

Cotswold Wagyu

P R E M I U M B E E F

COOKING TIPS

ROASTING JOINTS : SILVERSIDE, TOPSIDE, TOP RUMP

Wagyu's distinctive properties mean cuts like silverside, topside and top rump make a delicious traditionally cooked roast. Follow a few tips from chef, Tom Conway to ensure you get the most from your Wagyu beef.

	Silverside (2kg)	Topside / Top Rump (2kg)
Electric:	220°C (10 minutes) 170°C (1¼ hrs)	220°C (10 minutes) 170°C (50 minutes)
Fan :	200°C (10 minutes) 150°C (1¼ hrs)	200°C (10 minutes) 150°C (50 minutes)
Gas :	Mark 7 (10 minutes) Mark 3-4 (1¼ hrs)	Mark 7 (10 minutes) Mark 3-4 (50 minutes)

- Take beef from the fridge at least 30 minutes before use so it cooks evenly throughout. Pre-heat the oven to 220°C/200°C Fan/Gas 7.
- Just prior to cooking, season the beef with salt and black pepper, and place it in a dry roasting tray in the centre of the oven. No oil or fat is necessary due to Wagyu's own delicious fat content.
- Cook at a high temperature for the first 10 minutes, then turn the oven down as shown for the remaining cooking time. You may want to check and turn the beef during cooking.
- Adjust the main cooking time to suit the weight of your joint and your preference. Timings above should give a medium-rare roast.
- Remove the beef from the oven, cover with foil and leave it to rest for at least 30 minutes before you carve and serve.