
Foolproof Standing Rib Roast

Judy Phelps

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5 pounds standing rib roast

garlic powder

salt

pepper

Allow the roast to stand at room temperature for at least one hour. Sprinkle liberally with spices. Place the roast on a rack in a roasting pan with the rib side down and fatty side up.

Roast in a 375 degree oven for one hour. Turn the oven off. Leave the roast in the oven. DO NOT OPEN THE OVEN DOOR for another three hours.

Approximately one hour prior to serving, check the roast with a meat thermometer. (rare will equal 120 degrees.) (medium will equal 135 degrees.) (well done will equal 150 degrees.) Be aware, the roast will continue to cook while resting for a minimum of 15 to 30 minutes before carving. Do not overcook. If necessary, return to a 175 degree oven and continue to roast until the meat reaches the required temperature.

Beef

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .