

Slow-cooked beef rump

With a port jus

Serves 4

Ingredients

MEAT

- **4** pieces of beef rump (diamanthaas), 150 g each
- olive oil
- salt and pepper

SAUCE

- ½ shallot
- **2 cloves** smoked garlic
- **1 sprig** rosemary
- **1** small tin tomato purée
- **200 ml** beef stock
- dash of olive oil
- **2 tbsp** balsamic vinegar
- **1 tbsp** sugar
- **100 ml** port
- salt and pepper

Method

SAUCE

1. Finely chop the shallot, garlic and rosemary.
2. Heat a little olive oil in a saucepan and fry the shallot and garlic. Add the tomato purée and fry briefly to take the acidity off.
3. Add the sugar, balsamic vinegar, port, rosemary and stock and reduce by half.
4. Season with salt and pepper.

MEAT

5. Preheat the oven to 80 °C.
6. Brush the meat with olive oil.
7. Heat a frying pan until very hot and just smoking. Briefly sear the meat on all sides and transfer it straight to an ovenproof dish or baking tray.
8. Season with salt and pepper and cook in the oven to a core temperature of 58 °C: nicely pink (medium).

TO FINISH

9. Also check the doneness by pressing the meat: it should feel springy.
10. Carve the meat and serve with the garnishes and the sauce.

EQUIPMENT

Knife, chopping board, saucepan, pastry brush, frying pan, ovenproof dish or baking tray, meat thermometer