
Beef Rib Roast, Garlic Paste for

Servings: 8

Preparation Time: 30 minutes

cooking time: 2 hours

paste to marinade rib roast in before cooking. Made for Heidi's 60th birthday party - it was sensational!

Rating: 9

Dean rotissed this for Heidi's 60th birthday. It was succulent. Cooking time varies by roasting temp. We planned on 1 hr 20 min or so for a 10# roast. They got caught in a snow storm and Dean turned the temp down to 325 and then 250. He played it as it came. We just relied on internal temp to be 135.

6 large garlic clove

1 tablespoon thyme

2 1/2 tablespoons olive oil

1 tablespoon kosher salt

1 tablespoon ground pepper, coarsely ground

9 pounds beef rib roast

Prepart paste a day before serving the roast; slather roast with it and place in a 2 gallon ziplock bag. Let stand in fridge overnight.

With processor running, drop garlic through feed tube and chop finely. Scrape down bowl.

Add thyme, oil, salt, and pepper; blend to paste. Pat roast dry with paper towels. Place roast, bone side down, in roasting pan. Rub garlic paste all over roast. (Can be prepared 1 day ahead. Cover with plastic wrap and chill. Uncover and let stand at room temperature 2 hours before roasting.)

Position rack in bottom third of oven and preheat to 450°F. Roast beef 20 minutes. Reduce oven temperature to 350°F. Roast until thermometer inserted into beef from center of top registers about 125°F for medium-rare, about 1 hour 50 minutes. Transfer to platter; reserve roasting pan with juices.

Let roast stand at least 20 minutes and up to 1 hour. Internal temperature will continue to rise 5 to 10 degrees.

Meat tip: Buy the best beef you can afford — at least USDA Choice, preferably USDA Prime — and let it marinate up to 36 hours in the garlic-herb paste. Premium-grade roasts can be ordered for you by any supermarket meat department.

New note: Dean now applies the garlic paste just before cooking. We don't see much difference.

Serving Ideas: Cook on rotisserie, if possible

Beef, Dean

Per Serving (excluding unknown items): 44 Calories; 4g Fat (83.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 706mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.