

Alberta Beef Prime Rib Roast with Yorkshire Pudding

Serves 4

For the Prime Rib:

1 Prime Rib Roast (Approx. 2.5kg)
¼ Cup Dijon mustard
1 Tbsp. Chopped Rosemary
2 Tbsp. Crushed Garlic
Salt
Pepper
2 Tbsp. Olive oil

1. Take the prime rib out of the fridge about an hour prior to cooking
2. Pre heat the oven to 450 F
3. While the oven heats mix the Dijon, chopped rosemary, garlic together in a small bowl. whisk in the olive oil and set aside (start preparing the Yorkshire pudding mix at this time as well)
4. Pat Dry the prime rib roast and season heavily with the salt and pepper, rubbing the seasonings into the meat
5. In a roasting pan large enough to fit the roast place the prime rib in bone side down and place into the bottom rack of the oven
6. Let the prime rib brown for about 20 min, it should be browned all over and caramelized.
7. Remove the prime rib from the oven and turn the temperature down to 325
8. Brush the Prime rib with the mustard mixture coating the top side of the meat all over
9. Place the roast back into the oven, rotating the pan every 20 min or so.
10. Cook the roast until a meat thermometer reads 125F in the middle of the roast (if a thermometer is not available the roast should cook for about an hour and fifteen minutes)
11. When the roast reads 125F remove it from the oven and loosely cover with a sheet of aluminum foil and let the meat rest for at least 30 min
12. Turn the oven back up to 450F for the Yorkshire pudding
13. When the meat has rested place it on its side on a cutting board and cut along the bones to remove them from the roast.
14. Pour the jus left in the pan into a gravy boat to serve with the meat
15. Carve the prime rib to the desired thickness and serve.



For the Yorkshire Puddings:

1 Cup All-Purpose Flour

1 Cup Milk (2% or whole works best)

1 Cup Eggs (Approx. 4 eggs)

1. Heat the Oven to 450F
2. Whisk the eggs and milk together. Add in the flour slowly whisking well to avoid any lumps. let the batter rest at least 30 min.
3. In a regular sized 6 muffin tin fill each compartment with oil coming a little less than $\frac{1}{4}$ of the way up with canola oil
4. Place the muffin pan on and baking sheet large enough to catch any oil or drippings in the oven for 10 min to heat the oil
5. Very carefully remove the baking sheet with the muffin tin on it and quickly fill each compartment a little more than $\frac{3}{4}$ full with the Yorkshire pudding batter. The oil should be bubbling when you pour the batter in. This works best when the batter is room temperature.
6. Place back into the oven and let cook for 20 minutes, until the puddings have risen and are a deep golden brown.
7. Remove from the oven and let cool slightly before removing the puddings from the muffin tin.
8. Serve right away.

The final trick and maybe the most important one is to let the meat rest after it comes out of the oven. The key of resting the meat is letting the juices redistribute through the roast and stops it from drying out and keeps flavour in.

Taking the time to prepare meal with your family is a nice distraction to the world outside. It's a great way to bring everyone together and focus on something positive and leave everything else behind for a while. For me, cooking can really keep us focused on what the important things in life are.

- Executive Chef, Sean Cutler