

Beef Roti Or Rôti De Boeuf

Serves 8 :

Preparation time : 5 minutes

Cooking time : 20 minutes per kilogram

Ingredients :

- 1 beef roti of 1 kg
- 4 garlic cloves
- fresh thyme
- slices of butter
- sea salt and pepper

Beef Roti is surely one of the easiest French recipes. Try this recipe, it is never disappointing !

Preheat your oven (210/240°C) for 15 minutes.

Use a palette knife to push the garlic cloves into the meat.

Place on top of the piece of beef some butter slices, fresh thyme, salt and pepper at your taste.

Bake the dish in the hot oven for 20 minutes. The meat will be red in the inside but well cooked on the outside. Cook it for 5 to 10 minutes more if you prefer the beef medium or well cooked.

Top Tips :

- Ask your butcher a good quality meat. It is surely a bit more expensive but the taste will be superb!
- Beef Roti is very nice the day after. Try it cold, with mustard.
- Beef Roti goes with any vegetables you like. In France we tend to have it with fried potatoes ('pommes de terre sautées').
- Don't forget a good French red wine!

Bon Appetit!