

# Roast Prime Rib



**TIP:** Though the meat for this recipe, prime rib, is expensive, it's well worth it for special occasions and far less expensive than buying it in a restaurant. I highly recommend buying the meat fresh from a reputable butcher shop. I learned the incredibly easy cooking method presented in these directions from a butcher, who promised the meat would come out the way it does in a good beef restaurant. He was dead on right!

**Preparation Time:** 5-10 minutes plus 2 hours to let meat come to room temperature and 20 minutes to let the meat rest after it cooks.

**Cooking Time:** 25 minutes per pound (1 hour 40 minutes for a 4 pound medium rare roast)

## Ingredients

(for 6)

1 Boneless Prime Rib (about 4 pounds)

Olive or Vegetable Oil

Garlic Salt

Ground Black Pepper



## Equipment

Baking/Roasting Pan

Roasting Rack (optional but keeps the roast out of fat as the meat cooks)

Sharp Knife

Large Fork

Cutting Board

Ovenproof Meat Thermometer

Potholders

Timer



1. First, make sure to note the weight of the **meat** on the price label before getting rid of the wrapper. You'll need to know the **meat** weight to estimate the cooking time.



3. Set a timer for 2 hours (1) and let the **meat** sit and warm naturally almost to room temperature (this is optional but will allow for more even cooking) (2).

(1)



(2)



2. Put the **meat** on a roasting rack (optional) inside a baking/roasting pan, drizzle **olive** or **vegetable oil** over all meat surfaces (1), and rub the **oil** evenly on the **meat** with your fingers (2). Then...

(1)



(2)



4. After the two hours have passed (if you let the **meat** warm), set an oven rack a third to half way up from the oven bottom (1) and preheat the oven to 300 degrees (2).

(1)



(2)



...sprinkle on a light, even coat of **garlic salt** (1) and **ground black pepper** (2) over all surfaces, and rub that into the **meat** (3).



5. The tip of the ovenproof meat thermometer should be placed as close to the center of the **meat** as possible to get the most reliable temperature reading. To get an idea how deeply to insert the thermometer, line up the thermometer probe as shown in (1) and then insert the thermometer into the middle of the **meat** piece as shown in (2).

(1)



(2)



6. Put the **meat** in the oven when the oven warms to 300 degrees (1) and set the timer for the proper cooking time according to the weight of the **meat** at 25 minutes per pound (2). (My roast was 4.39 pounds, so I rounded the weight to 4.4 pounds. At 25 minutes per pound, I set the cooking timer for 110 minutes or 1 hour 50 minutes).

(1)

(2)



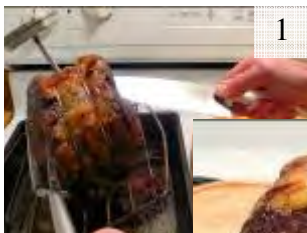
7. When the cooking timer sounds, check the meat thermometer. The **meat** is cooked to medium rare at 140 degrees (1), medium at 155-160 degrees and well done at 170 degrees. If however, the meat thermometer does NOT start to register as shown in (2), keep cooking and checking the temperature every 20 minutes or so until it registers at the desired doneness temperature.

(1)

(2)



8. Transfer the **cooked roast** from the baking/roasting pan to a cutting board (1). Remove the meat thermometer and cut away the strings tying the roast together, if there are any (2). Then set a timer for 20 minutes (3), and let the **meat** rest until the timer sounds.



9. After the **meat** has rested, cut it in cross section slices about 1/2 - 3/4 inches wide (1) and either serve as is (2) or cut the slices into smaller pieces (3).



10. To make clean up easy, remove as much fat and meat juice from the baking/roasting pan as possible with a wad of paper towels (1). Then add a squirt of dish soap and enough warm tap water to cover the pan bottom (2). Let the pan sit for 10 minutes, then scrub it clean with a brush and/or sponge (3).



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