



How to Cook an Organic Beef Topside

A lot of time has been taken to grow this amazing piece of meat so we want to help you cook it perfectly

Serves: 4

Prepare: 10 Minutes

Cook: 40 Minutes

Difficulty: easy

Ingredients

- 1kg [organic beef topside](#)
- salt & ground black pepper
- 2 ½ tbsp oil

Method

1. Take your organic beef topside out of the fridge 1 hour before you want to cook it, letting it rest at room temperature
2. Preheat your oven to 180°C/gas mark 4. Rub 1 1/b tbsp of oil into your organic beef topside and season generously with salt and ground black pepper
3. Warm an ovenproof dish on the hob over a high heat, drizzle in 1tbsp of oil and sear the beef on all sides for 2-3 minutes to seal and brown
4. Roast the beef in the oven for 40 minutes per kg. Be sure to baste the beef halfway through cooking
5. When the beef is cooked, remove from the oven and rest your topside joint under a few layers of foil for at least 20 minutes before carving thinly to serving