

ROAST BEAST (PRIME RIB ROAST)



- Prime Rib Roast (standing rib roast), at room temperature
- 2 tsp black pepper, cracked (optional)
- 2 tsp onion powder (optional)
- 2 Tbs butter, room temperature
- 2 tsp garlic powder (optional)

GRAVY

- Roast drippings, separated
- Water, milk, stock, cream or beer to make 1 cup
- 1 to 2 Tbs flour
- Salt, pepper and seasonings to taste

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- **Allow** the roast to come to room temperature to ensure even-cooking. This is crucial and it means leaving it out for two to three full hours right before roasting
 - **Preheat** oven to 450 degrees F.
 - **Trim** "excess" fat (anything more than an inch thick), if your butcher has not already done so. The fat is what provides the flavor, so you want to leave about an inch of it on the roast.
 - **Pat** the room-temperature standing rib roast (prime rib roast) dry with paper towels or napkins. Smear the cut ends only of the roast with the butter.
 - **Rub** butter on the cut ends of the roast.
 - **Create** a seasoning rub or paste — if desired — with ingredients such as pepper, coarse salt, garlic powder, and onion powder. Do **NOT** salt the outside of your prime rib roast; as salt draws out moisture from the meat while cooking. Use other seasonings, if desired, but it's not necessary.
 - **Make** a series of 1/2-inch deep slits all over the top of the roast as well as the sides if you choose to use seasonings, then rub them all over the roast, covering all exposed meat.
 - **Cut** the bones away from the roast (if your butcher hasn't already done so) and tie them back on to the roast with kitchen string. This will make it much easier to

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carve the roast, while still allowing you to stand the roast on the rib bones while cooking.

- **Place** the roast in a heavy metal roasting pan, bone-side down. The pan should be at least 3-inches deep. (NOTE: Nonstick pans yield fewer of the “cooked-on” bits that make au jus juice or gravy really good.)
- **Begin** heating in a pre-heated 450 degree oven for 15 minutes regardless of roast size.
- **Reduce** oven temperature to 325° for the balance of cooking time. Cooking times will vary depending on size of the roast and desired level of doneness:

Cooking Time for Rare (120°)

- (3) Ribs, 7 to 8 lbs. 15 minutes at 450°, then 1¼ to 1½ hours at 325°
- (4) Ribs, 9 to 10 lbs. 15 minutes at 450°, then 1½ to 2 hours at 325°
- (5) Ribs, 11 to 13 lbs. 15 minutes at 450°, then 2 to 2½ hours at 325°
- (6) Ribs, 14 to 16 lbs. 15 minutes at 450° then, 2¾ to 3 hours at 325°
- (7) Ribs, 16 to 18 lbs. 15 minutes at 450° then, 3 to 3¾ hours at 325°

Rare should be 120° to 125° with a bright red center that grows slightly pinkish towards the exterior.

Medium Rare should be 130° to 135° and are characterized by their extremely pink center portion that grows brown towards the exterior.

Medium should be 140° to 145° and have a light pink center, brown outer portions.

Medium Well should be 150° to 155° and is not pink at all.

Well Done should be 160° and above, and is characterized by a uniform brown color.

- **Baste** the cut ends of the roast with the fat accumulated in the roasting pan every ½ hour. **Do Not Cover the roast.**
- **Begin** checking the internal temperature about 45 minutes before the estimated end of the roasting time. (NOTE: Be sure you are using a good instant-read digital meat thermometer). This is especially important if you are adjusting for High Altitude Baking. When checking the temperature, insert meat thermometer so tip is in thickest part of beef, not resting in fat or touching bone.
- **Remove** roast from oven once it's reached the desired internal temperature. Let rest 20 minutes, covered with aluminum foil, before carving. The roast will continue to cook while it is resting. NOTE: This resting period allows the juices to

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permeate the roast so cutting into the roast too early will cause a significant loss of juice and thus, flavor.

- **Cut** the strings which attach the meat to the bones. Remove the bones (save for making stock for soup). Then, using a sharp carving knife, slice meat across the grain for serving, making ¼- to ½-inch thick slices.

GRAVY

- **Remove** the roast from the pan.
- **Place** pan on stove on medium high heat. Pour off all but 2 tablespoons of the drippings into a separate container.
- **Stir** in 1 to 2 tablespoons of flour into the 2 tablespoons of drippings in the pan.
- **Whisk** until the flour has thickened and the gravy is smooth.
- **Slowly** add back the previously removed drippings, stirring constantly. (Remove some of the fat beforehand if there is a lot of fat).
- **Add** enough water, milk, stock, cream or beer (depending on preference) to the gravy to make 1 cup.
- **Season** with salt and pepper and herbs to taste.