

Suggested Roasting Times

Here is a quick guide to cooking times for beef and lamb.
Why not pop it on your fridge for easy reference

Stage 1 –210°C-230°C/6-8 gas

Up to 2 kg – 20mins

Up to 3 kg – 30mins

Up to 4 kg – 40mins

Stage 2 –160°C/3 gas

Rare – 10 mins per 500g

Medium – 15 mins per 500g

Well done – 20 mins per 500g

Eg. A 3kg topside should have 30 mins at around 220°C and then 90 mins at 160°C to come out Medium.

If you have a meat thermometer:-

Very rare - 45°C

Rare - 50°C

Medium - 60°C

Well done - 70°C



Don't forget to rest your joint for 10 minutes after (wrap it in tin foil). This allows the muscle fibres to relax after cooking, making the joint even moister. This gives you plenty of time to make delicious gravy with the juices left in the roasting tin.

These times are as suggested by Hugh Fearnley-Whittingstall, Polly finds they are fool-proof, unless she's had too much wine whilst cooking!