

Prime Rib Roast

Swick

Serves 1 | Active Time: 1 hour | Total Time: 7 hours 30 minutes

Step 1: Seasoning the Prime Rib Roast

- 1 first-cut, 3-rib standing roast (approx. 7 lb)
 - Maldon or kosher salt (to taste)
 - freshly ground black pepper (to taste)
 - grapeseed oil (for coating)
- To prepare the roast, trim off any excess fat, leaving about 1/3" to 1/2" -inch thick of fat to cover the roast.
- Pat the roast dry with paper towels. Liberally season the roast with salt and pepper, pressing the seasonings right into the meat.
- Lastly, rub the surface of the roast with a light coating of oil.

Step 2: Tempering the Prime Rib Roast

Set a rack over a baking tray and place the roast onto the rack. Let the roast sit at room temperature for at least 1 hour (up to about 4 hours). The closer the roast is brought to room temperature, the less cooking time will be required. This will result in a juicier roast. This is the same thing as tempering steaks prior to cooking them.

Step 3: Preparing to Roast the Prime Rib

- 1 large onion
 - 1 or 2 large carrots
 - 6 unpeeled garlic cloves
- Preheat your oven to 450° F (230° C). For successful roasting, it is important that your oven temperature is accurate, so make sure to test the internal temperature of your oven with an oven thermometer before roasting.

Cut the onion and carrots into large dice. Gather the garlic cloves. Place the vegetables into the bottom of a suitable-sized roasting pan.

You may need to lightly pat the roast dry with paper towels if the salt has extracted any moisture. If using a rack to roast the prime rib, place it on top. Transfer the roast to the roasting pan, fat side up.

Step 4: Searing the Prime Rib

Place the roast into the center of the hot oven and let sear for about 30 to 40 minutes or until a nice, brown crust develops.

Once seared, remove the roast from the oven and keep the oven door open for about 3 to 5 minutes. Let the oven cool down to 250° F (120° C).

While you are waiting for the oven temperature to cool, turn and baste the roast.

Step 5: Roasting the Prime Rib

Once the oven reaches 250° F (120° C), return the roast to the oven. Roast the meat for approximately one hour, turning and basting the roast about every 30 minutes.

Step 6: Testing Prime Rib for Doneness

After the roast has cooked for 1 hour, remove it from the oven. Using a thermometer, test the internal temperature of the roast. Insert the thermometer into the very center of the roast, away from any bones.

The temperature will likely be close to 100° F (38° C). Once the roast reaches this temperature, it will not take much time at all to reach the desired doneness.

Baste and turn the roast and return it to the oven for another 30 minutes or so.

Step 7: Testing Again for Doneness

Test the temperature of the roast again. Continue to roast the meat (remembering to turn and baste about every 30 minutes) until the thermometer registers 130° F (55° C).

Step 8: Resting the Prime Rib Roast

Once the internal temperature of the roast reaches 130° F (55° C), remove the roast from the oven (to achieve medium doneness). It is important to remove the roast from the oven before it reaches the FINAL desired temperature.

Place a rack over a baking tray and transfer the roast onto the rack. Let sit, uncovered for about 5 to 10 minutes before tenting with vented foil.

Let the roast rest for at least 45 minutes. During this time, the temperature will increase about 10 degrees (and reach a medium doneness), due to the carryover cooking. About half way through the resting period, turn the roast to allow the juices and heat to evenly distribute.

As the roast rests, prepare the jus, if desired.

Step 9: Making the Jus

- 1/4 cup white wine
- 2 cups dark stock

To prepare the jus, strain the contents of the roasting pan. Remove the excess fat and return the juice and mirepoix back to the pan.

Place the pan over medium-high heat and let the juices reduce and the mirepoix caramelize. Deglaze with the white wine, scraping up any bits. Add the stock and let simmer and reduce by about half to concentrate the flavors. Strain and skim off any fat. Pour the jus into a small pot. Set aside while you carve the roast.

Step 10: Carving the Prime Rib Roast

To carve the roast, cut off the strings, if applicable. Cut off the bones alongside the roast.

Using a sharp knife, gently saw back and forth across the grain to cut into thick, even slices.

Step 11: Serving the Prime Rib Roast

- kosher salt (to taste)
- freshly ground black pepper (to taste)

As you are carving the roast, bring the jus to a quick simmer so it is nice and hot. Taste the jus and adjust the seasoning with salt and pepper, if needed.

Serve the roast immediately with a few tablespoons of jus and some warmed popovers. Enjoy!