

TARTAN FARMS

RECIPES

Cooking Tartan Farms Lowline Infused Rump Roast

A very popular choice
Impress your dinner guests with it!

You need:

- Large Oven Bag
- Lowline Infused Rump Roast
- Standard Flour, salt & pepper to taste
- Table spoon Italian Herbs

Ready for Action:

Turn oven on 200 C degrees.

Add a tablespoon Standard Flour and Italian Herbs to the oven bag and shake.

Remove Rump Roast from vacuum pack and pat dry with Handee Towel then add salt and pepper to taste.

Place Roast in Oven bag with fat side up and tie.

Make several holes in bag with knife to allow steam to escape

Place the bagged roast on cake stand in the oven tray.

For a Medium Rare result cook for 30 minutes per 500 grams or part there of, if you prefer a well done Roast cook for a further 7 minutes per 500 grams.

Before serving let the meat rest for 15 minutes while you make the gravy.

For an extra garnish add rubbed parsley to the gravy.

Best served with baked potatoes, kumara and fresh green vegetable.

My preference is peas and fresh brussel sprouts.

For a wine serve Hitchen Road Pinotage

Enjoy!