



# Beef Rib Roast

*By Sam the Butcher*

## How much Rib Roast do I need?

- For a Bone-In Rib Roast, a good rule to follow is a pound per person.
- For a Boneless Rib Roast, one pound for 2 people, or 3 if small eaters.

***Did you know...*** The bone acts as a natural rack for the roast? As for boneless roasts, we suggest using a cooking rack. You can ask our butchers to “cradle cut” the bone-in rib for you, where they will cut the roast off the bones and tie them back on. Once its cooked, you cut the strings and it’s easier to carve the roast.

So now you have your beautiful roast, and you don’t want to over cook dinner... **a critical** point is, you need an accurate instant thermometer.

There are many recipes on line, with recipes for high heat and shut the oven off and leave it for 2 hours, or high heat then reduce the temperature.

## We prefer the low and slow method...

Preheat the oven to 325°F and let it cook. *How long?* You’ll need about 15 min a pound etc. For us, we use that as a base line to get us close to the time to eat, but temperature is the key. All ovens and roast thicknesses are different, so time is not a good measure for cooking such a valuable meal. Trust your thermometer and you’ll be a successful chef every time.

\*\*Please note – remove the roast 5 degrees (boneless) to 10 degrees (bone in) before your preferred doneness, as it will keep cooking while it rests. \*\*

- **Rare:** 120°F to 130°F
- **Medium Rare:** 130°F to 135°F
- **Medium:** 135°F to 140°F
- **Medium Well:** 145°F to 155°F
- **Well Done:** 155°F

\*\* “Resting” the roast allows for the juices to redistribute through the whole roast and give you a nice tender juicy cut of beef. \*\*

\*\* Another tip, cook your roast rarer than you would think. Keep your Au Jus simmering on the stove so when you carve a piece that may be too rare for someone, you can slide it into the pan and finish cooking it in its own delicious juices. Plus, leftovers are still rare enough to reheat.



## Sam's Favorite Rib Roast Recipe

### Ingredients for approximately a 10- 12 lb. roast

- Cradled Rib roast in a pan slightly larger than the roast
- 1/2 cup olive oil (*approx.*)
- 1 – 2 Tbsp. finely chopped garlic
- 2 Tbsp. dried thyme (*or Herbs de Provence*)
- 4 to 6 bay leaves
- Approx. 3 Tbsp Kosher Salt
- 1 tsp. coarse black pepper
- 6 peeled medium carrots cut into 3 inch pieces
- 2 or 3 large Spanish onions, peeled and coarse chopped
- 2 lg celery sticks, coarse cut 3 inch pieces
- 1 head fresh parsley washed, not chopped
- 2 to 3 cups beef stock
- 2 cups Cream sherry

1. Take your roast out for approximately an hour to warm up some.
2. Preheat the oven to 325°F
3. Add the roast to the pan, fat side up. Mix about 2 Tbsp. olive oil and spices (except for the bay leaves) together and rub over the complete roast
4. In a bowl mix the vegetables with the rest of the olive oil and toss to coat. Add them to the bottom of the pan. Then, add the bay leaves, 1 cup each of beef stock and cream sherry. These are all to add a delicious roasted flavor to your Au Jus or beef gravy you'll make at the end of the roasting. The vegetables can be omitted if you're going to use a different Au Jus or not at all.
5. Allow the vegetables and pan bottom to caramelize but not burn by adding additional beef stock and sherry wine to moisten
6. Cook the roast to your desired doneness and let it rest for 15 to 20 min.

*\* If you tent the roast, that will hold the heat in and cook it longer so remove it early.*

*\* If you leave it on top of a hot oven and tent it, it will also continue to cook*

- **Rare:** 120°F to 130°F
- **Medium Rare:** 130°F to 135°F
- **Medium:** 135°F to 140°F
- **Medium Well:** 145°F to 155°F
- **Well Done:** 155°F

### ***To Make the Au Jus...***

1. Remove to roast from the pan, try to skim some fat off the top
2. Add all liquid and ingredients to a sauce pan
3. Add additional stock and remaining cream sherry to the pan
4. Add more of the same spices if needed and salt to taste.
5. Strain it and leave it on the stove simmering.
6. Thicken with corn starch added to water if you want it thickened.



