PRIMAL GUIDE

Animal-Based Herb Butter Standing Rib Roast (Prime Rib)

PREP 20 MIN (PLUS AN OVERNIGHT SALT) • COOK 1¼ TO 3½ HR, DEPENDING ON SIZE
YIELD 6 TO 12 SERVINGS (ABOUT 2 PEOPLE PER BONE)

INGREDIENTS

- 1 grass-finished bone-in standing rib roast, 2 to 5 bones (about 4 to 12 lb)
- 1 tbsp salt per 4 lb of beef
- ½ cup (1 stick) softened grass-fed butter, or ½ cup soft grass-fed beef tallow
- 2 to 4 beef marrow bones, cut crosswise (optional)
- 3 cups beef bone broth
- 2 tbsp grass-fed butter, for the au jus
- 1 tsp grass-fed beef gelatin (optional, for extra body)
- ½ cup raw sour cream, for the cream sauce (optional)
- ¼ cup raw cream, whipped to soft peaks, for the cream sauce (optional)
- 4 garlic cloves, minced, mixed into the butter or tallow (optional; not animal-based, but a fine healthy option)
- 1 tbsp each chopped fresh rosemary and thyme, mixed into the butter or tallow (optional; not animal-based, but a fine healthy option)
- 2 lb carrots, parsnips or potatoes, cut into chunks (optional, if tolerated)

If you use raw dairy, buy only from a clean, trusted producer you know and talk to your doctor first. Laws vary by state (see our Raw Milk Laws by State guide). Primal Guide isn't liable for illness from foods you choose to eat.

Not medical advice. Talk with your doctor about your diet.

Two-sided card. Print at 100% (Actual size), not Fit to page, on US Letter, double-sided, flip on long edge, then trim to the marks. Card: 4 × 6 in landscape.

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STEPS

1. The day before, pat dry, salt all over, and chill uncovered overnight on a rack, bones down.
2. Take the roast out of the fridge 2 hours before cooking. Heat the oven to 450°F (230°C).
3. Mix the butter or tallow with the garlic and herbs, if using. Rub it over the top and sides.
4. Set the roast bone side down in a stainless or cast-iron roasting pan. Add the marrow bones and any root vegetables around it.
5. Roast at 450°F for 20 minutes to brown.
6. Lower to 325°F (160°C) without opening the door; roast per the time guide below.
7. Cook it to your preference: deep brown crust, juices pink for rosy or clear for well done.
8. Rest on a board under foil, 30 minutes.
9. Skim most of the fat. Over medium heat, add the broth; scrape up the browned bits.
10. Simmer 10 to 12 minutes, until reduced by about a third. For more body, bloom the gelatin in 2 tbsp cold broth and whisk it in.
11. Whisk in the butter off the heat; salt to taste.
12. Sauce: fold whipped raw cream into raw sour cream, 1 tbsp drippings and a pinch of salt.
13. Cut off the bones in one piece, slice, and serve with au jus, marrow and cream sauce.

Use the time guide. After the first 20 minutes at 450°F, typical ranges for a rosy center are: 2 bones (4 to 5 lb), 1 to 1½ hr; 3 bones (6 to 8 lb), 1½ to 2 hr; 4 bones (8 to 10 lb), 2 to 2½ hr; 5 bones (10 to 12 lb), 2½ to 3 hr. Add time if you like it more done.

Back of card (steps). Page 1 is the front (ingredients). Trim to the marks after duplex printing.