



## EASY STANDING RIB ROAST

By Dr. Cindy Tanzar  
(Standard/Maintenance Plans)

This recipe serves up to 20. A serving is 3oz cooked and covers your protein. For other beef recipes with less servings, see our other holiday menus.



### INGREDIENTS

8-lb. standing rib roast  
1-1/2 Tbsp Pink Himalayan salt 1 tsp. black pepper  
6 Tbsp Kerry Gold butter, melted  
2 Tbsp Italian seasoning  
1 head of garlic (10-12 cloves), minced

### DIRECTIONS

If roast is not already tied, tie it tightly with kitchen twine – wrap and tie around the roast between bones and 1-2 ties the opposite way.

Pat the roast dry with paper towels.

Place roast fatty side up on a roasting pan with a roasting rack. Season all over with the salt & pepper and let it sit for one hour to reach room temperature.

Preheat oven to 450°F. In a small bowl mix together the butter, Italian seasoning and garlic and pour over the roast, using a basting brush to distribute evenly.



Roast in oven 20-30 minutes until garlic is browned but not burned. Tent with aluminum foil and reduce oven temp to 350°F.

Continue to roast until desired internal temperature.

110°F – rare, approx. 55-65 minutes

115°F – medium rare, approx. 60-70 minutes

125°F – medium, approx. 65-80 minutes

**\*\*Internal temps will continue to rise another 10 degrees *after letting the roast rest an additional 20 minutes before carving.***