

How To Make Perfect Prime Rib At Home

3 Secrets You Need To Know

By Ed Phillips

The three secrets are:

1. Get a good meat thermometer
2. Allow the meat to warm to room temperature
3. Cook to temperature not time

Cooking prime rib at home scares a lot of people and I was one of those people. When I finally got the courage to try it a friend of mine suggested that I get a good meat thermometer. That is exactly what I did and from the very first time I cooked it the results were simply amazing.

Honestly it isn't terribly hard to get an excellent result cooking prime rib if you just are patient and **think temperature instead of time**. So having said that get a good meat thermometer not one that has lighting up LEDs or looks like an old fashion fever thermometer.

Secret #1. Get and Use a Good Meat Thermometer

Get a thermometer that is a good dial type or preferably a digital thermometer. I'll be honest these are not cheap but when you got a lot of money sitting in that oven it makes him absolutely worth the price.

I'm not going to go into any detail about getting a good cut of prime rib but the most commonly used term for the raw meat is called a standing rib roast. That's what to look for when you buy the meat at the store or from your favorite butcher. Almost always the ribs will be folded over and you get it piece of meat that looks like this.

The temperature of the meat is critical in getting a successful result. Assuming you have the right kind of meat it is important, no it is crucial that before you cook it you allow it to nearly rise to room temperature. So, to do that insert the meat thermometer in the very center of the meat here's how to do it.

(View video of how to put the thermometer in the center of the meat)

If you don't do that when you cook it, the outside of the meat is going to be overcooked and the inside of the meat will be undercooked. It's just that simple.

Secret #2. Allow the Meat to Come to Room Temperature

So to get the best result allow the meat to come to room temperature 65 to 70°F is good that's about 20°C.

When you are ready to go preheat the oven to about as hot as it will go that is usually 500 to 550°. That's 260-290°C

While your heating the oven up prepare the meat. I like to rinse it and pat it dry first. Then I'll usually put on a coating of olive oil. The idea here is to get the spices to stick to the meat. The spices I like to use are salt pepper rosemary and thyme. Everybody has a little different idea of what they like to use and just salt-and-pepper is fine. What I suggest is that you put it on pretty thick because this is what adds flavor to the meat.

So, here's what it looks like completely covered with the spices. (See video)

If the meat is at room temperature in the oven is warmed up you're getting close to being ready to go. I like to cut up an onion and put it in the bottom of the pan and to keep moistness in the meat I will put in a cup of water and a cup of beef broth. By the way this will mix with the juices of the meat and if you wish you can make au jus or a gravy when you are done.

Put the meat with the thermometer inserted in an uncovered pan and all in the center of the oven.

Remember that oven is 500 to 550° right now so be careful.

Now set a timer for 20 minutes at the 20-minute mark that temperature you're probably going to start smelling the cooking and that's good. And especially large cut of meat you may want to allow to go for as long as 30 or even 40 minutes at that temperature.

When you look at the meat it will have a nice slightly burned crust on it and that is normal. Your kitchen should smell pretty good by this time to.

Reduce the heat to about 300°.

And here's another secret to get an even better result if you reduce the oven temperature to about 200° it will take longer to cook of course but chemical changes in the meat will allow it to become even more and more tender so if you have the patience drop that temperature down to 200°.

Secret #3. Bake to 115°. DO NOT Bake to Time Per Pound of Meat

Now turn on your patience because depending on the size of the meat this will take one to maybe even over three hours to complete. I like the meat rare so when the temperature on the meat thermometer has reached 115° I remove it from the oven and let it sit. If you leave the thermometer in there you'll notice that the temperature will continue to rise and that's normal as well.

Now you can cook to an internal temperature of a higher number but remember the outside of the meat is going to be more done and you don't want to risk it being over done so I suggest you use the lower number of 115. This meat is so tasty that if it's a little undercooked you can actually zap it in the microwave for a short period of time to get it to the desired doneness. If you overcook it. There is no recovery from that.

After the meat has rested 15 or 20 minutes remove the thermometer. And slice the ribs off first which will leave the large portion of the meat. Then slice it into the desired thickness. I usually like about half an inch. If you use an electric knife will make your job a lot easier, but a sharp serrated knife will work as well.

So that's it you have some tasty prime rib now and it's that simple all the ingredients and what you need are below but:

Remember Our Three Secrets:

- **Number one get a good meat thermometer and use it!**
- **Number two don't cook the meat until it's room temperature!**
- **Number three bake the meat to an internal temperature of 115°. Do not bake to time!**

Oven-Roasted Prime Rib Dry Rib Rub

Ingredients for the rub and the recipe

- 1/3 cup kosher salt
- 3 tablespoons dry mustard
- 4 teaspoons coarsely ground black pepper
- 1 tablespoon granulated garlic or dried minced garlic, or 1-1/2 teaspoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons dried thyme, crushed
- 2 teaspoons dried oregano, crushed
- 2 teaspoons ground coriander
- 2 teaspoons celery seeds
- 1 tablespoon olive oil
- 1 4 - 6 - pound beef rib roast

Directions

1. In a small bowl, combine salt, mustard, black pepper, garlic, onion powder, thyme, oregano, coriander and celery seeds. Set aside 1/4 cup. (Transfer the remaining mixture to a small jar. Store in a cool, dry place for up to 3 months. Stir or shake before using.)
 2. Rub oil over meat. Sprinkle the 1/4 cup spice mixture evenly over meat; rub in with your fingers. Make six 1x1/2-inch knife slits into the fat side (the slits allow the seasoning to penetrate into the meat).* Place meat, fat side up, in a large roasting pan. Insert an oven-going meat thermometer into center, being careful that it doesn't touch the bones.
- * At this point, you can cover the meat loosely with plastic wrap and chill up to 24 hours before roasting.

Thank you to Stephen Phillips for his assistance and editing of the script, audio and video.