

PARASHA RECIPES

PARASHAT TZAV

פרשת צו

THIS WEEK'S PARASHA RECIPE IS BASED ON THE QUOTE :

וְבֶשֶׁר זֶבַח תְּרוֹדוֹת שְׁלֵמֶיךָ בַּיּוֹם קָרְבָּנֹךָ יֵאָכַל לֹא-יִנְיִים מִמֶּנּוּ עַד-בֹּקֶר

WHICH MEANS THAT A SACRIFICE MUST BE EATEN BY THE NEXT MORNING AND NO LEFT OVERS ARE ALLOWED. SO HERE IS AN AMAZING RECIPE THAT WILL MAKE SURE THAT YOU WON'T HAVE ANY LEFTOVERS (IT'S JUST THAT GOOD!). THE

TRADITIONAL BEEF ROAST.

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- 2- 2 1/2 KILO RIB EYE
- (OPTIONAL) A BIT OF FLOUR TO PUT ON THE MEAT
- 2 TABLESPOONS OF OLIVE OIL
- 3 TABLESPOONS OF MUSTARD POWDER
- 2 CRUSHED GARLIC CLOVES
- BLACK PEPPER TO TASTE
- 20-15 MINI/FINGERLING POTATOES

PREHEAT THE OVEN TO 320°F (160°C). SCORE THE MEAT TO ASSIST WITH FLAVOUR AND COOKING. COVER IT WITH A BIT OF FLOUR (OPTIONAL). THEN POUR THE OLIVE OIL ON TOP AND SPREAD THE MUSTARD AND PEPPER INTO THE OIL. MASSAGE THE GARLIC ONTO THE MEAT (MAKE SURE IT GOES INTO THE CUTS). PUT IT IN A PATTERN AND SURROUND IT WITH POTATOES. ROAST IN THE PREHEATED OVEN, UNCOVERED. 20-25 MINUTES PER HALF A KILO SO FOR 2 KILOS AROUND AN HOUR AND TWENTY MINUTES. ONCE IN A WHILE TURN THE POTATOES AND USE THE LIQUID THAT FORMS AT THE BOTTOM AND USE IT TO BASTE THE MEAT. TAKE IT OUT OF THE OVEN AND LET IT COOL OFF (REST) ENTIRELY BEFORE YOU SLICE IT.

BON APPETIT- בּוֹתֵאבוֹן!