

# Rib Roast

Prep Time 10 mins

Cook Time 2 hours

Serves 6-7

## Ingredients

- One 5 pound Standing Rib Roast (sit out at room temperature for at least an hour)
- 3 tbsp. Olive Oil
- 2 tsp. Kosher Salt
- 1 tsp. ground Black Pepper
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder

## Directions

- Preheat oven to 425 degrees
- In a small bowl add salt, pepper, garlic powder, onion powder and olive oil and mix with a fork
- Brush olive oil mixture onto to the roast
- Place roast in a roasting pan (one with a rack on it is recommended) in the oven at 425 degree for 45 minutes, until the outside looks browned
- Reduce heat to 300 degrees and continue cooking until desired temperature (about an hour)
- Remove roast from oven and let it rest for at least 5-10 minutes to allow juices to redistribute throughout the meat. When cooking meat products all the juices tend to move toward the center of the meat, so letting the meat rest will ensure that your roast will be juicy.

Note: the roast will continue to cook after you take it out of the oven for about 10 minutes. You can check the internal temperature with a thermometer, Take the roast out 10-15 degrees before your desired temperature. For instance, if you want roast to be med-rare you should pull out at 100 degrees.

Med-rare	110 degrees
Medium	120 degrees
Mid-well	130 degrees
Well done	140 degrees