Perfect Prime Rib

Sarah Baker, Custer County
5 Simple Steps to Prepare the Perfect Prime Rib

Mealtime Inspirations – Quick Tips (November 9 & 10, 2016)
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Step 1: Planning
Make sure you order early. Most stores will get slammed during the holidays, so make sure and order your beef roast a few days or a week in advance! When trying to decide how much beef to purchase, think about how many you are serving.

The typical portion size is 3 oz of cooked, trimmed beef (about the size of your hand or a deck of cards). Most people will eat 2 – 3 servings (6 to 9 oz) during a meal. Remember the Food Guide Pyramid recommends eating 5 ½ oz of protein per day (approximately 2 servings). A boneless roast will yield 3-4 (3 oz) servings per pound. A bone-in roast yields about 2-3 (3 oz) servings per pound. If you purchase a 5 lb roast, it would yield approximately 10-15 (3 oz) servings total. If your guests ate 2 servings each, this roast would feed approximately 5-6 people.

Step 2: Preparation
Heat your oven to 350°F. While your oven is heating, season your rib roast. There are many seasonings available to choose from, but I prefer to keep it simple. You don’t want to mask the yummy beef flavor of your roast! This recipe that we are preparing tonight calls for 3 cloves of garlic, 1 tsp of salt, and 1 tsp of black pepper. Mix these together and rub over entire surface of roast. Next, put your roast in a shallow roasting pan. If you don’t have a roasting pan, you can purchase a disposable aluminum one. The one I’m using tonight is one from the dollar store and it works great.

Place your roast fat side up and rib bones down. The rib bones will serve as a rack, so you don’t need a rack if you are roasting a bone-in roast. If you are preparing a boneless roast (boneless rib roast, sirloin tip roast, tri-tip roast, or tenderloin roast), you should use a rack in the roasting pan.

Do not add water and do not cover. Insert an oven proof meat thermometer into the center of the roast and make sure it is not touching any bone or fat. Make sure your thermometer is oven proof!!

Step 3: Cooking
Roast according to chart found in the “How to Prepare the Perfect Prime Rib” brochure. Decide what temperature you want to cook your roast to…Rare, Medium Rare, Medium, etc. I recommend cooking a Bone-In Rib Roast to an end degree temperature of Medium Rare-Medium (approximately 145-150°F). Make sure and remove your roast from the oven when the thermometer registers 10 degrees below desired end temperature. Your roast will continue to cook after you remove it from the oven, so make sure and don’t overcook it!! Remember, the longer you cook beef to a higher degree of doneness, the less tender and juicy your beef will be! Again, we want to cook our roast to around 145-150, so we want to take it out when the internal temperature reaches 135-140 degrees.

According to our chart, for a 5 lb bone-in rib roast, cooking time will be around 2 to 2 ¼ hrs to cook for a rare-medium rare doneness. Another hint is found on the same brochure (on the back panel). To cook a roast to medium doneness, it will take approximately 23-25 minutes per pound; so again, for our 5 lb roast,
it should take 125 minutes (5 lbs * 25 min/lb), or just over 2 hours. Again, these are just “estimates”, so make sure and watch your thermometer!

**Step 4: Resting**
This is an important step, and should not be overlooked!! Resting allows your roast to continue to cook and allows it to “firm” up so it will be easier to carve. If you cut into your roast immediately after removal from the oven, you will lose all the juiciness and flavor from your roast! Following removal from the oven, tent your roast loosely with a piece of tinfoil and set aside. Let it “rest” for 15-20 minutes, while you prepare your other holiday side-dishes! During this time, your roast will continue to cook, so if we took our 5lb bone-in rib roast out when the thermometer registered 135-140 degrees, in 15-20 minutes, it should cook to 145-150 degrees for a “perfect” Medium rare/Medium Prime Rib Roast!

**Step 5: Carving:**
- Remove a small slice from the large end of your roast to create a flat surface for the roast to set firmly on the cutting board.
- Insert fork from the side, below the top rib.
- Carve across the face of the roast toward the rib bone.
- Cut along the rib bone with the tip of the carving knife to release the slice of beef.
- Slide your knife under the beef slice; steady it above with the fork and life the slice onto your serving dish.

