
Prime Rib Roast

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

1 nine pound rib roast

salt

pepper

Preheat the oven to 375 degrees.

Rub the outside of the roast with salt and pepper. Let stand out for one hour before going into the oven.

Place the roast on a rack in a roasting pan with rib side down, fatty side up.

Roast for one hour and 30 minutes. Turn the oven off. **DO NOT OPEN OVEN DOOR!**

Leave the roast in the oven for three hours with the oven off. Then, turn the oven to 375 degrees.

Roast for one hour more for medium-rare doneness, or 45 minutes more for rare.

Remove the roast and cover loosely with foil. Allow to rest for 25 to 30 minutes before carving.

For a five-pound roast, roast for one hour in a preheated oven at 375 degrees. Turn the oven off. About one hour and 10 minutes before serving, turn the oven back on and roast for 30 to 40 minutes.

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: .