

Salt Crusted Roast Fore Rib with Red Wine



Cooking time: 2 hrs 20 mins

Serves: 8

how to cook

- 1 Heat the oven to Gas 4, 180°C, fan 160°C, 350°F
- 2 Spread the dry mustard and plenty of black pepper all over the rib and leave in the refrigerator covered for approximately 2 hours or overnight.
- 3 Mix the flour, salt and egg whites together then add enough water to form a stiff pliable dough.
- 4 Spread the dough over the whole joint bone so that the rib is completely covered, place a baking tray and cook for 2 hours.
- 5 After 2 hours remove the rib from the oven and remove the hardened salt crust and discard.
- 6 Turn the oven up to 250°C and return the rib to the oven to glaze and brown for an additional 20 minutes depending on oven.
- 7 Allow to rest for 45 minutes and carve.
- 8 Serve with soft onions and rich red wine gravy and plenty of roast potatoes.

what you need

- 2.7kg (approx. 3 rib) of John Penny beef rib joint
- 4-5 tablespoons of dry mustard powder
- Black pepper
- 675g strong flour
- 225g sea salt
- 4 egg whites
- 300ml cold water

Visit our website for more recipes www.johnpenny.co.uk