**Tonight’s Recipe:**

**Holiday Beef Rib Roast**

**Ingredients:**
- 1 beef rib roast (3-4 ribs, about 6-8 lbs)
- 3 cloves garlic, minced
- 1 tsp salt
- 1 tsp cracked black pepper

**Instructions:**
1. Combine garlic, salt, and pepper; press evenly over surface of roast.
2. Place roast fat side up, with ribs forming a stand, in open roasting pan.
3. Insert oven proof thermometer so tip is centered in the thickest part, but not resting in fat or bone.
4. Do not add water. Do not cover.
5. Roast in 350°F oven to desired doneness. (Medium Rare: 145-150°F, 2 ¼ hrs – 2 ½ hrs) (Medium: 155-160°F, 2 ¾ hrs to 3 hrs).
6. Remove roast from oven when thermometer reaches 10°F below desired doneness.
7. Tent roast loosely with foil. Let stand for 15 minutes.
8. Carve roast into slices.

**Sources:** [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com); [www.extension.uidaho.edu](http://www.extension.uidaho.edu)
A rib roast is one of the most tender cuts available and is easy to prepare. Once in the oven, it requires little attention. Following a few simple steps will result in a perfect rib roast. Rib roasts may be cooked to any doneness, but for optimum flavor and tenderness; cook medium rare to medium.

**Five Steps to a Perfect Roast**

1. Place beef, fat side up on roasting rack, in an open roasting pan. If using a bone-in rib roast, the ribs form the rack that keeps the meat above the drippings.

2. Insert meat thermometer into the thickest part of the roast, not touching bone or fat. (An ovenproof meat thermometer is inserted prior to roasting and left in for the entire time. An instant-read thermometer is not ovenproof; use it toward the end of the recommended cooking time. Insert it long enough to get a temperature reading, about 10 to 15 seconds, then remove it.)

3. Do not add water. Do not cover.

4. Roast in oven at 350˚F until meat thermometer reads 10˚F below desired doneness.

5. Remove from oven and allow roast to stand loosely tented with foil 15 minutes before slicing. During standing time, the roast will increase in temperature and reach the final thermometer reading.

**Keep It Clean**

To avoid cross-contamination and prevent foodborne illness, follow these easy steps:

- Wash hands, utensils, cutting surfaces and counters with hot soapy water before and after contact with raw meat.

- Keep raw meat and meat juices from coming into contact with other foods during preparation.

- Keep carving boards separate from other cutting boards.

- Do not put cooked foods on platters that held raw meats without first washing platters in hot soapy water.

For additional beef recipes: [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)
RIBeye Roast (Boneless)

1. Heat oven to 350˚F. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in the thickest part, not resting in fat or touching bone. Do not add water or cover.

2. Roast according to chart. Remove when meat thermometer registers 135˚F for medium rare, 150˚F for medium. Let the roast stand 15 minutes. (Temperature will continue to rise 10˚F to reach desired doneness and roast will be easier to carve.)

**BEEF CUT** | **WEIGHT** | **TOTAL COOKING TIME**
--- | --- | ---
Ribeye Roast, small end | 3 to 4 pounds | Medium rare: 1-1/2 to 1-3/4 hours
| | 4 to 6 pounds | Medium rare: 1-3/4 to 2 hours
| | 6 to 8 pounds | Medium rare: 2 to 2-1/2 hours

Ribeye Roast, large end | 3 to 4 pounds | Medium rare: 1-3/4 to 2-1/4 hours
| | 4 to 6 pounds | Medium rare: 2 to 2-1/2 hours
| | 6 to 8 pounds | Medium rare: 2-1/4 to 2-1/2 hours

Standing Rib Roast (Bone-In)

1. Heat oven to 350˚F. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in the thickest part, not resting in fat or touching bone. Do not add water or cover.

2. Roast according to chart. Remove when meat thermometer registers 135˚F for medium rare, 150˚F for medium. Let the roast stand 15 minutes. (Temperature will continue to rise 10˚F to reach desired doneness and roast will be easier to carve.)

