AMERICAN · DINNER

# Classic Roast Beef with Red Wine Gravy

150 min · plus 1–2 hours out of the fridge · Serves 8 · 408 kcal a serve

Video 11:32 · Natashas Kitchen

Gluten-free ingredients · No nuts listed

About 45 g protein and under 3 g net carbs a serve from lean top round with a light pan gravy. Rich in vitamin B12, selenium and zinc.

**Diet notes:** Low carb (2.5 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: arrowroot or tapioca starch instead of the cornstarch, ghee instead of the unsalted butter.

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## Ingredients 16 · SERVES 8

- [ ] 1.6 kg **beef top round roast**
- [ ] **Olive oil**: 3 tbsp extra light olive oil
- [ ] 1 tbsp finely chopped **fresh rosemary**
- [ ] 2 tsp finely chopped **fresh thyme** (or ½ tsp dried)
- [ ] 1 tbsp minced **garlic** (3 cloves)
- [ ] 1½ tsp **fine sea salt**
- [ ] 1 tsp **freshly ground black pepper**
- [ ] 120 ml **dry red wine**, for the gravy
- [ ] 350 ml **beef broth**
- [ ] ¼ tsp **onion powder**
- [ ] ¼ tsp **garlic powder**
- [ ] ¼ tsp **fine sea salt**, for the gravy
- [ ] ¼ tsp **black pepper**, for the gravy
- [ ] 1½ tbsp **cornstarch**
- [ ] 60 ml **cold water**, for the cornstarch
- [ ] 2 tbsp **unsalted butter**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Take the beef out of the fridge 1–2 hours before roasting, and note which way the grain runs so you can slice across it later. 1:11
2. Mix the oil, rosemary, thyme, garlic, salt and pepper and let it stand for 5 minutes. 1:54
3. Pat the beef dry and, if you like, tie it with kitchen string every 2–3 cm for an even shape. 3:23
4. Rub the herb mixture all over the beef and set it on a rack in a roasting pan. 4:04
5. Roast at 230°C for 15 minutes, then without opening the door turn the oven to 120°C for about 28–30 minutes per lb, until the centre reads 57–60°C. Rest 15 minutes under foil; it rises to about 63°C. 4:41
6. For the gravy, put the pan with its drippings over medium heat, add the wine, scrape the bottom and boil until halved. Add the broth, onion and garlic powders, salt and pepper. 5:27
7. Whisk in the cornstarch mixed with the cold water and simmer 3 minutes until thick. Off the heat, stir in the butter, and strain if you like it smooth. 5:59
8. Remove the string and slice the beef thinly against the grain. Serve with the gravy. 7:24

> **Tip** Serves 8. Top round (topside) is a lean roast: an oven thermometer is the easiest way not to overcook it. Thin slices of leftover beef make great lunches.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 408 kcal | 45 g | 2.9 g | 0.3 g | 22 g | 660 mg |
| 1,710 kJ | 91% of a day | 2.5 g net · 0.1 g sugars | 1% of a day | 8.1 g saturated | 29% of a day |
| | | 1% of a day | | 28% of a day | |

**Energy from** net carbs 3% · protein 46% · fat 51% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 89% · Selenium 88% · Zinc 69% · Vitamin B6 55% · Iron 20%

**Source of** (10–19%) Potassium 12% · Magnesium 10% · Vitamin E 10%

**Recipe and video:** Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=WlJwu-QU4YI, published 9 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/classic-roast-beef-red-wine-gravy