Prime Rib

A 3-bone roast with a garlic-herb rub, reverse-seared, and a Greek-yogurt horseradish sauce.

Servings: 8 to 10 (6 oz portions)
Time: about 4 to 5 hours (mostly oven)

Ingredients

- 1 bone-in prime rib roast, 3 bones, 6 to 7 lb
- 6 cloves garlic, minced
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh thyme, chopped
- 2 tbsp olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

Horseradish sauce

- 1/2 cup plain nonfat Greek yogurt
- 2 to 3 tbsp prepared horseradish
- 1 tsp Dijon mustard
- Pinch of salt

Directions

1. Take the roast out 1 to 2 hours before cooking and pat it dry.
2. Mix the garlic, rosemary, thyme, olive oil, salt and pepper. Rub it all over the roast.
3. Place the roast bone-side down on a rack in a roasting pan.
4. Heat the oven to 250°F. Roast until the internal temperature at the center is 120 to 125°F for medium-rare, about 3 to 4 hours. Start checking at 2 1/2 hours.
5. Take the roast out and rest it, tented loosely with foil, for 20 to 30 minutes. Raise the oven to 500°F.
6. Return the roast to the oven for 8 to 10 minutes, until the outside is browned.

7. Rest 10 more minutes. Slice, trim visible fat, and portion 6 oz.
8. Stir together the yogurt, horseradish, Dijon and a pinch of salt. Serve on the side.

Notes

Ribeye is a treat. Trim visible fat and portion 6 oz. The horseradish sauce uses Greek yogurt instead of sour cream.