

Prime Rib

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Ingredients

- 4-5 lb Standing Rib Roast (this is the standard cut for Prime Rib, and can be with or without bone.)
- 2 Sprigs of Rosemary, minced
- 3-4 Sprigs of Thyme, minced
- 3-4 cloves of Garlic, minced
- 5-6 Basil Leaves, minced
- 1 Tbsp of Sea Salt, (fine crushed)
- 1 ½ Tbsp Black Pepper (coarsely crushed)
- 4 tbsp Extra Virgin Olive Oil or Sunflower Oil (I use a White Truffle infused Sunflower Oil, by La Tourangelle. See Pics for description)

Directions

Allow roast to sit out on counter for about 30 minutes to come to room temperature.

Mince and ground all herbs and spices and mix together.

Preheat oven to 500°F, with a rack in the center position. Place a cast iron pan big enough to hold roast in oven to preheat as well

On a clean plate, pat roast with paper towels to dry it off of all packing water and liquids.

Once the roast is completely dried off, cover completely with Extra Virgin Olive Oil (EVOO).

On a separate plate, place herb/spice mix covering the entire plate. (you will be using this to coat your roast with herb/spice mix)

Carefully with two works, each stabbed into two sides of the roast. Using the forks row your roast in herb/spice mix, coating the roast as best as you can. Any leftover herb/spice mix, pat it on to roast anywhere and everywhere.

Let Roast rest for about 5-10 minutes with herb/spice coating.

Very carefully, place roast into preheated cast iron pan in oven. (if there is a bone, place bone side down.)

Let roast cook for 10 minutes, then reduce heat to 350°F and allow roast to cook for according to chart below.

Once the roast is cooked to prefer doneness, remove from oven and let rest for 10-15 minutes before slicing into thin slices.

Serve with Au jus sauce and roasted veggies.

Cooking time for Desired Doneness

Rare: 10-15 minutes per pound (Internal temperature 120-125°F)

Medium Rare: 15-20 minutes per pound (Internal temperature 130-135°F)

Medium: 20-25 minutes per pound (Internal temperature 135-140°F)

Medium Well: 25-30 minutes per pound (Internal temperature 145°F and up)

