

How to cook a Rib of Beef

When your Rib of Beef Arrives

To defrost the Rib of Beef remove it from the freezer and take off all the packaging. Leave it on your kitchen worktop for one day and overnight. Alternatively, place the Rib in the fridge and allow it to gently thaw for 2-3 days.

Method

1. Before cooking allow the joint to reach room temperature and pat dry.
2. Preheat the oven to 220°C/425°F/Gas Mark 7.
3. Season the Rib of Beef generously with good sea salt and freshly ground black pepper.
4. Place the Beef into a roasting tin surrounded by onions, garlic and a vegetable trivet.
5. Roast at 220°C for 20 minutes, then turn down the oven to 160°C and roast for 30 minutes per kg. Using a meat thermometer, you are aiming for an internal temperature of 50–55°C for medium rare or 60°C if you like it cooked for a little longer.
6. Rest for 20 minutes in a warm place before carving.

