



## **River Cottage Roast Beef**

*For a 3-4 Rib 8-12lb roast, serves 8-10*

Good olive oil or preferred fat

Salt and freshly ground black pepper

- 1.** One hour before roasting, remove meat from refrigerator. Massage the roast with olive oil and season lightly with salt and pepper.
- 2.** Position your racks so the roasting pan can fit in the lower middle of the oven. Preheat to 450 °F. Place roast in roasting pan.
- 3.** Roast for half an hour until the meat is well browned and sizzling. Turn heat down to 350 °F. Continue roasting to the following guidelines:  
*Rare 9-10 mins/lb*  
*Medium rare 12-15 mins/lb*  
*Medium 18-20 mins/lb*
- 5.** When the roast has reached your desired doneness, remove from oven and move the roast out of the pan to a carving board. Tent with foil and let rest for half an hour.
- 6.** Once the roast's well rested, carve and serve with gravy or horseradish sauce.

*Adapted from "River Cottage Meat Book" by Hugh Fearnley-Whittingstall*



## **Julia's Roast Prime Ribs of Beef**

*For a 3-Rib 8lb roast, serves 8-10*

1 Tbs vegetable oil

Salt and freshly ground pepper

*For deglazing sauce*

1/2 cup finely chopped carrots

1/2 cup finely chopped onion

1/2 teaspoon dried thyme

1/2 teaspoon salt

Freshly ground black pepper to taste

2 cups beef stock

**1.** One hour before roasting, remove meat from refrigerator. Rub the exposed ends of the meat with oil and place in a roasting pan fat side up. Season generously with salt and pepper.

**2.** Position your racks so the roasting pan can fit in the lower middle of the oven. Preheat to 325 degrees.

**3.** Roast for half an hour. Baste with the fat that has accumulated in the pan. Roast for an additional hour. Baste again.

**4.** Place the carrots and onion around the roast and sprinkle with the thyme, salt and pepper.

**5.** Continue to roast, basting at least one more time, according to the following weights and desired doneness, checking the temperature at the fattest end, not touching the bone:

*Rare:* 12-13 mins/lb, 120 °F

*Medium Rare:* 14-16 mins/lb, 125 °F to 130 °F

*Medium:* 17-20 mins, 140 °F

For rare, it should take approximately this long for your roast to cook. Times vary because the roasts vary in size:

5-Ribs (11-13lbs), 2 ¼ - 2 ¾ hours

4-Ribs (9-10lbs), 1 ¾ - 2 ¼ hours

3-Ribs (7-8 ½ lbs), 1 ½ - 1 ¾ hours

2-Ribs (4-5lbs), 1 – 1 ¼ hours *Note:* If you're doing 2 Ribs, start with a 450 °F oven for the first 15 minutes, baste, add your veg, then lower the oven to 325 °F for the remaining hour

**5.** Remove the roast from the oven to a platter or carving board, and let rest 20 minutes.

**6.** Time to make the jus! Remove the rack from the roasting pan if using. Pour or skim the fat from the roasting pan and place pan over medium-high heat. (You could deglaze with a little red wine or sherry if you wanted here) Pour in the beef stock or broth and simmer 4 to 5 minutes, scraping up the caramelized juices in the bottom of the pan. Season to taste, strain and keep warm for serving.

**7.** Carve the roast and serve ! Bon Appetit!

*Adapted from "Julia's Kitchen Wisdom" by Julia Child*