

NO. FIFTY
CHEYNE

How to cook Iain Smith's
Sunday Everyday Roast at home

Cooking the Roasts

ROAST BEEF SIRLOIN

- A 1 kilo joint of sirloin serves 4 people.
- Preheat your oven to 140°c / 280°f / full fan
- A meat thermometer would be helpful to have!
- Ask your butcher for a couple of extra rib bones.
- Cook the meat late morning, it can happily rest until lunchtime and still be warm.
- If chilled, leave out for around 90 minutes to reach room temperature
- Season generously with salt and pepper
- Rub any soft beef fat around the joint
- Place the rib bones in your roasting tray under the joint so it doesn't come into direct contact with the heat
- In a hot sauté pan, caramelise all sides of the beef joint evenly
- Now lower the heat to low, with the fatty side of the joint on the pan, to melt (render) the fat, around 8 minutes
- Transfer to the oven and cook at 140c until core temperature reaches 32c which should take around 25-35 minutes.
- Rest until ready to serve.

ROAST WHOLE CHICKEN

- A large whole chicken will serve 4 people
- Preheat your oven to 220°c / 430°f / full fan
- Add 80g salt and a handful of herbs to a container with 1 litre of water and blitz with a hand blender to dissolve and make the brine.
- Brine the whole chicken for 2 hours (fully submerged)
- Remove, oil the skin with olive oil
- Roughly chop an onion, garlic and a couple of carrots and scatter into a roasting tray.
- Place the chicken on top of the vegetables so it doesn't come into direct contact with the heat from the roasting tray
- Cook at 220°c / 430°f / full fan for 20 minutes.
- The skin will have turned golden. Turn the oven temperature down to 160°c / 320°f / full fan. Cook for a further 50-60 minutes.
- Pierce the leg near the bone and if the juices run clear with no blood, the chicken is cooked through.
- Set aside in a warm place until you are ready to serve.

ROAST CAULIFLOWER CROWN

- A large cauliflower crown will serve 4 people
- Pre-heat your oven to 220°c / 430°f / full fan
- Remove the outer green leaves and the bottom stem of the cauliflower.
- Add 80g salt and a handful of herbs to a container with 1 litre of water and blitz with a hand blender to help dissolve and make the brine.
- Brine the whole cauliflower for 1 hour
- Remove and boil the whole cauliflower in lightly salted water for around 8-10 minutes on a rolling simmer to pre-cook its centre.
- Roughly chop an onion, garlic and a couple of carrots, and scatter into a roasting tray.
- Place the cauliflower on top of the vegetables so it doesn't come into direct contact with the heat from the roasting tray
- Spread soft butter over the crown (or oil if vegan)
- Cook for 30 minutes. Every 10 minutes baste the cauliflower with the juices in the tray.
- After 40 minutes turn the oven temperature down to 160c.
- Add 1 litre of vegetable stock to the roasting tray
- Cook for a further 30/40 minutes with the oven filling with steam.
- Remove and set aside in a warm place until ready to serve.

GRAVY & STUFFING

We know everyone is pressed for time so here are a couple of special tips to improve any store-bought gravy & stuffing:

Gravy: Add a cup of red wine to a good quality store-bought gravy and reduce back down until thick and full of flavour. Finish with grated garlic cloves and cracked black pepper.

Stuffing: Roll the store-bought stuffing into balls, refrigerate overnight and then poach the stuffing balls in your gravy and leave in the gravy pot until ready to serve.

Cooking All The Sides

SOURDOUGH BREAD SAUCE

Ingredients you will need:

200g fresh breadcrumbs

500ml whole milk

1 onion sliced thinly

Bay leaf, thyme, cloves, nutmeg

Butter

Utensils you will need:

Saucepan

Strainer

Wooden spoon

Hand blender or whisk

- Using a large saucepan, bring your milk, chopped onion, herbs and spices to the boil and reduce to a simmer for 40 minutes.
- Remove from the heat, cover the pan with clingfilm and set aside to infuse until room temperature.
- Strain your milk infusion through a strainer into another pan.
- Cut the sourdough bread into small pieces
- Add the sourdough crumbs to the pan and blend with a hand blender
- Stir in soft butter, nutmeg, salt and pepper

CRACKING CAULIFLOWER AND CHEESEY LEEKS

Ingredients you will need:

1 cauliflower	Grated nutmeg
1 leek	Chopped onion
200g butter	Bunch of Thyme
200g flour	Bay leaf
750ml milk	5 cloves
350g Comte cheese	Chopped garlic
100g soft smelly brie	3 egg yolks

Utensils you will need:

