

COOKING AND REHEATING RIB ROASTS AND TENDERLOINS

COOKING FROM SEARED-

1. Bring beef to room temperature – about one to two hours on the counter
 - If cooking from raw season liberally with salt and pepper, kosher salt works best
2. Pre-heat oven to 375°
 - If searing place in 500° oven for about 15 minutes or until crust forms
3. Place meat, uncovered, on center rack and cook for approximately ten minutes per pound
4. Check temperature at thickest part of roast for at least 60 seconds
 - 120-125° = Rare to Med Rare
 - 130-135° = Medium to Med Well
 - 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 15 minutes before carving

COOKING FROM RAW – REVERSE SEAR METHOD

This method ensures perfect pink meat color from center to edge and a crisp crackly crust

1. Generously season exterior with coarse salt. Let sit salted uncovered for as much as 24 hours in refrigerator.
2. Bring to room temperature for about 2 hours before cooking
3. Season or glaze as desired
4. Pre-Heat oven to 250 degrees, yes, two hundred fifty
5. Roast uncovered until 120 degrees in center for Medium Rare, 130 degrees for Medium. Allow about 30 minutes per pound
6. If done early tent with foil and rest on counter until 20 minutes before serving
7. Preheat Broiler or Crank oven to 500+ degrees
8. Broil or Sear for 10-15 minutes until delicious crust develops
9. Rest for 10 minutes before carving

REHEATING

1. Bring beef to room temperature – about one to two hours on the counter
2. Pre-heat oven to 375°
3. Place on center rack and cook uncovered for about 20 minutes
4. Check temperature at thickest part of roast for at least 60 seconds
 - 120-125° = Rare to Med Rare
 - 130-135° = Medium to Med Well
 - 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 15 minutes before carving