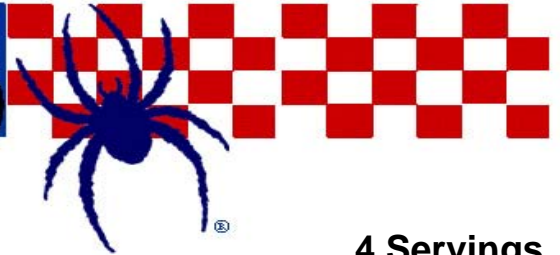


# Spider in the Kitchen



## Prime Rib

4 Servings

Ingredients	Quantity	Methods
Prime Rib Roast Olive Oil Lemon Juice Garlic Cloves, chopped Rosemary Leaves Black Pepper	4-5 lbs 1/3 cup 2 TBL 4 each 3 TBL 1 tsp	Place the roast in a shallow roasting pan and set aside for 30 minutes. Preheat oven to 450°. Combine other ingredients. Rub the roast with the mixture. Cook roast for 15 minutes at 450° or until it begins to brown. Reduce temperature to 325° and continue cooking until roast reaches desired temperature (see chart below). Baste every half hour or so, baste the ends of the roast with the drippings. Use the meat thermometer about 30 minutes before the end of roasting time. Make sure to insert the thermometer into the thickest part of the meat, not touching the fat or bone. Allow the roast to set for 20-30 minutes after removing from the oven. It will continue cooking reaching a temperature of about 125° -130°. The resting time allows the juices and flavors to permeate the roast.



Cooking time for rare or 120° –Use your meat thermometer!			
Roast size	Weight	Serves	Cooking time
3 Ribs	7-8 lbs	6	15 minutes at 450°, then 1 ¼ to 1 ½ hours at 325°
4 Ribs	9-10 lbs	8	15 minutes at 450°, then 1 ½ to 2 hours at 325°
5 Ribs	11-13 lbs	10	15 minutes at 450°, then 2 to 2 ½ hours at 325°
6 Ribs	14-16 lbs	12	15 minutes at 450°, then 2 ¾ to 3 hours at 325°
7 Ribs	16-18 lbs	14	15 minutes at 450°, then 3 to 3 ¾ hours at 325°

### Kitchen Helps

courtesy of the University of Richmond Dining Services' kitchens.

## PRIME OR CHOICE?

What's the difference? USDA Prime grade is suppose to have more fat marbling throughout the meat than USDA Choice grade.

For most, Choice is the standard but, each piece of beef varies a lot. Make your choice based on what looks best at the time.



USDA Prime



USDA Choice