



# Rump Roast with Braised Carrots & Red Wine Jus

The ultimate roast beef, a firm British classic. Served with braised carrots and a rich red wine jus, an all-round family favourite.

Serves: 4

Prepare: 15 Minutes

Cook: 2 Hours

Difficulty: easy

## Ingredients

### For The Roast

- 1.5kg [organic rump roasting joint](#)
- 1 large glass red wine
- 1 pouch [beef bone broth](#)
- pinch of salt & black pepper
- olive oil

### For The Carrots

- 750g carrots (peeling optional)
- 50g unsalted butter
- 2 garlic cloves crushed
- 100ml [chicken bone broth](#)
- 1 large sprig fresh thyme
- 1 large sprig fresh tarragon
- 1 pinch salt & pepper
- 1 pinch brown sugar

### For The Sauce

- 300ml creme fraiche
- 2 tbsp horseradish

## Method

1. Heat the oven to 160C. Drizzle the olive oil into a large frying pan and warm over a medium heat. Season the organic beef rump joint with salt and pepper before searing on all sides for a few minutes to brown and seal it
2. Transfer the beef rump to an ovenproof dish and pour over the wine and organic beef broth. Cover and roast for 30 minutes per 500g. If you have a meat thermometer you are looking for an internal temperature of 54-56C
3. When the beef rump has cooked, remove from the oven, set aside and allow the meat to rest. Now make a start on braising the carrots and making the jus
4. Melt the butter in a heavy-bottomed ovenproof pan and cook the garlic for a few moments until soft. Add the carrots, organic chicken bone broth, thyme and tarragon. Season with salt, pepper and scatter over the sugar. The carrots need to be submerged in the liquid so add a little more water if necessary
5. Bring to the boil and boil rapidly for 10 minutes. Cover, and place in a 200C oven for a further 5 minutes, or until the carrots are tender. Discard any sprigs of herbs before serving
6. To make the jus. Remove the beef rump joint from its roasting tin and cover loosely to rest. Pour any juices from the pan into a saucepan and reduce on a high heat on the hob until you have achieved the desired consistency. Taste and season if required
7. Just before serving mix 2 tablespoons of horseradish with 300ml of creme fraiche and serve dolloped over your meat