



Roasted rib of beef with garlic and herbs

Costata di manzo al forno con aglio ed erbe

Some of the best Italian beef is farmed in the southeastern region of Marche. The cattle are allowed to roam free, and the meat from *Marchigiana* cattle is appreciated all over the country. Rib of beef is perfect for a special occasion; it's so delicious that it really doesn't need a lot doing to it. Serve with Creamy potato and fennel bake (see page 179) and enjoy with a glass of Italian red wine.

Serves 4–6

3kg rib of beef (2 bones)

4 tablespoons extra virgin olive oil

6 large garlic cloves, peeled and crushed

1 tablespoon chopped fresh oregano

1 tablespoon chopped fresh flat-leaf parsley

1 tablespoon chopped fresh thyme

1 tablespoon English mustard

1 tablespoon salt

Freshly ground black pepper

1. Preheat the oven to 230°C/gas mark 8. Lay the beef in a large roasting tin, bone-side down.

2. In a small bowl put the oil, garlic, herbs, mustard and salt. Season with pepper and stir to combine. Rub the mixture into the beef to coat.

3. Roast for 30 minutes then reduce the oven temperature to 190°C/gas mark 5. Cover the beef with foil and roast for a further 50 minutes.

4. Remove the tin from the oven and wrap the beef snugly in an extra sheet of foil. Leave to rest for 20 minutes.

5. Remove the foil and carve the beef into slices. Serve immediately.