Prime Rib Roast
Olive Oil
Lemon Juice
Garlic Cloves, chopped
Rosemary Leaves
Black Pepper

Place the roast in a shallow roasting pan and set aside for 30 minutes. Preheat oven to 450º.
Combine other ingredients. Rub the roast with the mixture.
Cook roast for 15 minutes at 450º or until it begins to brown.
Reduce temperature to 325º and continue cooking until roast reaches desired temperature (see chart below).
Baste every half hour or so, baste the ends of the roast with the drippings. Use the meat thermometer about 30 minutes before the end of roasting time. Make sure to insert the thermometer into the thickest part of the meat, not touching the fat or bone.
Allow the roast to set for 20-30 minutes after removing from the oven. It will continue cooking reaching a temperature of about 125º - 130º. The resting time allows the juices and flavors to permeate the roast.

Cooking time for rare or 120º – Use your meat thermometer!

<table>
<thead>
<tr>
<th>Roast size</th>
<th>Weight</th>
<th>Serves</th>
<th>Cooking time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Ribs</td>
<td>7-8 lbs</td>
<td>6</td>
<td>15 minutes at 450º, then 1 ¼ to 1 ½ hours at 325º</td>
</tr>
<tr>
<td>4 Ribs</td>
<td>9-10 lbs</td>
<td>8</td>
<td>15 minutes at 450º, then 1 ½ to 2 hours at 325º</td>
</tr>
<tr>
<td>5 Ribs</td>
<td>11-13 lbs</td>
<td>10</td>
<td>15 minutes at 450º, then 2 to 2 ½ hours at 325º</td>
</tr>
<tr>
<td>6 Ribs</td>
<td>14-16 lbs</td>
<td>12</td>
<td>15 minutes at 450º, then 2 ¾ to 3 hours at 325º</td>
</tr>
<tr>
<td>7 Ribs</td>
<td>16-18 lbs</td>
<td>14</td>
<td>15 minutes at 450º, then 3 to 3 ¼ hours at 325º</td>
</tr>
</tbody>
</table>

Kitchen Helps
courtesy of the University of Richmond Dining Services’ kitchens.

Prime or Choice?
What’s the difference? USDA Prime grade is suppose to have more fat marbling throughout the meat than USDA Choice grade. For most, Choice is the standard but, each piece of beef varies a lot. Make your choice based on what looks best at the time.