

# Standing Rib Roast

## Ingredients

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7 lb Standing Rib Roast (bone-in)  
10 clv Garlic (halved)  
2 T Rosemary (chopped)  
2 t Thyme (chopped)  
2 t Vegetable Oil  
0 ds Salt  
0 ds Ground Black Pepper  
3 c Beef Broth  
1/2 c Red Wine  
2 T Parsley (chopped)  
1/2 c Sour Cream  
1 T Horseradish

## Instructions

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- 1.Prepare the roast 24 hours prior to cooking. Pat the roast dry with paper towels. With a sharp paring knife cut little slits throughout the roast and insert garlic halves into the slits.
- 2.Liberally apply salt and pepper on all sides of the roast and sprinkle rosemary and thyme throughout. Place roast back into the fridge for 24 hours.
- 3.Take roast out of the fridge two and a half hours prior to roasting so it can come to room temperature.
- 4.Preheat oven to 275 degrees.
- 5.Heat a large pan with 2 teaspoons of vegetable oil on high until you see a bit of smoke. Place roast onto the hot skillet fat side down. Sear all sides of roast and place on a rack on top of a

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roaster with the fat side up about 10 minutes total. Pour 2 cups of beef broth and 2 cups of water to the bottom of the roaster.

6. Roast for 3 hours then check the internal temperature. Take the roast out of the oven once the internal temperature has reached 125 degrees. Allow roast to rest for 1 hour before carving.

7. To make au jus, place roasting pan on top of two burners on medium. Add wine, plus any accumulated juices from the roast and scrape up the brown bits on the bottom. Add 1 cup beef broth and reduce slightly. Add parsley.

8. In a small bowl mix together sour cream and horseradish. Serve horseradish and au jus alongside roast.