

HOW TO PREPARE THE PERFECT PRIME RIB

*Information courtesy of the Wyoming Beef Council –
www.wybeef.com*

A beef roast is the perfect entrée for special meals. Roasts are extremely easy to prepare and make an impressive centerpiece to a meal. There's a choice to suit every budget and every size gathering.

In Britain, a traditional Christmas feast would feature a magnificent rib roast. Americans are familiar with that same roast which we often call "Prime Rib".

Q: What is prime rib?

A: "Prime Rib" is not a specific cut of beef but is actually a preparation method for a Beef Rib Roast. If you know the standard meat roasting method, you can make "Prime Rib" out of several types of Beef Rib Roasts. "Prime" rib does not refer to the grade of beef.

Q: What is a "standing rib roast"?

A: The rib section of the beef carcass contains seven rib bones. A Beef Rib Roast is one that contains two or more of the bones. A Beef Rib Eye Roast is the large center muscle with the bones removed. Most rib roasts today are sold boneless. A "standing" rib roast uses the bones to form a natural rack in the roasting pan.



*Beef Rib Roast
Large End*



*Beef Ribeye Roast
Small End*

Q: How do I buy a rib roast?

A: Rib roasts are usually sold as either small end (cut from near the loin section) or large end (cut from near the chuck section). Small end rib roasts are more tender, contain less fat and are usually priced higher than large end cuts. The large end contains an outer muscle called the rib cap or rib cover and another layer of fat.

When purchasing a bone-in rib roast, ask the butcher to cut or remove the chine bone and separate the backbone from the ribs for easier carving.

Q: What size beef roast to purchase?

A: For holidays and special occasions, it's a good idea to call your meat retailer in advance and order the type and size of roast you need. Think about second helpings when deciding how much to purchase. Plan on about 6-ounce "holiday helpings". A boneless roast will yield 1-1/2 to 2 cooked, trimmed six-ounce servings; a bone-in roast will yield 1 to 1-1/2 cooked, trimmed six-ounce servings.

Q: How do I cook a beef roast?

A: It's easy as 1-2-3!

1. Heat oven to 350° F. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer

- in thickest part of roast, not resting in fat. Do not add water or cover.
2. Season roast as desired.
 3. Roast according to chart (at end). Remove when meat thermometer registers 5 to 10 degrees before desired doneness, 135° F for medium rare, 150° F for medium. Tent with foil and let the roast stand 15 minutes.

Q: What's the best way to season a roast?

A: Roasts can be cooked without any seasonings or you can combine favorite herbs and seasonings such as black pepper, basil and thyme; garlic powder, marjoram and parsley; or lemon pepper and rosemary. Many prepared dry seasoning mixes are available in supermarkets. If desired, a small amount of salt can be used in the seasoning rub. Sprinkle the seasoning over all sides of the roast and pat it into the surface.

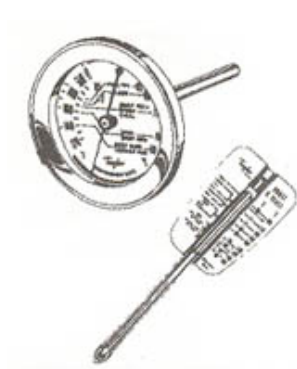
Q: Why is standing time recommended?

A: During standing time, the internal temperature of the roast rises and the roast finishes cooking; the roast firms up, making it easier to carve.

Q: Baffled by doneness?

A: Here's how to tell. With roasts, the internal temperature is a better indicator of doneness than visual inspection. Cooking times provided in recipes are a guide to help determine doneness, but the most accurate method is to use a meat thermometer.

Two common types of thermometers are:



- **Ovenproof Dial Meat Thermometer –** Thermometer features an easy-to-read dial with temperatures ranging from 120° F to 200° F. To use, insert the thermometer into the center of the thickest part of the roast, not resting in fat or touching bone, before placing roast in oven. This type of thermometer remains in the roast during the entire cooking process.



