



Najobe Perfect Roast Beef

Najobe Park Beef

Bob Heath

Easy carve, no bone. Step-by-step timed instructions.

A roast will take about 1 hour per kilo, depending upon how well you like it cooked. This timing schedule will produce medium-done beef. For example, a 1.5 kg roast will take approximately 1.5 hrs to cook. Roasts vary in cooking time depending upon thickness. To test, put a skewer into the thickest part of the roast. If the juice is red, it needs more cooking. If the juice is clear it is done.

Ingredients

Najobe Beef roast

Olive oil

mixture of vegetables in quantity and type as you prefer, which can include:

Potatoes, carrots, trombone pumpkin, onions (whole, peeled)

Method

Heat a hooded BBQ (or oven) to 180C.

Lightly oil the base of the alfoil dish with olive oil.

Place the Najobe Beef roast in the centre of the dish and put it in the BBQ/oven.

Place the potatoes and carrots in the dish around the beef after 30 mins.

Place the trombone and whole peeled onions in after another 15 mins.

If using a BBQ, turn on the oven to 100C to rest the roast and veggies once cooked.

Test veggies with a skewer to make sure they are soft all the way through.

Place all cooked foods on a flat tray or plate in the oven to rest.

Leave veggies that are not yet ready in the BBQ.

Make the gravy according to the instructions on the packet.

Once all veggies are cooked, slice the beef thinly and place on plates with veggies.

Pour gravy over meat and veggies, or use a gravy boat on the table for guests to use themselves. Enjoy!

Timing grid: This is an example to show when each food is added to the BBQ.

Put in your particular starting time and then the time at which you will need to add each group of vegetables for the perfect roast

	Example for 1.5kg roast	Your times
Place meat in the BBQ	11.00am	
Add potatoes and carrots	11.30am	
Add trombone & onions	11.45m	
Rest meat and cooked veggies in the warm oven	12.30 pm	
Serve and enjoy		