

ROSAT BEEF WITH TERIYAKI SAUCE



SERVES 6 | PREP TIME 20min | BARBECUE TIME 1h10m

INGREDIENTS

- 1.2-1 kilogram roast beef (example: porterhouse roast, prime beef roast, bolar roast etc (approx. 7cm thick)
- 2 teaspoons olive oil
- 1 teaspoon sea salt
- $\frac{3}{4}$ teaspoon freshly ground black pepper
- 100 grams pancetta slices
- 1 garlic bulb
- Roasted potatoes, to serve (optional)
- Grilled broccolini, to serve (optional)

TERIYAKI SAUCE

- $\frac{3}{4}$ cup soy sauce
- $\frac{3}{4}$ cup sake
- $\frac{3}{4}$ cup mirin
- 1 teaspoon freshly grated ginger

INSTRUCTIONS – FUEL TYPE GAS

Tender roast beef with crispy pancetta, sweet roasted garlic and a punchy teriyaki sauce. This roast beef will keep your taste buds interested with every mouthful.

- For the teriyaki sauce, on a side burner, stove top or using a small Weber casserole dish on the barbecue, heat all the teriyaki sauce ingredients. Bring the mixture to a simmer and cook for 15 to 20 minutes, stirring occasionally, until reduced and thickened. Set aside until required.
- Prepare the barbecue for indirect cooking over medium heat (190°C-230°C). If you are using a Weber Q Barbecue, set up your barbecue with a convection tray and a roasting trivet.
- Lightly coat the beef with olive oil and season with salt and pepper. Calculate the cooking time for your roast (see tip 1).
- Roast the beef over **indirect medium heat**, with the lid closed, until cooked to your desired doneness (for a 70mm thick roast, cook it for 70 minutes for a medium doneness).
- When there is 40 minutes left of the cooking time, lay the pancetta over the beef. If desired, roughly lay the pancetta for a crispier result. Place the whole garlic bulb onto the barbecue in the indirect heat zone. Continue to roast the beef and garlic for 40 minutes. This is also great time to add any cut vegetables for roasting.
- Once the beef is cooked to your liking and the garlic bulb has softened, remove from the barbecue. Leave the beef roast to rest for 10 to 15 minutes before carving.
- Carve the beef roast. Cut the garlic bulb in half crosswise and squeeze out the garlic paste. Serve the beef with the roasted garlic, teriyaki sauce, roasted potatoes and grilled broccolini (optional).

Tips

To calculate the cooking times for any roasts (without a cavity, i.e not poultry), measure the thickness and calculate 1 minute per millimetre. For example; if the roast is 70mm thick, cook it for 70 minutes for medium doneness.

INSTRUCTIONS – FUEL TYPE CHARCOAL

Tender roast beef with crispy pancetta, sweet roasted garlic and a punchy teriyaki sauce. This roast beef will keep your taste buds interested with every mouthful.

- For the teriyaki sauce, on a side burner, stove top or using a small Weber casserole dish on the barbecue, heat all the teriyaki sauce ingredients. Bring the mixture to a simmer and cook for 15 to 20 minutes, stirring occasionally, until reduced and thickened. Set aside until required.
- Prepare the charcoal barbecue for indirect cooking over medium heat (190°C-230°C).
- Lightly coat the beef with olive oil and season with salt and pepper. Calculate the cooking time for your roast (see tip 1).
- Brush the cooking grills clean. Place the beef in the centre of the cooking grill, in-between the two charcoal baskets. Roast the beef over *indirect medium heat*, with the lid closed, until cooked to your desired doneness (for a 70mm thick roast, cook it for 70 minutes for a medium doneness).
- When there is 40 minutes left of the cooking time, lay the pancetta over the beef. If desired, roughly lay the pancetta for a crispier result. Place the whole garlic bulb onto the barbecue in the indirect heat zone. Continue to roast the beef and garlic for 40 minutes. This is also great time to add any cut vegetables for roasting.
- Once the beef is cooked to your liking and the garlic bulb has softened, remove from the barbecue. Leave the beef roast to rest for 10 to 15 minutes before carving.
- Carve the beef roast. Cut the garlic bulb in half crosswise and squeeze out the garlic paste. Serve the beef with the roasted garlic, teriyaki sauce, roasted potatoes and grilled broccolini (optional).