# Beef Tenderloin and New York Strip Roast Recipes

These roasts are different than a rib or spoon roast. They're already very tender and narrower than the other denser roasts, so we can cook these differently.

We like to cook them two ways, either high heat for a shorter period or pan sear and then finish in the oven. The searing or high heat, caramelizes the outside of the roast before the inside is cooked and will give you that nice roasted flavor we're used to with larger cuts of roast beef.

Both of these roasts are better when not over cooked, especially the tenderloin. The tenderloin is very lean and when overcooked they're dry and lose a lot of their flavor.

Whole tenderloins taper down to a tail and our butchers can tie that underneath the rest of the roast for a more consistent thickness throughout the roast.

The NY strip roast is one of my favorites and a truly delicious experience to enjoy its "beefy" flavors, different than the rib or the tenderloin.

As with the Rib roasts, there are multiple recipes on line.

Some of the key cooking techniques to these are;

- The need for an accurate thermometer
- Allow the roast to be at room temperature for about an hour before cooking
- Pat them dry and salt and season before either method of searing
- Searing the roast in high heat 400 – 425 and cooking roughly 10 min per pound (best for the strip roast)
- Pan searing all sides on top of the stove and finishing the roast at 400 in the oven. (best for the tenderloin)
- The main key is this caramelization of the roast, a definite flavor changer!
- Once you remove it from the oven, this high heat cooking will raise the internal temperature by about 10 degrees, so plan accordingly when removing the roast, otherwise it will be overcooked
- Let it rest at least 15 minutes.
- Slice thin and shingle onto the plate.

These roasts usually have a sauce with it rather than Au Jus, whether a béarnaise sauce, red wine pan reduction, mushroom or mustard sauces. All of these recipes are available on line.

Here are the suggested internal temperatures for these roasts

- **Rare:** 120°F to 130°F
- **Medium Rare:** 130°F to 135°F
- **Medium:** 135°F to 140°F
- **Medium Well:** 145°F to 155°F
- **Well Done:** 155°F



## Sam's Favorite Crown Roast of Pork Recipe

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### Ingredients for approximately an 8 lb. roast, tied in a circle

- Use a pan slightly larger than the roast
- 1/4 cup olive oil (*approx.*)
- 1 Tbsp. finely chopped garlic
- 1 tsp. each dried thyme, oregano and rosemary (*or Herbs de Provence*)
- 2 Tbsp. chopped fresh parsley
- Approx. 1 Tbsp Kosher Salt
- 1 tsp. coarse black pepper
- Apple cider, water or white wine to keep the pan from burning

Add your favorite stuffing recipe to the inside. Cook additional stuffing separately.

- This roast has a beautiful presentation and is something you should present on a platter prior to carving.
- The roast has the backbone removed so it's easy to carve between the rib bones.
- Usually 2 chops per person and a full crown is 16 ribs. – serving approximately 8 to 10 people.
- Don't over cook it, cook to 150°F and let it rest
- If it's stuffed, make sure you check the internal temperature of the stuffing, like you would on a turkey
- Stuffing, although optional, are best that include fruits, like apples or cranberries, pecans etc. there are many recipes online. Epicurious.com has a nice recipe for stuffing
- Cover just the bones and stuffing (if applicable) with foil until the last 30 minutes of cooking to brown them up without burning them
- Some recipes call for pre-brining the pork with a salt blend with apple cider and other spices, although not mandatory, it imparts even more flavor to the roast. Bonappetit.com has a great recipe for brining.

Preheat oven to 350°F

Place the roast in the pan, mix all the spices and oil and generously rub over the whole roast  
Add the stuffing if applicable, and cover the rib tips with foil.

Roast for approx. 2 – 2 1/2 hours to 150°F, let the roast rest for 15- 20 minutes and carve.

Really an easy roast that make a statement with its presentation!