**BEF CUT** | **WEIGHT** | **TOTAL COOKING TIME**
--- | --- | ---
Standing Rib Roast (Bone-In) | 4 to 6 pounds | Medium rare: 1-3/4 to 2-1/4 hours
| | 6 to 8 pounds | Medium rare: 2-1/4 to 2-1/2 hours
| (2 ribs) | | Medium: 2-3/4 to 3 hours
| | 8 to 10 pounds | Medium rare: 2-1/2 to 3 hours
| (4 to 5 ribs) | | Medium: 3 to 3-1/2 hours

HOW TO DETERMINE THE NUMBER OF SERVINGS

Boneless beef rib roasts will yield about three 3-oz. cooked, trimmed servings per pound.

Bone-in rib roasts will yield about two 3-oz. cooked, trimmed servings per pound.

A 3-oz. serving is about the size of a deck of cards.

**BEEF RIBEYE ROAST WITH SAVORY SAUCE**

- 1 beef ribeye roast (about 4 lbs)
- 2 cloves garlic, minced
- 1 tsp salt
- 1 tsp cracked black pepper
- 1 tsp dried thyme leaves
- 1/2 tsp dried tarragon
- 1/4 cup finely chopped shallots
- 1 cup beef broth
- 1 tsp beef paste
- 1/2 tsp sugar

Combine garlic, salt, pepper, thyme and tarragon, stirring until paste is formed. Spread evenly over surface of beef roast. Place roast fat side up, on roasting rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in the thickest part, not resting in fat. Do not add water or cover. Roast in 350˚F oven to desired doneness. Remove when meat thermometer registers 135˚F for medium rare, 150˚F for medium. Tent roast loosely with foil. Let stand 15 minutes. Remove rack from roasting pan; drain fat. Add shallots to pan; cook and stir over medium heat 2 to 3 minutes. Add broth, tomato paste and sugar; stir until meat juices attached to pan are dissolved. Increase heat to medium-high and cook until liquid is reduced to 3/4 cup. Carve roast into slices. Serve with savory sauce.

**STANDING BEEF RIB ROAST WITH OVEN-BROWNED VEGETABLES**

- 1 beef rib roast (3 to 4 ribs, about 6-8 lbs)
- 3 cloves garlic, minced
- 1-1/2 tsp lemon pepper
- 8 small red potatoes
- 4 small onions, quartered
- 1 pound baby carrots

Combine garlic and lemon pepper. Press evenly over surface of beef roast. Place roast fat side up, with ribs forming a stand, in open roasting pan. Insert ovenproof meat thermometer so tip is centered in the thickest part, not resting in fat or bone. Do not add water or cover. Roast in 350˚F oven to desired doneness. See chart to the left for cooking times. Approximately 1 hour before serving, arrange vegetables around roast and continue to cook. Remove roast from oven when thermometer reaches 10˚F below desired doneness. Tent roast loosely with foil. Let stand for 15 minutes. Carve roast into slices. Serve with vegetables.

**HOLIDAY BEEF RIBEYE ROAST**

- 1 beef ribeye roast (about 4 pounds)
- Sauce:
  - 1 jar (12oz) brown beef gravy
  - 1/4 cup currant jelly
  - 1-1/2 tsp dry mustard, dissolved in 1 tsp water

Combine garlic, salt, pepper and rosemary; press evenly over surface of roast. Place roast fat side up, on roasting rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in the thickest part, not resting in fat. Do not add water or cover. Roast in 350˚F oven to desired doneness. Remove when meat thermometer registers 135˚F for medium rare, 150˚F for medium. Tent the roast loosely with foil. Let stand for 15 minutes. Meanwhile, in small saucepan, combine sauce ingredients; cook over medium heat 5 minutes or until bubbly, stirring occasionally. Carve roast into slices. Serve with sauce.

