



BILL MCGINN

The Best of the Best: No.15 / ROAST PRIME RIBS

MANY OF the contributors to our *Best of the Best* series are chefs, food writers, home economists and the like. But this month's column offers a slight change of pace, because our contributor is none other than our own editor, Arthur Hettich. Art is not a chef, but he knows good food, as is well illustrated by the collection of recipes he's gathered for a cookbook being published sometime next month.

It's his first cookbook and one that's dedicated to the idea that you don't have to be a professional chef to cook like one—just use the same recipes. The book includes over 100 recipes, and this one—given to him by Ann Seranne—is a delicious example. Ann is the author of numerous cookbooks herself, as well as having once been the food editor of *The New York Post* and executive editor of *Gourmet* magazine.

This is her favorite way of cooking a rib roast, and the secret behind its success is to take the roast from the refrigerator and put it directly into a preheated oven. Roast for an exact time, then turn the oven off and let the roast sit there for anywhere from one to three hours without opening

the oven door. Try it—you'll find that it's juicier this way.

ANN SERANNE'S ROAST PRIME RIBS OF BEEF

Roast at 500° for 8 minutes per pound (for rare)

Serves six (each rib serves two)

1 three-rib roast of beef (without short ribs)

Flour

Salt

Coarsely cracked black pepper

1. Preheat oven to 500°.
2. Remove roast from refrigerator and place in a shallow open roasting pan. Sprinkle with flour and rub into the meat. Season generously with salt and pepper. Place a tent of aluminum foil loosely over the top of the roast to protect your oven from spattered fat.
3. Place in an extremely hot oven (500°). Roast for 8 minutes* per pound (for rare).
4. When roasting time is up, TURN OFF OVEN HEAT. DO NOT OPEN OVEN DOOR. Let roast remain in the oven at least ONE HOUR. Standing time and individual oven differences will determine degree of rareness in center of roast. ■

*Or 9 minutes for medium, 10 minutes for well done.

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