

# Marmite Glazed Roast Beef

## Ingredients

1.5kg topside of beef

### **for the dry rub-**

2 teaspoons powdered beef stock cube  
1 teaspoon salt  
1 teaspoon celery salt  
2 teaspoons black pepper  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon dark brown sugar

### **for the vegetable trivet -**

40ml sunflower oil  
1 large onion - peeled and quartered  
1 bulb of garlic - halved along the centre  
2 celery stalks - washed and cut in half  
2 carrots - peeled and halved lengthways  
2 sprigs of rosemary  
6 sprigs of thyme  
2 bay leaves

### **for the marmite and beef stock glaze -**

3 tablespoons unsalted butter  
3 tablespoons marmite  
1 tablespoon honey  
1 tablespoon mushroom soy sauce  
120ml beef stock  
1 tablespoon dark muscovado sugar  
1 teaspoon smoked paprika



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## Method

1. Remove the beef from the fridge and pat dry.
2. Mix the beef stock cube, salt, celery salt, black pepper, garlic powder, onion powder and sugar together to create your dry rub.
3. Massage this into the beef and leave for at least 30 minutes
4. To make the glaze, beurre noisette (melt without burning) the butter over a high heat then whisk in the rest of the ingredients. Reduce the heat to medium and simmer for 10 minutes until the glaze has thickened and becomes sticky.
5. Pre heat the oven to 180°C.
6. Heat a large roasting tray on the stove top and add the oil. Once hot, sear the beef for 1-2 minutes on each side until it's browned all over.
7. Remove the beef from the pan and onto a plate.
8. Carefully add the prepped vegetables to the tray, flat side down, to create a trivet for the beef. Give the vegetables a turn to coat in the fat and nestle the rosemary, thyme and bay leaves amongst the vegetables.
9. Place the seared beef on top of the vegetables and place the roasting tray into the oven.
10. Insert the meat probe into the centre of the meat and cook until you have an internal temperature of 45°C for a medium rare cook. (approximately 35-40 minutes in the oven)
11. Baste halfway through the cooking process.
12. 10 minutes before the end of the cooking time, remove the roasting tray from the oven and brush the marmite glaze over the beef and return to the oven.
13. Once the beef is cooked remove from the oven and brush with the glaze again.
14. Cover the beef loosely in foil and leave to rest for 30 minutes.