



## Holiday Rib Roast Preparation Guide



1855  
*G.F. Swift*  
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ANGUS BEEF

You are not alone if you feel intimidated by the thought of preparing, roasting and carving the most flavorful roast of all, Roast Prime Rib of Beef. This tender entrée usually reserved for special occasions, can be prepared in your kitchen with the same delectable result you would expect from an award winning steak house. Simply follow these easy instructions.

**What size roast I need?** Your best bet is to order at least three ribs to allow the most forgiveness in cooking. A good rule of thumb is to figure 1/2 rib per person. A 3-rib roast would feed three people. Our butchers gladly assist you in determining what size roast is appropriate for the number of guests that you are expecting.

**Should I select a bone in or boneless rib roast?** The choice is up to you. Usually, a boneless rib roast cooks faster, and is easier to carve. A bone in rib roast usually results in a juicier end product and makes a nicer visual presentation, however it does take a little longer to cook. A third option is to have our Butchers bone the roast and then reattach the ribs with string. Before serving, simply cut the string to detach the ribs and you will have an easy to slice boneless rib roast with the benefit of a bone in roast. Best of all, the detached ribs are great either plain or slathered with BBQ sauce!

#### **How do I prepare my roast?**

If you have selected a boneless rib roast, our Butcher will tie the roast for you. This will give you a symmetrical compact shape that will allow a more even cooking.

Before seasoning your roast, pat it dry with a paper towel to remove all the excess moisture. This will help the roast brown evenly.

Usually a simple seasoning is best for this cut of beef! A little Kosher Salt or Sea Salt with some freshly ground black pepper will work just fine. Remember, you have just selected the most flavorful roast of all, Roast Prime Rib of Beef!

For best results, temper the roast by letting it sit at your ambient room temperature (seasoned) for at about two hours. The salt will help prevent bacterial growth during this period. The result will be a juicy, flavorful roast that is evenly cooked throughout.

Avoid a very common mistake by raising the roast above the bottom of the roasting pan utilizing either a roasting rack or coarsely cut root vegetables. If the roast sits on the bottom of the pan it will braise.

While braising works great for brisket or corned beef, it is not what you want to do to your Holiday Roast Prime Rib of Beef.

Be sure to select a roasting pan with a heavy bottom, shallow sides and just slightly larger than your roast. This will help preserve your pan drippings instead of allowing them to evaporate away.

**How do I cook my Prime Rib Roast of Beef?** The most Important thing to know about roasting is that you should use an instant read thermometer to determine when your roast is done. If you do not already have one, stop on the way home and pick one up. This is the only sure way to know when your roast has reached a desirable cooked temperature. Instant read thermometers are available at most major retailers. Bed, Bath and Beyond usually stocks a good Selection.

While your roast is tempering, preheat your oven to 450°F. Once your roast has reached room temperature, place it in your preheated oven for 15 minutes. This will sear the outside of the roast, sealing in all of the juices! After 15 minutes, reduce your oven temperature to 325°F for the remaining cooking time.

Here is an easy to follow cooking chart. Note that the cooking time shown is the time from the point that you reduce your oven temperature from 450°F down to 325°F!

Number of Ribs	Approximate Weight	Roasting Time for Rare
3 ribs	7 to 8 pounds	1 1/4 hrs to 1 1/2 hrs
4 ribs	9 to 10 pounds	1 1/2 hrs to 2 hrs
5 ribs	11 to 13 pounds	2 hrs to 2 1/1 hrs
6 ribs	14 to 16 pounds	2 3/4 hrs to 3 hrs
7 ribs	16 to 18 pounds	3 hrs to 3 3/4 hrs

About a half hour before the expected end of the roasting time insert your thermometer into the thickest part of the meat, not touching the fat or bone. When the internal temperature reaches 120°F, remove the roast from the oven and cover with foil. Let the roast sit for twenty to thirty minutes. It will continue to cook during this time, reaching a temperature of about 125° to 130°F. This resting period allows the juices and flavors to permeate the roast. *The chart on the back page illustrates the differences between levels of doneness.*

