

Roast Sirloin Of Beef

Ingredients

Beef, a little salt.

Method

As a joint cannot be well roasted without a good fire, see that it is well made up about 3/4 hour before it is required, so that when the joint is put down, it is clear and bright. Choose a nice sirloin, the weight of which should not exceed 16 lbs., as the outside would be too much done, whilst the inside would not be done enough. Spit it or hook it on to the jack firmly, dredge it slightly with flour, and place it near the fire at first, as directed in the preceding recipe. Then draw it to a distance, and keep continually basting until the meat is done. Sprinkle a small quantity of salt over it, empty the dripping-pan of all the dripping, pour in some boiling water slightly salted, stir it about, and strain over the meat. Garnish with tufts of horseradish, and send horseradish sauce and Yorkshire pudding to table with it. For carving, see p. 317.

Source: Mrs Beeton's Book of Household Management (1861)

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