**SALT ROASTING** (Use 5-7 pounds coarse kosher salt only.)

Roasting beef in rock salt is an impressive, yet easy way to produce a moist, evenly cooked beef rib roast. Covering the roast with salt insulates the meat, but does not give a salty flavor. Start with a beef rib eye roast that weights between 4 to 8 pounds. Season with herbs and spices as desired. Use a deep metal roasting pan not too much larger than the roast. Completely cover the bottom of the pan with coarse kosher salt 1/2-inch deep. Place roast on top of salt and insert ovenproof meat thermometer into the center of the roast, not touching fat. Completely cover roast with additional salt. Roast in a 350˚F oven to desired degree of doneness. See chart to the left for cooking times. Remove roast from the oven when thermometer reaches 10˚F below desired doneness. Let roast stand 15 minutes in salt before carving. Remove roast from salt. (If the salt has hardened, you may need to crack it with a hammer.) Brush off all crystals, carve and serve.
Expert Tips for Creating the Perfect Beef Lovers’ Experience  
Courtesy of Dave Zino, executive chef, National Cattlemen’s Beef Association

♥ Make a match: There are as many ways to prepare beef as there are reasons to love beef. Match your steak or roast to the proper cooking method to ensure tender results. For example, the filet mignon, T-Bone and sirloin taste best when cooked using dry heat, which is characterized by quick cooking at higher temperatures. Grilling, broiling, or cooking with a skillet are examples of cooking with dry heat. For less tender cuts such as a chuck roast or bottom round roast, moist heat cooking techniques, such as braising and stewing, are best. Visit BeefItsWhatsForDinner.com and click the “Cooking with Beef” tab for a chart that matches cooking methods with different cuts of beef.

♥ Hit the right temperature: Insert an instant-read thermometer horizontally into the side of a steak to check doneness. Aim for a reading between 145°F (medium rare) to 160°F (medium), which are the ideal temperatures for tender, juicy steaks.

♥ Bring out the best: Pair a marinade or rub with the appropriate cut to bring out the best in beef.
- For naturally tender steaks such as flat iron, ribeye, top sirloin, top loin, tenderloin, porterhouse and T-bone, apply a simple rub made with fresh herbs, garlic and spices for at least 15 minutes, but no more than 2 hours.
- For less-tender steaks such as the top round, flank or skirt, a marinade incorporating an acidic ingredient such as vinegar, wine or citrus juice, will tenderize and add flavor. For best results, marinate these cuts at least six hours, but no more than 24 hours.

♥ Create perfect chemistry: Beef develops its desirable flavor and aroma during the cooking process, especially when browned. Browning causes beef’s proteins and carbohydrates to caramelize, resulting in a burst of intense flavor that’s sure to seduce beef lovers. Use a medium-heat setting and be sure not to crowd the pan for optimum browning and flavor development.

♥ Unleash the power: Umami, which comes from the Japanese word for “delicious,” is the fifth taste described as meaty or savory. To amp up the flavor intensity of already-delicious beef, marry it with other natural sources of umami, like mushrooms, tomatoes or aged cheese, for a synergistic flavor explosion.

♥ Practice safe serving: Keep raw meat separate from other foods both in the refrigerator and during preparation. Wash hands, all utensils and surfaces in hot, soapy water after contact with raw meat. Never place cooked meat on platters that held raw meat. Use clean serving platters and utensils. Serve cooked food promptly and refrigerate immediately after serving (within two hours after cooking).

♥ Extend the love: Instead of buying pre-prepared beef for kabobs, stew and stir-fry, save money by buying steaks or roasts and cutting them into cubes or strips. Or, purchase boneless roasts to cut into steaks. Plan ahead and freeze your beef for six to 12 months.

For more tips on creating the ultimate beef experience, visit BeefItsWhatsForDinner.com.

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FACT SHEET: Using a Meat Thermometer

Why Use a Meat Thermometer?
Using a meat thermometer is the only reliable way to ensure safety and to determine the "doneness" of meat, poultry, and egg products. To be safe, foods must be cooked to an internal temperature high enough to destroy harmful bacteria such as Salmonella and E. coli O157:H7.

A meat thermometer can help you:
- Prevent foodborne illness;
- Cook and hold food at a safe temperature; and
- Prevent overcooking.

Selecting a Meat Thermometer
Make sure the thermometer is designed for meat and poultry – not for candy or other foods. Meat thermometers come in several types and styles, and vary in level of technology and price.

Types of Thermometers:
- Oven-proof types go into the food at the beginning of the cooking time and can be read easily. Most have a dial and thick stem which senses the temperature of food at least 2 inches thick.
- Instant-read types cannot go into the oven, but give you a quick reading when inserted into the food after removal from the oven. These may have a dial or digital readout and are the best option to use when grilling. Most digitals can read accurately when inserted into the food only ½-inch.
- Microwave-safe types are designed ONLY for use in microwave ovens.
- Thermocouple thermometers are considered the fastest and most precise, thus they are the thermometer of choice for laboratories, food service, and food inspectors. A thermocouple uses thin wires in the tips of the probe.

