



Roasted rib eye with caramelised onion gravy



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES (PLUS MINIMUM 2
HOURS MARINATING TIME)



COOKING TIME: DEPENDS
ON INTERNAL
TEMPERATURE



SERVES: 6-8

Ingredients

2 tbsp Dijon mustard
2 tbsp olive oil
2 cloves garlic, finely chopped
1 tbsp chopped fresh thyme leaves
2 tbsp chopped fresh rosemary
Salt and black pepper
2.5 – 3 kg standing rib eye roast (about 5 rib bones)
Caramelised onion gravy
3 onions, peeled and thinly sliced
2 cloves garlic, finely chopped
1 tbsp butter
4 tbsp olive oil
1 tbsp plain flour
250 ml red wine
400ml beef stock
1 tsp chopped fresh thyme leaves
Black pepper

Method

Combine mustard, olive oil, garlic, thyme, rosemary, salt and pepper and rub into the meat. Cover and leave to marinate in the fridge for 2 hours or overnight. Take the meat out of the fridge 1 hour before cooking to allow it to reach room temperature.

Preheat the oven on CircoRoast to 190°C. Line the universal tray with baking paper and place wire rack on top. Sit the beef on the rack and insert the MultiPoint MeatProbe making sure not to touch the bone. Place the meat in the oven on shelf level 2, select VarioSteam® intensity Medium and set MultiPoint MeatProbe temperature to 45-50°C for rare, 55-60°C for medium and 65-70°C for well done. When internal temperature is reached, remove the roast from the oven, cover with foil and rest for at least 20 minutes.

To make the gravy, place the onions, garlic, butter and olive oil in a heavy based saucepan and cook over a medium heat, for about 20 minutes. Stir onions frequently to ensure they do not burn and that the onions caramelize. Stir in the flour and cook for 2 minutes. Add the red wine, stirring well to combine. Add the beef stock and thyme and continue to stir over a medium heat for about 10-15 minutes or until gravy thickens. Season the gravy with black pepper to taste.

Carve the beef and serve with the caramelised onion gravy.

Notes

This recipe is prepared with NEFF's CircoRoast, VarioSteam® and the MultiPoint MeatProbe. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.

Remember the internal temperatures of cooked meat are a personal preference. If a MultiPoint MeatProbe is not available cook the roast for 15 minutes, then roast for a further 15 minutes per 500g for rare. Add 15 minutes to the total cooking time for medium and 30 minutes for well done.