

Standing Rib Roast

Cook's note: You may use this roasting technique with any size roast from a one bone roast (preferred for two people and leaves leftovers) to a three or four bone roast which could feed a small crowd. Depending on the appetites of your diners, and how much leftovers you desire you may allot servings for 2-3 persons for each rib in the roast. Cook time is based on temperature, but keep in mind a larger roast will cook for a longer period of time. This recipe is based on a two bone roast

6 servings

30 minutes (active prep)

4-7 hours (mostly inactive)

Ingredients

3 heads garlic peeled

2-bone Rib Eye Roast (bone-in)

Toothpicks

Salt and pepper to taste

Directions

Preheat oven to 425°F.

Slice larger garlic cloves in half and leave smaller cloves as is. Using one toothpick for each clove, place the garlic strategically all over the top and sides of the roast. Cover as evenly as possible using all the garlic you have. (Add an additional head for each extra bone).

Generously sprinkle the roast with salt and pepper on all sides. Place on rack in roasting pan, and roast on the lower rack of the oven for 20 minutes. Remove immediately and place in a cool (non refrigerated) location. Let the roast return to room temperature. This may take 1-3 hours.

Once the roast has returned to room temperature, heat the oven to 200°F. Return roast to the oven. With an instant read thermometer, test the temperature every 30 minutes (more often as it cooks) to ensure it does not overcook. Generally a roast this size will reach medium rare (135°) in 2-3 hours. (145° if you prefer your meat cooked more) Ovens vary so it's important to check diligently. Test in several sites and make sure the thermometer goes deep to the center without touching a bone.

Remove roast from the oven, take out all the toothpicks holding the garlic on the roast, and cover the roast with foil tightly. Let it rest for 30 minutes. (This is a good time to use the meat juices to make Yorkshire Pudding, which just happens to take ½ an hour!)

Once the roast has properly rested, cut the bones off from the bottom of the roast and set aside. Slice the remainder of the meat and serve.