



# How to cook an organic beef rump

Cooking a rump of beef has never been simpler

Serves: 4

Prepare: 5 Minutes

Cook: 40 Minutes

Difficulty: easy

## Ingredients

- [organic beef rump](#)
- salt

## Method

1. Let your rump joint rest on the side for half an hour before cooking
2. Preheat your oven to 180°C
3. Warm an ovenproof dish on your hob and sear on all sides for 2-3 minutes to seal and brown
4. Scatter a little salt over the fat of your joint and roast in your oven for 40 minutes per kg
5. We recommend resting your rump joint under a few layers of foil for at least 20 minutes before carving thinly to serve
6. Whilst your joint rests, warm the juices that remain in your pan over your hob accompanied by a good slosh of red wine and reduce to make a spectacular jus.