

Cape Grim Standing Rib Roast

Serves 6-8



Ingredients

- Roast:
- 2kg Cape Grim standing rib roast, trimmed
- 1 tsp. salt flakes
- Fresh horseradish (for garnish)

Honey Carrots:

- 9 carrots (if you can find them, use purple and yellow carrots too)
- ¼ cup slivered almonds, toasted
- 2 tps. of honey
- Splash of olive oil
- 1 tsp. of salt flakes

Roasted Fennel:

- 2 fennel bulbs, quartered (reserve the frondy tops of the fennel for garnish)
- 2 Spanish onions, cut into thick chunks
- 1 orange, thinly sliced
- 1 tsp. fennel seeds
- Splash of olive oil
- 1 tsp. of salt flakes

Autumn Mushrooms:

- 1 brown onion, finely diced
- 3 garlic cloves, finely sliced
- 5 small pine mushrooms
- 5 button mushrooms
- 3 portobello mushrooms
- 20g butter
- Clarified butter (or oil) for frying
- Handful of flat-leaf parsley, finely chopped

METHOD:

Roast:

Preheat oven to 240C, ensuring you've got 3 shelves ready to go for each of the roasted elements.

Meanwhile, sprinkle the standing rib with salt flakes and sear in a hot oven-proof pan on all sides, starting bone-side first to allow the heat to permeate evenly. Turn back onto the bone-side to finish.

Pop the pan into the oven on the top shelf and drop the heat right down to 200C. Roast for 50-55 minutes (depending on your oven), rest for 20 for medium-rare.

Grate the horseradish finely to serve alongside. Bring to the table and carve for max props.

Carrots:

Slice carrots into long thin sticks, as though they're about to be dunked into various dips at a staff party.

Toss them in olive oil, salt flakes and honey and then surprise them by whacking them onto a baking tray and into the oven under the meat.

Roast for approx. 40 mins or until bronzed and soft.

When ready to serve, toss through slivered almonds, check for seasoning and serve piled high in a bowl.

Fennel:

Toss all of the ingredients (except the fronds, of course) in a bowl, then pop onto a baking tray and onto the bottom shelf of the oven.

Roast for approx. 35 mins or until fennel is soft and golden.

When ready to serve, toss together, add the fronds then arrange onto a platter of some description.

Mushrooms:

Sweat the onions in a pan with clarified butter or oil until translucent. If they start to dry out, add a tablespoon of water. This should take about 10-15 mins, so be patient.

Meanwhile, thinly slice all of the mushrooms lengthways, so that they retain their unique shapes.

Heat some clarified butter or oil in a second pan, and add about half of the sliced mushrooms, allowing them to become golden, then remove them to a bowl as you sauté the next batch.

When your mushrooms are golden brown and the onions are sweet and soft, combine in a bowl with the rest of the ingredients and season to taste. Top with remaining fennel fronds.

TIPS:

Have your butcher truss your standing rib to retain its uniformity as it cooks. Just remember to chop off the string before carving time.

I like to use a cast-iron steak pan, as I find it creates a superior crust (plus, it's oven-proof)

You can use store-bought horseradish, but you'll find plenty of the fresh stuff around at the market at the moment, and it really is worth the extra effort.

Treat your mushrooms as you would pieces of meat. Sautéing the batches of mushrooms separately means that they will gain a glorious level of caramelisation on them rather than sweating and looking insipid.

If your oven doesn't have enough space for the meat and veg, roast your veg first and then you can concentrate on finishing off the meat and setting the table after. Perhaps even get some cleaning done... it's mother's day after all, so don't let mum lift a finger!

Leftovers (if there are any) make for fabulous roast beef and vegie salads and sandwich fillings the next day. Don't forget to add some of your remaining fresh horseradish for an extra kick.