Tips

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INSTRUCTIONS – WOOD PELLET

Tender roast beef with crispy pancetta, sweet roasted garlic and a punchy teriyaki sauce. This roast beef will keep your taste buds interested with every mouthful.

- For the teriyaki sauce, on a side burner, stove top or using a small Weber casserole dish on the barbecue, heat all the teriyaki sauce ingredients. Bring the mixture to a simmer and cook for 15 to 20 minutes, stirring occasionally, until reduced and thickened. Set aside until required.
- Prepare your barbecue for indirect cooking over medium heat (190°C- 230°C). If you are using a Weber SmokeFire, set the temperature to 200°C and preheat.
- Lightly coat the beef with olive oil and season with salt and pepper. Calculate the cooking time for your roast (see tip 1).
- Once your barbecue has preheated to the set temperature (SmokeFire: 200°C), brush the cooking grills clean with a wire brush. Roast the beef over **indirect medium heat**, with the lid closed, until cooked to your desired doneness (for a 70mm thick roast, cook it for 70 minutes for a medium doneness).
- When there is 40 minutes left of the cooking time, lay the pancetta over the beef. If desired, roughly lay the pancetta for a crispier result. Place the whole garlic bulb onto the barbecue in the indirect heat zone. Continue to roast the beef and garlic for 40 minutes. This is also great time to add any cut vegetables for roasting.
- Once the beef is cooked to your liking and the garlic bulb has softened, remove from the barbecue. Leave the beef roast to rest for 10 to 15 minutes before carving.
- Carve the beef roast. Cut the garlic bulb in half crosswise and squeeze out the garlic paste. Serve the beef with the roasted garlic, teriyaki sauce, roasted potatoes and grilled broccolini (optional).

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INSTRUCTIONS – WEBER Q

Tender roast beef with crispy pancetta, sweet roasted garlic and a punchy teriyaki sauce. This roast beef will keep your taste buds interested with every mouthful.

- For the teriyaki sauce, on a side burner, stove top or using a small Weber casserole dish on the barbecue, heat all the teriyaki sauce ingredients. Bring the mixture to a simmer and cook for 15 to 20 minutes, stirring occasionally, until reduced and thickened. Set aside until required.
- Prepare the barbecue for indirect cooking over medium heat (190°C-230°C). If you are using a Weber Q Barbecue, set up your barbecue with a convection tray and a roasting trivet.
- Lightly coat the beef with olive oil and season with salt and pepper. Calculate the cooking time for your roast (see tip 1).
- Roast the beef over **indirect medium heat**, with the lid closed, until cooked to your desired doneness (for a 70mm thick roast, cook it for 70 minutes for a medium doneness).
- When there is 40 minutes left of the cooking time, lay the pancetta over the beef. If desired, roughly lay the pancetta for a crispier result. Place the whole garlic bulb onto the barbecue in the indirect heat zone. Continue to roast the beef and garlic for 40 minutes. This is also great time to add any cut vegetables for roasting.
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INSTRUCTIONS – ELECTRIC

Tender roast beef with crispy pancetta, sweet roasted garlic and a punchy teriyaki sauce. This roast beef will keep your taste buds interested with every mouthful.

- For the teriyaki sauce, on a side burner, stove top or using a small Weber casserole dish on the barbecue, heat all the teriyaki sauce ingredients. Bring the mixture to a simmer and cook for 15 to 20 minutes, stirring occasionally, until reduced and thickened. Set aside until required.
- Prepare your barbecue for indirect cooking over medium heat (190°C- 230°C). If you are using a Weber Pulse, place a roasting trivet in the centre of the cooking grill. Preheat your barbecue with the lid closed and your control knob(s) on high for 15 to 20 minutes, or until the barbecue reaches 260°C.
- Lightly coat the beef with olive oil and season with salt and pepper. Calculate the cooking time for your roast (see tip 1).
- Once your barbecue has preheated, on a Weber Pulse, turn the control knob(s) to medium (210°C-240°C). Roast the beef over **indirect medium heat**, with the lid closed, until cooked to your desired doneness (for a 70mm thick roast, cook it for 70 minutes for a medium doneness).
- When there is 40 minutes left of the cooking time, lay the pancetta over the beef. If desired, roughly lay the pancetta for a crispier result. Place the whole garlic bulb onto the barbecue in the indirect heat zone. Continue to roast the beef and garlic for 40 minutes. This is also great time to add any cut vegetables for roasting.
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