Tips on Using a Meat Thermometer
A meat thermometer must be inserted properly to be an accurate indicator of temperature. The sensing area of thermometers is ½ inch to 2 inches long, and this area must be completely immersed in the deepest area of the food.

- **Ground meat and poultry** - place in the thickest area of meat loaf; insert sideways in thin items such as patties.
- **Red meat, roasts, steaks or chops** - insert in the center of the thickest part, away from bone, fat, and gristle.
- **Poultry** - insert in the inner thigh area near the breast of the bird, but not touching bone.
- **Casseroles and egg dishes** - insert in the center or thickest area.
- Hot, cooked foods must remain at 140° F or higher; cold foods, at 40°F or below.

Most meat thermometers are accurate to within plus or minus 1 to 2° F. Always check cooked meat and poultry in several places with a meat thermometer to ensure food safety.

Cleaning a Meat Thermometer
As with any cooking utensil, food thermometers should be thoroughly sanitized with hot soapy water after each use.

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<tr>
<th>USDA Recommended Safe Minimum Internal Temperatures</th>
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<tr>
<td>Foods must reach these minimum internal temperatures to be considered safe and done, no matter how you prepare them.</td>
<td>Leftovers and Casseroles 165 °F</td>
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<td>Poultry 165 °F</td>
<td>Ground Beef 160 °F</td>
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<td>Ground Beef 160 °F</td>
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<td>Pork 160 °F</td>
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<td>Beef Roasts and Steaks 145 °F</td>
<td>Seafood 145 °F</td>
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Additional Resources for Food Safety Information

- **USDA Meat and Poultry Hotline**: For food safety questions on topics including safe storage and handling of food, safe preparation, product dating, product content and more. The hotline is open from 10 a.m. to 4 p.m. EST time on weekdays year round. **Call toll-free**: 888-MPHotline (888-674-6854) **Email**: mphotline.fsis@usda.gov **Online**: http://www.fsis.usda.gov/Food_Safety_Education/Therm/index.asp
- **Beef Industry Food Safety Council**: http://www.bifsco.org/AboutBIFSCo.aspx
- **Beef It’s What’s For Dinner**: http://www.beefitswhatsfordinner.com/

Sources: United States Department of Agriculture.

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For more info, contact the National Cattlemen’s Beef Association at info@BeefFromPastureToPlate.org
Updated 10/2007
How to Carve Like a Pro

Impress Your Dinner Guests with a Perfectly Carved Roast The first step to carving like a pro is to make sure that your roast is always perfectly prepared. Cook appropriately, allow the roast to rest and, finally, carve like a pro!

- Be sure to use an oven-proof meat thermometer to monitor the internal temperature of your roast while it is cooking, inserting the tip of the thermometer into the thickest part of the roast, not resting in fat or touching bone.
- Prevent overcooking by removing your roast from the oven when it is 5-10 degrees below desired doneness.
- Tent roast loosely with aluminum foil after removing from the oven and allow it to rest 15-20 minutes.
- Resting allows the roast to firm up, making it easier to carve.
- Always use a sharp carving knife.
- For uniform slices, always hold the knife at the same angle for each cut.

Carve to Impress with a Rib Roast A beef rib roast is an elegant centerpiece of any meal, but some home cooks may be intimidated by the idea of carving this delicious main course. There is no reason to be intimidated; there are only two steps to a perfectly carved beef rib roast. By following these instructions, your guests will always be awed by how easily dinner is served.

Step 1: Cutting the Slice
If necessary, remove a thin slice from the larger end of the roast, so it will stand firmly, flat on your carving board. Place the roast on its large end on the board. Insert your carving fork from the side, below the top rib, to hold the roast steady. Carve across the “face” of the roast toward the rib bone.

Step 2: Cutting from the Bone
Cut along the rib bone with the tip of the knife to release the slice of beef. Slide your knife under the beef slice. Hold it steady from above with your carving fork and lift the slice from the roast onto a serving platter or guest’s plate.