30 minutes before carving and cover with foil to keep warm. This relaxes the meat, so it becomes more tender and releases its juices which are great for gravy.

Enhance the flavour of your gravy by adding a generous glug of Worcestershire sauce.

So what's the trick of golden crispy roast potatoes? Good quality beef fat saved from the week before, duck and goose fat, or even good quality lard will give great flavour, and all of them are good for browning. Roughly the same sized whole or cut potatoes will mean your potatoes cook evenly. Dry the potatoes prior to roasting to stop them sticking to the tin, so when you turn them over, you won't lose the crispy underside of the potato. Before adding the potatoes to the roasting tray, toss them in a colander to rough up the edges for that irresistibly golden finish.

Yorkshire puddings confound even the best of cooks. To guarantee yours rise to the occasion, refrigerate the batter 24 hours in advance to cooking (see recipe).



FAIL-SAFE YORKSHIRE PUDDINGS SERVES 8

- 1 Sieve **8oz plain flour** and a **quarter of a teaspoon of salt** into a bowl. **Crack 3 eggs** and add one egg white, then whisk in **10 fluid oz of milk** to form a thick, smooth batter. Keep in the fridge for 24 hours to rest. After resting, if the batter is too thick, whisk in some more milk to loosen the mix, making it pourable.
- 2 Grease the Yorkshire pudding trays with **oil or dripping**, and heat in the oven at gas mark at 280°C/Gas Mark 7 for 10 minutes so the fat is very hot.
- 3 Pour the batter in to the trays until almost full, bake for 25-30 minutes without opening the oven door otherwise the puddings will not rise.

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