

2014 No 19.

Sunday Roast: Beef with pancetta. Definitely only for committed meat eaters, this beef/pork combo makes the most amazing gravy. If you tell the lovely people in James Elliott how many people you are serving, they will choose the right size of topside joint for you. As a rule of thumb you'll need about 300g of beef per person.

Ingredients:

About 1.2 kg topside of beef.

3 tsp mustard powder mixed to a paste with a little water.

3 thick slices of pancetta.

Use a deep roasting tin, or even a loaf tin, to cook the beef.

For the gravy

1 tablespoon plain flour.

A little water

Small glass of red wine.

salt and pepper

The juices from the roast

500 ml water that you've cooked green veg in. Or just water (you can also add a beef stock cube for an even richer taste)

What to do. Roughly speaking:

Pre-heat the oven to 250C/475F/gas mark 9. Take the beef out of the fridge at least 30 mins before you put it in the oven.

Spread the mustard over the beef, place it in the roasting tin and then lay the slices of pancetta on top. Pop it in the oven and after about 10 minutes turn the heat down to 200C/400F/gas mark 6 for 45 minutes (60 minutes if you like your beef well done).

Lift the joint out of the tin, take the crispy cooked pancetta off the top and set aside on some kitchen paper. Place the beef on a plate and cover with foil for about 30 minutes. It will continue to cook a little, and will be easier to carve. Put the roasting pan with the meat juices in the fridge for 10 minutes, until you can see the fat floating on the top. Skim off some of the fat and discard it. Pour the red wine in there and mix it with the meat juices.

Making the gravy: In a small saucepan, mix the flour, salt and pepper and water to a smooth paste. On a low heat, stirring all the time, gradually add the combined meat juices and red wine. Just before you are ready to serve add about 500 ml of the water from whatever greens you are cooking (Market Garden has some nice sprouting broccoli). Keep stirring all the time.

Slice the beef thinly, Crumble or chop the crispy roasted pancetta over your green veg, and serve with Yorkshire pudding and the coriander roast veg from week 5.

About Kay's Essex Road Recipes.

I improvise recipes based on what looks good in my local shops. Living just around the corner from 4 of London's best food shops; **Steve Hatt** the fishmonger, **The Market Garden** greengrocers, **James Elliott** the butcher and **Raab's** Bakery, it's easy to be inspired. Throughout 2014 I plan to share a recipe a week. Once you get the hang of it, you can start to improvise your own menus.

These recipe cards are old school and limited edition; only available on paper in the shops. At the end of the year, though, you'll be able to order a special edition full set of about 50 recipes online via frogandbison.com – check in there later in the year for more information.

All recipes are for about 4 people. They're not written for complete beginners; I'm assuming that you know a little bit about cooking so I've been approximate and poetic with measurements, times, weights and instructions. I hope you get the idea, and go on to improvise your own Essex Road recipes.

Most of the other ingredients, including spices and oils, are available from the convenience stores between the New Rose and Raab's. Pasta, risotto rice and really good oils and wines are to be found in **Saponara** on Prebend Street which also serves the best fresh pasta and pizza in the neighbourhood.

If you have any suggestions or comments I'd love to hear them. You can leave them on the facebook page (Kay's Essex Road Recipes) or, in the spirit of the thing, write me a note and leave it in one of the shops. Kay