

Wood-Roasted Standing Rib Roast

Prep oven per Mugnaini Roasting Oven Protocol.

“Standing Rib” refers to a roast with the rib bones intact and can therefore “stand” on its own. The same roast which has had the bones removed is called a “rolled rib” roast.

Leaving the bones intact provides a natural roasting rack and keeps the meat from stewing in its own juices. Also, not trimming the fat covering or fat cap will also help to protect the meat during cooking. Actually, the least amount of trimming will provide the maximum protection during roasting and therefore allow for more moisture and flavor.

- Full size (7 ribs) standing rib roast – between 10-15 pounds
- Olive oil
- Salt and freshly ground pepper
- (optional seasoning – 2 Tablespoons finely chopped fresh rosemary and 3 finely chopped fresh garlic cloves)

Rub olive oil on the areas of the roast which lack a fat cover. Generously salt and pepper the entire roast and place rib side down in large roasting pan. Set roasting pan in oven and allow to sear – about 15 minutes. Do not let the drippings smoke and char. After the roast is seared, tent with foil and continue to roast until desired internal temperature. Remove from oven, cover with foil and let rest for 20 minutes. Internal temperature will rise another 5 degrees.

Rare – 15 minutes/pound to reach 118 -120 degrees

Medium Rare – 15-18 minutes/pound to reach 120 – 125 degrees

Medium – 20 minutes/pound to reach 125 -130 degrees

See Flavor Horseradish Sauce recipe

