

# Smoky Rib Eye Roast with Ribs

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Ribeye is a natural for slow roasting. In fact, most of the rib eye you get in restaurants is slow-cooked at low temperatures. It is juicier and tastes better, but also there is less weight lost during cooking, so they get a better portion yield. If you order it rare, you get wall-to-wall rare; you only get that from low and slow cooking. The problem is that there is a lot of fat that doesn't render out at those low temps, and you don't get the caramelized crust you get from high temp roasting. In adapting this to our no smoke, oven-smoked concept, we tried to address these issues while optimizing for taste and presentation.

We like to chew on the bones. But leaving the bone in doesn't leave as much surface area for the rub. So we boned out the ribs and cook them alongside; win-win. We first trimmed as much external fat as we could. For the internal fat pockets, we then performed a little surgery to remove the fat pocket under the top cap. This also gave us the chance to introduce more rub inside the roast before we tied it back together and rubbed the outside. The rest was pretty straightforward, and the results were pretty amazing.

One problem we encountered on this one was our oven performance. We found the 240F convection bake setting fluctuated between 216 and 268, and it spent more time on the hot end. We reduced the oven temperature setting to 235. Please check your oven carefully and refer to our setup guide for more detailed instructions

**PREP TIME: 20 minutes    TOTAL TIME: 3 hours    SERVES: 6**

## Ingredients

One 3-rib rib eye roast, boned, with ribs

4 tablespoons olive oil

4 tablespoons [SpitJack Smoked Brisket Rub](#) or use any good rub after basting with Wright's Liquid Smoke

## Procedure:

Preheat your oven 30 minutes before you plan to start cooking the meat. If you have a convection (bake, bottom heat) option, set the thermostat to 235F. If you do not have a convection setting, set it to (bake) 260F. Place one of the oven racks on the lowest setting and remove all others.

Prepare the roasting rack setup as directed on the No Smoke, Oven-Smoked page of this book. If you are using a probe thermometer, have that ready to install.

Trim any extra fat off the roast. Leave only 1/8 inch. Trim of the 6 x 1-inch runner and set aside. Save that for tomorrow's lunch.

Break back the top cap to expose the internal fat pockets. Trim off as much fat and silver skin as you can. Shake on one tablespoon of rub and re-form the roast. Tie the roast with butcher twine at 1-inch intervals.

Brush or rub the roast with the olive oil (or liquid smoke if you are using it) and then apply the rub liberally on all external surfaces except the ends. Apply some rub all around the roast but not on the ends. Sprinkle a light coating of rub on only one side of the ribs. Let the meat sit out for at least a half-hour and up to 2 hours.

Place the ribeye and the ribs on the roasting rack fat side facing up and place it into the oven. If you do not have a convection setting, start the meat with the fat side down. Install the thermometer probes and set target temperatures and times.

Monitor both internal and oven temperatures and make any adjustments needed to keep an average temperature of 235 or 260F.

In one hour, flip the roast and ribs over if you started fat side down.

Continue cooking until the internal temperature reaches 133F (for medium rare-rare). This should take about 2 hours.

Remove the rack assembly with the meat and ribs from the oven and let it rest for 10-15 minutes.

Carve the meat in ½ to one-inch slices. Slice the ribs to separate them and serve along with the carved roast.

SpitJack Smoked Rub for Brisket and Beef is available on the SpitJack website at <https://spitjack.com/collections/smoked-rub>, or on Amazon.com. If you have any questions or comments about this page, please contact us at 800 755 5509.

