

Prime Rib/Standing Rib Roast to Buy?

A full prime rib/standing rib roast is seven (7) ribs, close to 15 pounds, and enough to feed a crowd of 14 or more people (depending on how big of eaters they are).

The term "standing" means the bones are included in the roast, thus the roast can stand by itself. A rib roast comprises of seven ribs starting from the shoulder (chuck) down the back to the loin.

- twelve (12) people - six (6) rib roast

Don't even bother with less than a three-rib roast, any less than that is not a roast but rather a thick steak and would be better treated as such.

How To Purchase A Prime Rib Roast:

A whole standing rib roast (prime rib roast) consists of ribs 6 through 12. Most GOOD butchers recommend that you request a rib roast from the small end toward the back of the rib section, which is leaner and gives you more meat for your dollar. This cut is referred to as the first cut, the loin end, or sometimes the small end, because the meat and ribs get larger as they move up toward the shoulder.

<http://whatscookingamerica.net/Beef/ClassicPrimeRib.htm>

Directions:

Preheat oven to 450 degrees F.

Pat the room-temperature standing rib roast (prime rib roast) dry with paper towels or napkins. Smear the **cut ends only** of the roast with the butter.

Do NOT salt the outside of your prime rib roast, as salt draws out moisture from the meat while cooking.

Place the roast, **ribs down or fat side up**, in a heavy stainless-steel **Roasting Pan** or other metal roasting pan. **NOTE: Select a roasting pan that has sides at least 3-inches deep. (I do not recommend using nonstick pans, as these pans yield fewer of the cooked-on bits that make the tasty au jus juice or gravy.)** The rib bones are a natural rack; you won't need a metal one.

Sear the rib roast for 15 minutes at the higher oven temperature (450 degrees F.), then turn the oven to the lower temperature (325 degrees F.) for the rest of the cooking time. Every 1/2 hour, baste the cut ends of the roast with the fat accumulated in the roasting pan. **Do Not Cover the roast.**

About 45 minutes before the estimated end of the roasting (bake) time, begin checking the internal temperature (use a good instant-read digital meat thermometer). **NOTE: Play it safe and start checking early, as you don't want anything to go wrong. This is even more important if you are adjusting for High Altitude Baking.**

NOTE: If you ignore every other bit of advice I've given, please pay attention to this - For a perfectly cooked rib roast, invest in a good meat thermometer. Internal temperature, not time, is the best test for doneness and you don't want to blow this meal!

When checking the temperature of your prime rib roast, insert meat thermometer so tip is in thickest part of beef, not resting in fat or touching bone. Cook until rib roast reaches an internal temperature of 120 degrees F. (or your desired temperature).

Remove from oven, cover loosely with aluminum foil, and let sit approximately 15 to 20 minutes. **NOTE: Cutting into the meat too early will cause a significant loss of juice. Do not skip the resting stage.**

	Approximate Weight	Oven Temperature	Total Estimated Time Only	Meat Thermometer Reading (Rare)
2 ribs	4 to 5 pounds	450 deg/325 deg F	60 to 70 minutes	120 degrees F
3 ribs	7 to 8.5 pounds	450 deg/325 deg F	1 1/2 to 1 3/4 hours	120 degrees F
4 ribs	9 to 10.5 pounds	450 deg/325 deg F	1 3/4 to 2 1/4 hours	120 degrees F
5 ribs	11 to 13.5 pounds	450 deg/325 deg F	2 1/4 to 2 3/4 hours	120 degrees F
6 ribs	14 to 16 pounds	450 deg/325 deg F	3 to 3 1/4 hours	120 degrees F
7 ribs	16 to 18.5 pounds	450 deg/325 deg F	3 1/4 to 4 hours	120 degrees F

Beef Roast Cooking Temperatures

Rare	120 to 125 degrees F	center is bright red, pinkish toward the exterior portion
Medium Rare	130 to 135 degrees F	center is very pink, slightly brown toward the exterior portion
Medium	140 to 145 degrees F	center is light pink, outer portion is brown
Medium Well	150 to 155 degrees F	not pink
Well Done	160 degrees F and above	steak is uniformly brown throughout