

## Suggested cooking instructions for roasting Prime Rib.

1. Rub seasoning on the whole roast & place meat, fat side up, on a rack or shallow roasting pan. Insert a meat thermometer so that the bulb is in the center of the largest muscle of roast.
2. **DO NOT ADD WATER/DO NOT COVER.** Roasting is a dry heat method of cooking and if the pan is covered or water is added, it becomes a pot roast.
3. Roast in a slow oven at 300-325 degrees, roast to the desired doneness.

<u>INTERNAL TEMP</u>	<u>4 - 6 LBS</u>	<u>6-8 LBS</u>
140 degrees F. rare	1 ¼ - 1 ½ hrs	1 ¾ - 2 hrs
150 degrees F. medium rare	1 ¾ - 2 hrs	2 ¼ - 2 ½ hrs
160 degrees F. medium	2 ¼ - 2 ½ hrs	2 ¾ - 3 hrs
170 degrees F. well done	2 ½ - 2 ¾ hrs	3 ¼ - 3 ½ hrs

\*Increase the cooking time approx. 15 min/lb for larger roasts. **Optional:** I like to sear the meat first. Do this by preheating the oven to 500 degrees, roast for 20-30 minutes. Reduce the oven to 250-275 degrees. Make sure you reduce your cooking times accordingly. Roast to 5 degrees below desired degree of doneness. The roast should be allowed to set or rest in a warm place 10-15 minutes before it is carved.

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