

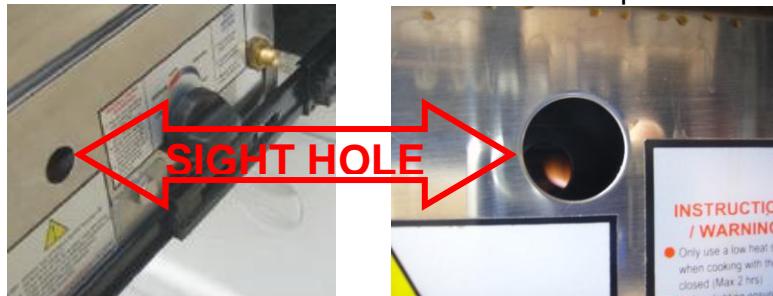


BBQ Model: Bushman/Bravo Flat Plate BBQ  
 Roast Type: Beef  
 Roast Weight: 1.1kg  
 Setup: BBQ plate retained, [oven wire](#) and [disposable aluminium foil tray used](#).

Place the [oven wire](#) on the flat or flat/grill BBQ plate.



Light the barbecue, remembering to open the lid before igniting, and pre heat with the lid closed on a low heat setting for 8 to 10 minutes. A low heat setting should be selected using the sight hole as a reference to achieve a modest flame. The steam vent should be open at all times while roasting.



We prefer to lightly coat the beef with olive oil and place in the [disposable aluminium foil tray](#). Then place the tray on the [oven wire](#). Vegetables may be added to complement the meal.

When roasting the heat control should remain on low with the barbecue lid closed and the steam vent open. The air temperature within the barbecue is between 150°C-170°C. We suggest that the roast be checked every 15 minutes as cooking times vary depending on the size of the roast and atmospheric conditions such as wind. If you are using a flat/grill plate you may need to spin the roast during cooking.

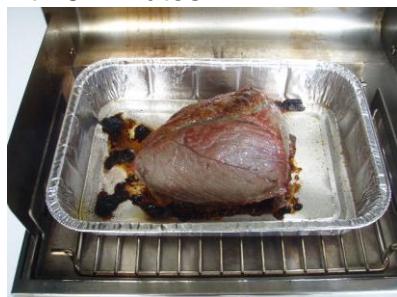
At 15 minutes. Beef starting to colour.



At 30 minutes.



At 45 minutes.



At 60 minutes.



At 75 minutes.



After 1¼ hours the beef should be cooked. Yum! Test to ensure the roast is fully cooked, cook further if required to suit your personal taste.



Simple as that!