

Barbecued Rump of Beef in Dijon and Tarragon



Cooking Time: 2 hrs 30 mins

Serves: 4 People

how to cook

- 1 Make a horizontal cut across the middle of the joint, without cutting through, and then fold back the two sides to create one large, flat piece.
- 2 Place the meat in a large, shallow dish.
- 3 Make a marinade by mixing together the tarragon, pepper, mustard and olive oil then massage all over the meat.
- 4 Leave to marinate in the fridge for 1½ hours, then rub in the vinegar and set aside for a further 20 minutes.
- 5 Cook on a medium-heat barbecue for 15 minutes on each side then rest for 10 minutes before carving.

what you need

- 1kg John Penny top rump joint
- 2tbsp fresh tarragon, roughly chopped
- 2tsp Szechuan pepper, crushed or ground black pepper
- 1tbsp Dijon mustard
- 1tbsp olive oil
- 2tbsp wine vinegar, either red or white

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