

Standing Rib Roast

- 6 -7 pound (angus) standing rib roast, cradled

Herb Paste:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons of Kosher salt
- Generous eyeball of fresh ground black pepper
- ¾ cup of assorted fresh herbs (parsley, sage and rosemary worked well for me)
- 1 tablespoon of garlic powder

Step 1: Order the cut of meat from your local butcher ahead of time. I have heard not to try and cook anything under like 5 or 6 pounds because it just won't come out as well as a larger cut of meat would. Whatever the reason, I wasn't really willing to test out the theory so we went ahead and ordered a 6 - 7 pound Angus standing rib roast. Oh, and make sure to say you want it "cradled" the butcher will know what you mean...sounds cuddly and cute doesn't it? Eh hem.

Step 2: On the day you are planning on cooking the roast...take the meat out of the refrigerator and let it hang out on the counter for 2 hours. You want it to come up to room temperature, or else your cooking times are gonna be all jacked up.

- **Preheat your oven to 375 degrees F**
- **Make up your herb paste for the outside of the roast:**
 - I used about 3 tablespoons of extra virgin olive oil mixed with about the equivalent of 3/4 of a cup of fresh herbs (I used sage, rosemary and parsley), a tablespoon (or more if you want to) of garlic powder, about 2 tablespoons of kosher salt and a generous eyeball amount of freshly ground black pepper. Mix well and spread it all over the meat...top, bottom, sides...everywhere!
- **Now place your herb pasted roast into a roasting pan on a rack...**bones down fat up (kinda like hoes down g's up) and cook it up for 25 minutes. Seriously, you need to time it because you will forget. **Warning:** Avoid all temptation to open the oven door while the roast is cooking...just don't do it. Seriously, don't.
- **When your 25 minutes is up, turn the oven down to 325 degrees F and roast for about 2 hours, until an instant-read thermometer registers like 125 or 130 (for rare - med rare).** I used a standard meat thermometer that goes in the roast and stays there until its done, hey whatever works! **Remember:** this roast will need to stand for at least 20 minutes after it comes out of the oven which means the internal temperature is going to increase. This puppy will still be cooking after it comes out of that oven, so keep that in mind when deciding what temperature to take it out of the oven at! **Kitchen fact:** Meat temperature will rise 5 to 10 degrees after it is removed from the oven and the juices redistribute.
- **Transfer the little beauty to a cutting board/carving board, cover with foil and let the R & R begin (for the meat that is).** I let our roast sit for about 30 minutes and it came out a perfect "Franz/William Tell" medium-rare.
- **Carve ½ inch slices and get your eat on!**