- **Instant read thermometer –** Use this thermometer to check meat temperature periodically during cooking. It is not oven safe, so it cannot be left in the roast while it is in the oven. To use, insert the thermometer into the center of the roast from either end, making sure it is inserted to the indentation on the metal shaft, or at least two inches into the meat. The slim stem permits frequent testing without the loss of meat juices.

Beef Doneness Guide

- Medium Rare: final internal temperature 145°
- Medium: final internal temperature 160°
- Well Done: final internal temperature 170°

Q: Can you eat pink prime rib?

A: You can still have a beef roast or steak with pink in it (medium-rare or medium). Solid muscle cuts of beef should be cooked to at least 145° F; ground beef must be cooked to at least 160° F.

Q: Want to carve like a pro?

A: Start with a sharp knife. If you don't own one, please go buy one and you will thank yourself many times over.

Roasts are firmer and easier to carve when allowed to stand 15 to 20 minutes prior to carving. Uniform slices are the result of holding the knife at the same angle for each cut. The more tender the roast, the thicker the slices can be. For example, a tender rib roast can be carved ½ to ¾ inch thick, whereas round tip roast (less tender) should be no more than ¼ inch thick.

The structure of meat determines how it should be carved. Most beef cuts should be carved across the grain (grain is the direction that the muscle fibers run). Cutting across the grain shortens the fibers and makes the meat easier to chew. Some cuts (e.g., corned beef brisket and flank steaks) should be sliced diagonally (or on the bias) across the grain – hold your knife at an angle. Some roasts are composed of several different muscles running in different directions. What to do? Start carving on one end, and if you see long muscle fibers, turn the roast and carve in a different direction!

If you have leftover roast, leave it whole because a solid piece of meat will hold its moisture longer than slices. The flavor usually tastes better, too.

TIPS FOR COOKING VERY LARGE ROASTS

- **BEFORE PURCHASING VERY LARGE ROASTS, MAKE SURE THERE IS ENOUGH ROOM IN THE REFRIGERATOR FOR PROPER STORAGE.**
- **CHECK THE SIZE OF THE ROASTING PAN – IS IT BIG ENOUGH? THERE SHOULD BE AT LEAST AN INCH BETWEEN THE ROAST AND THE PAN FOR PROPER HEAT CIRCULATION. IF THE CORRECT PAN SIZE IS NOT AVAILABLE, CONSIDER CUTTING THE ROAST IN HALF TO MAKE 2 SMALLER ROASTS. PLACE EACH ROAST ON A RACK IN SEPARATE ROASTING PANS.**
- **IS THERE ENOUGH ROOM IN THE OVEN? THERE SHOULD BE ENOUGH SPACE BETWEEN THE ROASTING PAN(S) AND THE OVEN WALLS TO ALLOW THE HEAT TO CIRCULATE PROPERLY FROM SIDE TO SIDE, TOP TO BOTTOM AND EVEN BETWEEN PANS. IT MAY BE NECESSARY TO ROTATE THE PANS HALF WAY THROUGH ROASTING FOR EVEN HEATING.**
- **HOW LONG TO COOK 2 ROASTS? IT WILL TAKE SLIGHTLY LONGER TO COOK 2 ROASTS, BUT IT WON'T TAKE DOUBLE THE TIME. PREPARE THE ROASTS AS INDICATED ABOVE – IT IS BEST IF BOTH ROASTS ARE OF SIMILAR SIZE AND WEIGHT. IF POSSIBLE, INSERT A MEAT THERMOMETER INTO EACH ROAST SO IT IS EASY TO MONITOR THE TEMPERATURE OF BOTH ROASTS AT ONCE. DETERMINE A ROASTING TIME FROM THE ROASTING CHART. IF THE ROASTS VARY IN SIZE AND WEIGHT, USE THE TIMING FOR THE SMALLEST ROAST. AT THE END OF THE ROASTING TIME, CHECK THE TEMPERATURE OF EACH ROAST. IF MORE TIME IS NEEDED, CONTINUE ROASTING FOR 15 TO 20-MINUTE INTERVALS UNTIL THE DESIRED INTERNAL TEMPERATURE IS REACHED IN EACH ROAST. ALLOW ROASTS TO STAND AS INDICATED IN THE CHART**