

Prime Rib Cooking Instructions

To cook the roast, you will need a large roasting pan, a rack, and a meat thermometer. If your rib is frozen, let it thaw out completely in the refrigerator. Removed the thawed roast from the refrigerator 2-3 hours before cooking, the longer time for a larger roast. If you don't allow it to come to room temperature it will take longer to cook.

Preheat your oven to 450°F. Put the rack inside the roasting pan and place the roast on the rack. (Place the roast ribs down or fat side up). The whole roast should fit inside the pan without touching the metal sides.

Season the roast with salt and pepper or other seasonings as desired. Smear the ends of the roast with 2 tablespoons of butter or olive oil.

Place your pan in the oven. (Do not cover the pan with a lid.) Sear the rib roast for 15 minutes at 450°F, and then turn the oven down to 325°F for the rest of the cooking time. Every ½ hour baste the cut ends of the roast with the fat accumulated in the pan. Cook until the rib roast reaches an internal temperature of: 120°F for Rare / 125°F - 130°F for Medium-Rare / 140°F for Medium. Or minutes per pound method: Rare: 12-13 minutes per pound / Medium-Rare: 14-16 minutes per pound / Medium: 17-20 minutes per pound. To check the internal temperature, insert the tip of your meat thermometer into the center of the large end of the roast, not touching bone. Allow it to come to a stop, read, and remove. Most instant meat thermometers are not meant to be left in the roast during the cooking process.

Remove the roast from the oven, cover with aluminum foil and let it sit for approximately 30 minutes. Remember, the roast will continue to cook as it sets. Always allow meat to rest once it is removed from the oven. Do not carve immediately. This allows the juices to go back into the meat.

Due to differences in cuts of meat, oven temperatures and other factors, actual cooking times may vary. You must rely on a meat thermometer to know when to remove the roast from the oven.



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