

Roast Côte de Boeuf

A côte de boeuf is just one rib from a traditional rib roast of beef. Think of it as an enormous beef chop, or just a really good steak which, because it is cooked on the bone, is extra full of flavour . Serve with roast or fried potatoes.

For every 2 people:

A 1lb 9oz/ 700g single rib of beef

1 tsp vegetable oil

1 tbsp butter

1 clove of garlic, chopped

Sprig of thyme

- *Preheat the oven to 180C/350F/gas mark 4.*
- *Season the meat well with salt and pepper.*
- *Heat the oil in an ovenproof frying pan and cook the beef for 3 minutes on each side, until well browned.*
- *Add the butter, garlic and the leaves from the sprig of thyme. Baste the meat with the melted butter and juices, cooking it for another 2 minutes.*
- *Put the pan in the oven and cook for 5-7 mins for rare, 8-10 mins for medium rare, 12-16 mins for medium and 18-22 mins for well done.*
- *Rest for 10 mins in a warm place. Serve sliced on a board.*

