



FARMERS MARKET

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Slow-Roasted Prime Rib

Serves 6 to 8

Ingredients

- 1 three-bone beef rib roast (about 6 lbs.), preferably from the small or loin end
- 3 tbl. fleur de sel or other flaky sea salt
- 1 ½ tb. coarsely cracked black pepper
- 1 tbl. extra virgin olive oil
- 8 to 10 sprigs rosemary
- 8 to 10 sprigs thyme
- 10 medium cloves garlic, smashed and peeled
- 3 tbl. unsalted butter, cut into ½ inch cubes

Take the beef out of the refrigerator 2 hours before cooking so it can come to room temperature. After 30 minutes, season the meat on all sides with the fleur de sel and cracked pepper.

Position a rack in the center of the oven, and heat the oven to 325°. Turn on the exhaust fan. Heat a 12-inch skillet over high heat for 1 minute. Swirl in the olive oil and, when the oil puts off its first wisp of smoke, place the beef in the pan, and sear it on all the outer sides (not the cut sides) until well browned, 6 to 8 minutes total. Use a set of tongs to flip the beef; be careful of splattering oil. With two sets of tongs, transfer the beef, bone side down, to a roasting rack set in a small roasting pan. Arrange the rosemary, thyme, garlic and butter evenly on top.

Roast the beef, basting every 30 minutes with a bulb baster, until a thermometer inserted into the center reads 120° to 125° for rare, about 2 hours. Cook to 130° to 135° for medium rare (about 2 ¼ hours) or to 140° to 145° for medium (about 2 ½ hours). Let the meat rest at least 15 minutes before carving.

Credit: finecooking.com