

September 21, 2015

Prime Roast Beef

These instructions are from Barbara Sue's husband (Barbara Sue is Teddy Wong's daughter) and the Internet.

Cook roast at 500 degrees Fahrenheit for 15 minutes

Lower temperature to 325 degrees Fahrenheit

Cooking Time for Rare (120°):

- (3) Ribs, 7 to 8 lbs. 15 minutes at 450°, Then 1 ¼ to 1 ½ hours at 325°
- (4) Ribs, 9 to 10 lbs. 15 minutes at 450°, Then 1 ½ to 2 hours at 325°
- (5) Ribs, 11 to 13 lbs. 15 minutes at 450°, Then 2 to 2 ½ hours at 325°
- (6) Ribs, 14 to 16 lbs. 15 minutes at 450° Then, 2 ¾ to 3 hours at 325°
- (7) Ribs, 16 to 18 lbs. 15 minutes at 450° Then, 3 to 3 ¾ hours at 325°

Every half hour or so, baste the ends of the roast with the drippings. Use your meat thermometer about a half hour before the expected end of the roasting time. Make sure to insert it in the thickest part of the meat, not touching the fat or bone. When the internal temperature reaches 120° (for rare meat), pull it out of the oven and cover with foil. Let the roast sit for twenty to thirty minutes. It will continue to cook during this time, reaching a temperature of about 125° to 130°. This resting period allows the juices and flavors to permeate the roast.

Rare meats measure in at 120° to 125° with a bright red center that grows slightly pinkish towards the exterior. Medium rare meats measure between 130° to 135° and are characterized by their extremely pink center portion that grows brown towards the exterior. Medium meats reach a temperature of about 140° to 145° have a light pink center, brown outer portions. Medium well is achieved at 150° to 155°. Well done is reached at about 160°.

Barbara Sue's husband cooks the meat to 130° to 140° internal temperature for medium rare.