

How to Select and Cook The Perfect Holiday Rib Roast

by *Deb West (RSS feed)* Dec 7th 2009 at 10:02AM



There are many elements that contribute to the perfect holiday meal. A beautifully set table, good wine, the guests and for many families, the beef rib roast has become part of the tradition. It can be daunting to figure out how to select, and cook a good roast.

Really the first step to a good meal is to start with the best ingredients. This is just as important with meat as it is with fresh fruits and vegetables. Lobel's of New York is an old fashioned family owned butcher shop that has been serving the city with the finest meat for over 50 years. They along with other purveyors such as Dean and Deluca, recently winning the Luxist Reader's Choice Award for Best Online Gourmet Food, have made it easy to have quality meat delivered to your doorstep.

Not only will Lobel's send you the perfect piece of meat but they have many suggestions on their website to help you pick and prepare the perfect roast. Their tips include:

- To estimate the size of roast you will need by weight, rather than number of ribs, as the size of the eye varies and will affect the final size of your roast. They suggest 1 - 1 1/4lbs per person. (see Lobel's chart here)
- To think ahead about the size of your roasting pan. An average dry-aged beef rib bone is approximately 2 inches in length. Do the math ahead of time to make sure your roast will fit in your pan.
- Bring the roast to room temperature before roasting.
- To use an instant read thermometer to test for doneness but to not poke your roast full of holes! You want to keep the juices in the meat. Wait until you are close to the estimated cooking time before you start to test. (see Lobel's chart here)
- Let your roast sit for at least 20 minutes before serving.

Lobel's offers several types of rib roasts, including Dry-Aged Waygu bone-in roasts which range in price from \$359.98 for a 4lb roast to \$1259.98 for a 14lb roast that comes with complementary horseradish and cream sauce. The USDA Prime Dry-Aged roasts run from \$115.98 to \$405.98 for the same sizes.

Dean and Deluca will ship you either a frozen or fresh 5 bone 9.9lb rib roast for \$275.00 from their exclusive supplier Brandt Beef. A perfectly cooked version is pictured above.

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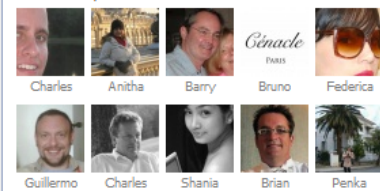
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