Saucepan
Strainer
Grater
Casserole dish
Small bowl and spoon to mix the glaze

- Preheat your oven to 220° c / 430° f / full fan
- Using a large saucepan, bring your milk, chopped onion, thyme, bay leaf, clove, chopped garlic to the boil and reduce to a simmer for 25 minutes.
- Remove from the heat, cover the pan with clingfilm and set aside to infuse
- Slice your leeks, on an angle in ½ cm thick slices and blanch in salted water for around 30 seconds
- Break up your cauliflower into bite size chunks and blanch in salted water for around 2-3 minutes until cooked so there is no crunch
- Now add your butter and melt in a saucepan
- When the butter starts to bubble add the weighed-out flour
- Turn the heat down to minimum temperature and cook out whilst whisking for around 10 minutes until the flour is cooked.
- Add the infused milk to the saucepan slowly whilst whisking.
- Keep whisking until you have reached the desired thickness
- Add the grated cheese whilst whisking until completely melted
- Season with salt and pepper.
- Now add the cook cauliflower chunks and leeks to the saucepan
- Pour 4/5 of the mixture in a casserole dish
- The remainder 1/5 of the mixture add a little extra cheese sauce add the egg yolks and spoon into the casserole dish making a top layer.
- Grate fresh Comte cheese on top
- Place in the oven at 220° c / 430° f / full fan for 25 minutes until lightly caramelised.

SERIOUSLY SPECIAL SPUDS

Ingredients you will need:

5 Adrienne or Carolus potatoes
6 sprigs thyme
2 bay leaves
1 sprig rosemary
15 peppercorns
1 bulb garlic
250g beef fat

Utensils you will need:

Saucepan
Roasting tray

- Cut the potatoes roughly into 3-inch pieces with the skin on.
- Add these to a deep saucepan with cold water, thyme, bay leaves, garlic, peppercorns, salt and pepper to taste.
- Slowly simmer for around 1 hour until almost cooked (check by sticking in a knife)
- Drain gently with a colander over the sink.
- Place on a tray to dry out in the fridge overnight.
- The next day preheat your oven to 220°c / 430°f / full fan
- 1 hour before serving the roast, add the potatoes and beef fat to a tray and cook at 220c for 30 minutes
- Turn every 8-10 minutes until a crisp and crunchy skin around the fluffy potato inner.
- Turn the oven down to 160°c / 320°f / full fan and cook for a further 25 minutes
- Baste the potatoes with the beef fat
- Season with salt and pepper and let them rest in the excess beef fat until ready to serve.

CARROTS AND CABBAGE

Ingredients you will need:

1 bunch of carrot's with tops
Half a Hispi cabbage
3 cloves garlic
3 sprigs thyme
2 bay leaf
2 star anise
2 good pinches sugar
Salt to taste
200g butter
600ml good quality vegetable stock

Utensils you will need:

Saucepan
Scrubber/sponge
Tray
Stick blender

- Using a large saucepan, add 600ml of vegetable stock and 200g butter and bring to the boil.
- Take off the heat and add salt and sugar and emulsify with a stick blender for a few seconds until you have a thick buttery stock.
- Place back on the heat and bring to a simmer then add the cleaned carrots
- Poach for 15-20 minutes until tender.
- When the carrots are cooked place on a tray to cool at room temperature.
- For the cabbage use the same cooking liquid as the carrots
- Place your Hispi cabbage in the simmering liquid and slowly simmer for 8-10 minutes until tender.
- Remove and place on the same tray as the carrots and cool at room temperature.
- Now add the carrots and cabbage to the beef fat roasting tray with beef fat to caramelize both vegetables.
- Place the cabbage 'outside-face' down on the tray
- Cook the carrots so all sides caramelize evenly.

YORKSHIRE PUDDING

Ingredients you will need:

1 cup of flour

1 cup of milk

7 eggs

Vegetable oil

Utensils you will need:

Yorkshire pudding mould

Stick blender / whisk

Bowl

- Preheat your oven to 220°c / 430°f / full fan
- Hand blend together your flour, eggs and milk, leave to rest in the fridge overnight
- The next day season with salt just before you are ready to cook
- Add 20ml of vegetable oil in the bottom of the Yorkshire pudding mould tray.
- Place the tray in the oven for 15 minutes
- When the oil has reached full temperature, carefully pour your pudding mix into the moulds until each is $\frac{3}{4}$ full.
- Close the oven door, don't open it and check back in 20-25 minutes
- They should have risen and developed a lovely deep golden colour
- Remove from oven and turn upside down on a clean resting tray
- Season with cracked black pepper and rock salt to rest and cool.