

# Thick-Crusted Garlic Prime Rib

*Although making a roast may seem like a big deal, it's really easy! Follow the simple 2-step "low and slow" method to get you the most evenly cooked, tender and tasty roast.*



## Prep: 10 minutes

## Cooking: 3 hours

7 lb	(3.15 kg)	Prime Rib Premium Beef Oven Roast
8		Cloves garlic, cut into thin slivers
2 tbsp	(30 mL)	Worcestershire sauce
		Salt and pepper
1/2 cup	(125 mL)	Coarsely chopped fresh parsley
1/4 cup	(50 mL)	Dijon mustard
2 tbsp	(30 mL)	EACH herbes de Provence or dried thyme and vegetable oil
		Shallot Gravy (recipe follows)

1. Cut shallow slits all over roast; insert garlic slivers into slits. Rub all over with Worcestershire sauce, salt and pepper. Combine parsley, mustard, herbes de Provence and oil in bowl. Set aside 2 tbsp (30 mL) of the mixture for Shallot Gravy, rubbing remainder all over roast.
2. Place roast, bones down, on rack in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast. Roast, uncovered, in 450°F (230°C) oven for 10 minutes. Reduce heat to 275°F (140°C); roast until thermometer reads 135°F (57°C) for medium-rare to medium, about 2-3/4 to 3-1/4 hours.
3. Remove from oven. Cover loosely with foil and let stand for 15 to 30 minutes before carving. Drain off all but 2 tbsp (30 mL) drippings from roasting pan and make Shallot Gravy.

**SHALLOT GRAVY:** Place roasting pan over medium heat; add 3 shallots (coarsely chopped) and reserved herb rub. Cook, stirring, until shallots soften. Stir in 2 cups (500 mL) beef broth and 3 tbsp (45 mL) Worcestershire sauce; simmer, stirring up any browned bits from bottom of pan. Combine 1 to 2 tbsp (15 to 30 mL) cornstarch with equal amounts cold water, making smooth mixture. Gradually stir into broth; bring to boil, stirring until thickened, about 3 minutes. Strain.

Serves 8 to 10

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*Slivers of garlic infuse the meat with rich, garlic flavour while slow-roasting delivers delicious restaurant-style roast beef.*

**The Lowdown:** Use a lower oven temperature. Low and slow provides better tenderness, juiciness and flavour. You get very little pan drippings this way – which is good. Less juice in the pan means more juice in the roast.

**Pop your Lid:** For that browning you love in restaurant-style roast beef, skip the lid for oven roasting. Don't cover the roast or add water to the pan. Even adding veggies to the pan inhibits browning. Save the lid and liquid for cooking Pot Roasts and Simmering Steaks.

**Thermometers Know Best:** Use a meat thermometer to know if your roast is ready or not.

**Let roast beef rest:** After cooking, let the roast rest for easiest carving and less loss of juice.



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