

# The Famous British Sunday Roast: A Culinary Journey into a British Tradition



## The Famous British Sunday Roast vol 2: Lamb & Mint

**Sauce** by Gus Van Auden

★★★★☆ 4.7 out of 5

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For centuries, the Sunday roast has been a cherished tradition in British households. This hearty and flavorful meal is typically served on Sundays, and it is a staple of British cuisine. The Sunday roast is a symbol of family and togetherness, and it is a meal that is enjoyed by people of all ages. The main feature of a traditional Sunday, roast is roast beef. However, other types of meat, such as pork, lamb, or chicken, can also be used. The meat is roasted in the oven until it is tender and juicy and is typically accompanied by a variety of roasted vegetables, such as potatoes, carrots, parsnips, and peas. Yorkshire pudding is another essential component of a Sunday roast. These savory pastries are made with eggs, flour, and milk and are cooked in a muffin tin until they are golden brown and puffy. Yorkshire puddings are often served with gravy, which is made from the pan drippings of the roasted meat.

The Sunday roast is a meal that is steeped in history. The tradition of roasting meat on Sundays dates back to the Middle Ages, when peasants would cook their meat over an open fire on Sundays. As time went on, the Sunday roast became a more elaborate affair, and it is now considered to be one of the most iconic British dishes. The Sunday roast is a meal that is enjoyed by people from all walks of life, and it is a symbol of British culture and heritage. If you are ever in Britain, be sure to try a Sunday roast. It is a delicious and hearty meal that is sure to become a favorite. Here is a recipe for a traditional British Sunday roast:

### **Ingredients:**

- 1 kg of beef topside

- 1 tablespoon of olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 3 tablespoons of plain flour
- 1 liter of beef stock
- 1 tablespoon of Worcestershire sauce
- 1 tablespoon of tomato puree
- Salt and pepper to taste
- For the Yorkshire puddings:
  - 100g of plain flour
  - 2 eggs
  - 300ml of milk
  - 1 tablespoon of vegetable oil
  - Salt and pepper to taste

### **Instructions:**

1. Preheat the oven to 180°C (160°C fan-forced).
2. Heat the olive oil in a large casserole dish over medium heat. Brown the beef on all sides. Remove the beef from the casserole dish and set aside.

3. Add the onion, carrot, and celery to the casserole dish and cook until softened.
4. Sprinkle the flour over the vegetables and cook for 1 minute. Gradually whisk in the beef stock, Worcestershire sauce, and tomato puree. Bring to a boil, then reduce the heat and simmer for 15 minutes.
5. Return the beef to the casserole dish and cook for 1-1 1/2 hours, or until tender.
6. To make the Yorkshire puddings, whisk together the flour, eggs, milk, vegetable oil, salt, and pepper in a bowl. Pour the batter into a muffin tin and bake for 20-25 minutes, or until golden brown and puffy.
7. Serve the Sunday roast with the Yorkshire puddings and your favorite vegetables.

### **Tips:**

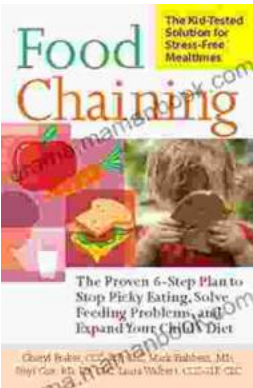
- For a more flavorful roast, marinate the beef in the refrigerator overnight.
- If you don't have a casserole dish, you can use a roasting pan.
- Yorkshire puddings can be made ahead of time and reheated in the oven.
- The Sunday roast is a versatile dish, and you can add or remove ingredients to suit your taste.

Enjoy your Sunday roast!

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