

THICK-CRUSTED GARLIC PRIME RIB

Slivers of garlic infuse the meat with rich, garlicky flavour while slow-roasting delivers delicious restaurant-style roast beef.

Prep: 10 minutes

Cooking: 3 hours

7 lb	3.15 kg	Prime Rib Premium Beef Oven Roast
8		cloves garlic, cut into thin slivers
2 tbsp	30 mL	Worcestershire sauce
		Salt and Pepper
1/2 cup	125 mL	coarsely chopped fresh parsley
1/4 cup	50 mL	Dijon mustard
2 tbsp	30 mL	EACH herbes de Provence or dried thyme and vegetable oil
		Shallot Gravy (recipe follows)

1. **Cut** shallow slits all over roast; insert garlic slivers into slits. Rub all over with Worcestershire sauce, salt and pepper. Combine parsley, mustard, herbes de Provence and oil in bowl. Set aside 2 tbsp (30 mL) of the mixture for Shallot Gravy, rubbing remainder all over roast.
2. **Place** roast, bones down, on rack in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast. Roast, uncovered, in 450°F (230°C) oven for 10 minutes. **Reduce heat** to 275°F (140°C); roast until thermometer reads 135°F (57°C) for medium-rare to medium, about 2-3/4 to 3-1/4 hours.
3. **Remove from oven.** Cover loosely with foil and let stand for 15 to 30 minutes before carving. Drain off all but 2 tbsp (30 mL) drippings from roasting pan and make Shallot Gravy.

SHALLOT GRAVY: Place roasting pan over medium heat; add 3 **shallots** (coarsely chopped) and reserved herb rub. Cook, stirring until shallots soften. Stir in 2 cups (500 mL) **beef broth** and 3 tbsp (45 mL) **Worcestershire sauce**; simmer, stirring up any browned bits from bottom of pan. Combine 1 to 2 tbsp (15 to 30 mL) **cornstarch** with equal amounts **cold water**, making smooth mixture. Gradually stir into broth; bring to boil, stirring until thickened, about 3 minutes. Strain.

Serves 8 to 10 with leftovers (about 18 Canada Food Guide servings).

Per serving: 218 Calories, 26 g protein, 10 g fat, 3 g carbohydrate. Good source iron (21%DV) and excellent source zinc (73%DV), source vitamin D (10%DV), 8%DV sodium