

Matt Frampton's Prime Rib Recipe

Shopping / Ingredient Instructions:

- Go get (1) bone-in or bone-less prime rib roast.
 - For bone-in, assume you can feed 2 people per bone. A full roast is usually 7 bones. This method will usually yield leftovers, but it's a good measurement.
 - For bone-less, assume you can 1-2 people per pound. In this video, you see a 9.5lb roast. It fed 6 adults and 3 kids and we had about 25% of it leftover.
- If the bones are there, ask your butcher to chine the roast. This means the bones will be cut away from the meat almost entirely, then tied back up, which makes removing them after the cook much easier.
- Regardless of bone-in or bone out, the roast needs to be tied up tightly.
- If you can't get the butcher to do this, you need something like this:
https://www.amazon.com/Cooking-Non-Slip-Portable-Holder-Cutting/dp/B073BRVD5N/ref=sr_1_1_sspa?ie=UTF8&qid=1514464159&sr=8-1-spons&keywords=food+string&psc=1
- About a cup of Kosher Salt (I use Mortons)
- 8oz of Kerry Gold Pure Irish Butter Salted (or alternative butter)
https://www.amazon.com/Kerrygold-Pure-Irish-Butter-Salted/dp/B000CC1FM8/ref=sr_1_1_s_it?s=grocery&ie=UTF8&qid=1514470808&sr=1-1&keywords=kerrygold+irish+butter
- About a ¼ cup of Fresh Rosemary
- 8-10 Garlic Cloves, fresh and peeled

Planning the Cook:

- Go here for the 'Hot Oven' method by BBQ Revolution and additional ways to cook the roast. This recipe is a similar, with an alternate way to cook. I suggest reading both and choosing the method that is best for you. <http://www.bbqrevolution.com/hot-oven-holiday-prime-rib/>
- Both the method at the link above and this method require the roast to get up to room temp. Please plan to leave the roast sitting out at room temperature (around 70 degrees F) for 1 hour per pound. So, for this roast, it sat on my counter for a little over 9 hours.
- This method I used no pepper and I salted in advance of the cook. I liked both versions, but I probably prefer the roast with some black pepper, like I did for the recipe at the link above. I will add black pepper to the butter whip for this recipe next year.
- The roast needs to be salted up to 24 hours in advance. In this video, I salted it as soon as I took it out of the fridge, so it was liberally salted with about a cup of salt and then sat for a little over 9 hours. I think you could do this a full 24 hours in advance with no issues whatsoever. It would probably be even better, with this being such a large roast.
- Cooking time will vary. For the Hot Oven timing, please click the link above. For the version in this video, plan for 15 min / pound at 250 degrees and then another 10-20 minutes at 500 degrees to finish it. The finishing cook step is to give it a nice brown crust. This will give you a perfect medium rare prime rib roast.

Seasoning:

- As mentioned above, salt the roast liberally immediately after you take it out of the fridge to come up to room temp (1 hour per pound prior to cooking) – OR – up to 24 hours in advance.
- About an hour before cooking, 'frost' the roast with the butter mixture.

- Butter mixture recipe:
 - 8oz of Kerry Gold Pure Irish Butter, softened
 - 8-10 peeled and fresh garlic cloves
 - ¼ cup of fresh rosemary, leaves only, no stems
 - Place all ingredients in a food chopper, magic bullet or equivalent and whip until smooth

Cooking instructions:

- Don't forget to check out the Hot Oven version here: <http://www.bbqrevolution.com/hot-oven-holiday-prime-rib/>
- For this version, the key is that it needs to cook at 250 degrees for most of the cook, and then finish at 500 degrees. I used a Green Mountain Grill's Jim Bowie
- Pre-heat the Green Mountain (or another smoker or oven) to 250 degrees where the roast will sit to cook.
- Place the frosted roast in the smoker or oven.
- Smoke or cook 15 minutes per pound at 250 degrees, or until the roast reaches an internal temp of 110 degrees.
- Once the roast is 110 degrees, increase the temperature of the smoker or oven to 500 degrees for 10-20 minutes or until the roast reaches an internal temp of 127 degrees.
- Remove the roast from the smoker or oven and cover with foil, letting it rest for 20-30 minutes. The temperature will rise another 5 degrees during this rest period.
- Slice and Serve!
- Enjoy!

Bonus Au Jus Recipe:

- This cooking method doesn't often provide a ton of extra juices or fat drippings, but you can still make your own!
- This year I tried something new and it was amazing:
 - In a sauce pan combine:
 - 2 cups of water
 - 2-3 tablespoons of Kitchen Accomplice Beef Broth: https://www.amazon.com/Kitchen-Accomplice-Reduced-Sodium-Concentrate/dp/B019I6AWUO/ref=sr_1_1_sspa?s=grocery&ie=UTF8&qid=1514470673&sr=1-1-spons&keywords=beef+broth+concentrate&psc=1
 - A few dashes of onion and garlic powder
 - A few dashes of cracked black pepper
 - Cook until hot, serve on meat

All measurements are approximate, make this to your own taste.