

Prime Rib with Rosemary and Garlic

Start the New Year off with a beautiful cut of meat – prime rib. Here is an easy and delicious way to prepare prime rib for you and your guests. It is an imposing cut of meat and many are afraid to attempt to prepare it. It can be rather expensive, but the key here is don't overcook it. An instant read thermometer is your best friend in the kitchen and a necessity for properly cooking large cuts of meat. For medium rare, take the roast out of the oven when it reaches 120*. The meat should then "rest" for 20 minutes before serving. Letting it sit for 20 minutes will allow the juices to redistribute themselves throughout the roast so that it doesn't dry out when you cut it. The temperature will also rise an additional 10* or so making it perfectly medium rare. If your guests want it cooked more, give them the end pieces or place a slice back in the roasting pan for several minutes.

Ingredients:

1 – 4 pound prime rib or standing rib roast
5-6 cloves garlic
4 large sprigs of rosemary
Salt and cracked black pepper
2 tablespoons olive oil

Method:

Preheat oven to 450*.

Allow the roast to sit out for 20 minutes before beginning to cook. This will take a little of the chill off the roast and it will cook better.

Using a paring or boning knife, make slits in the roast and insert the garlic cloves. By placing them inside the roast, the flavor will extend throughout the entire roast. It will also prevent the garlic from burning while searing and cooking the roast.

Heat a roasting pan or rondeau (fancy term for a large oven proof pot, typically with two small handles on the side) on high heat and add the olive oil.

Season the roast with salt and pepper and then brown on all sides in the pan. You want to get a nice almost black crust on each side.

Remove the roast and place the rosemary sprigs in the bottom of the pan. This will be a natural rack that will help with heat distribution and give the roast a wonderful flavor.

Place the roast back in the pan on top of the rosemary.

Cook for 20 minutes at 450* and then reduce the heat to 350*. Allow to cook for 30 minutes and then check the internal temperature of the roast. It will probably be close to 120*. If it is there, remove the roast and allow to rest. If not, keep checking at 5 minute intervals until the roast is ready. Oven temperatures will vary but the key is not to overcook.

Allow the roast to rest for 20 minutes before slicing.

You now have a beautifully prepared Prime Rib to serve - mangia, mangia.