



We like to keep the flavor of our roast simple. We usually just use salt and pepper to season it, but on occasion we will cover it with a thin layer of dijon mustard (for added flavor use a flavored dijon mustard). Look for a richly marbled cut (this will ensure a tender roast) and enjoy with a side of mashed potatoes and vegetables. The meat releases juices into the stock while cooking, making an excellent jus or base for gravy.

Roast Beef

Ingredients

3 1/2 lb to 5 lb prime rib roast beef
4 tablespoons Kosher salt
4 tablespoons fresh ground pepper
1 tablespoon dijon mustard (optional)
2 carrots, halved
1 onion, sliced
2 celery stalks
1 cup stock of choice

Instructions

The general rule of thumb is to cook the roast for about 13 to 15 minutes per pound for rare, 17 to 19 minutes for medium, and 22 to 25 for well done. Use a thermometer to ensure the proper temperature: 115°F to 120°F for rare; 145°F for medium-rare; 160°F for medium; 170°F for well done.

To prepare your roast, pat dry with a paper towel. Lay down a layer of the vegetables on the rack (your roast will rest on the vegetables). Season the outside of the roast on all sides with the salt and pepper (rub on the mustard before the salt and pepper if used). Rest the roast with the bone down onto the vegetables.

Add the stock to the roasting pan. Regardless of the size of your roast, cook at 450°F for 10 minutes to sear, then 375°F degrees for the remaining time.

A 3 1/2 lb roast will serve 4 to 6; a 5 lb roast will serve 6 to 8.