

# Roasted Prime Rib



**Plan Z Phase:** This is a Z2 (ZReduction) recipe. When I was a kid this was served at very special meals. Even holidays. My mother made hers plain. I had no idea how incredibly fabulous this meat could taste until I started adding the meat rub!

*You can eat this dish on Z2 on rare occasions if you PROMISE not to eat the fat surrounding the meat. This is a very lean piece of meat but you must not be tempted to eat the fat or you could stall your weight loss. I also would not eat it more than 2 or 3 times during any ZReduction period. It's so addicting it could get out of control.*

**Servings:** Serves 6 – 8 depending on portion sizes

## **Ingredients:**

- 3 lb boneless rib roast. Ask the butcher to trim the fat to a minimum.
- cajun spice rub to taste (or your favorite flavorful meat rub that has **no sugar** as an ingredient)

## **Instructions:**

Preheat your oven to 350 degrees.

This dish is major-league easy and so darn wonderful. I now think this is better than prime rib from a restaurant but I might be a bit prejudiced.

All you have to do is take your rib roast out of the butcher paper. Put it in an oven proof pan. Then spread your meat rub all around it. I have to tell you that the spice rub called Cajun Street that I get from Whole Foods is to die for. It's NOT hot (spicy). It's just full of flavor. You can also get similar rubs from Penzy's or other outlets. You choose your favorite and even experiment. I spread it liberally all over the meat. Top, sides and bottom.

Set your oven to roast at 350 degrees. If you have a convection oven I suggest you use it for this meat to get a nice crust on the outside.

For a 3 pound roast it should not take more than about 1 hour. You want to roast the meat to 135 degrees and then take out of your oven and let it sit for 10 minutes. Use a meat thermometer for best results. Keep very close eye on the temperature as you get closer to the projected finish time. The temp will rise to about 145 degrees for medium rare. If you want rare, back it off or for more well done, add more time. It's about 20 minutes per pound for roasting time. End pieces will always be done more so you can accommodate 2 people in the group who want medium well.

Just slice it for your guests.  $\frac{1}{2}$ " to 1" slices are more like the ones you'd get if you order prime rib in a restaurant.

There will be plenty of seasoned "au jus" in the bottom of the pan. You can serve that too. Or for leftovers I heat that up with some minced shallots in it. It makes nice "gravy."

Enjoy!

Cheers,