

Garlic Rosemary Rib Roast

In my dad's family, it was traditional to make this classic roast every Christmas. Although we lived far away from his family when I was growing up, he took pride in carrying on his mom's custom of making a rib roast, which gave my mom a little break from the kitchen.

SERVES 10

1 (7-pound) standing rib roast of beef, fat trimmed and tied with twine
10 cloves garlic, peeled and sliced
2 teaspoons arrowroot powder
6 sprigs rosemary
6 tablespoons ghee or extra-virgin olive oil
Sea salt and freshly ground black pepper
1 to 2 cups beef or chicken stock
1 yellow onion, diced

Preheat the oven to 450°F. Poke shallow holes with a sharp knife all over the roast and insert the garlic slices into the holes. Rub all over with the arrowroot powder and tuck the rosemary sprigs into the twine on the top and bottom of the roast.

Melt 4 tablespoons of the ghee over medium-high heat in a large skillet or Dutch oven. Sear the roast on all sides, then transfer it to a roasting pan and return the skillet to the stove. Season the roast generously on all sides with salt and pepper and pour in 1 cup of the beef stock. Roast in the oven for 20 minutes.

Meanwhile, add the remaining 2 tablespoons ghee to the same skillet. Add the onions and sauté for about 10 minutes, until well browned.

Reduce the oven temperature to 350°F, spoon the sautéed onions over the roast, return the pan to the oven, and continue roasting, basting with the pan juices every 30 minutes, for 1 1/2 hours to 2 hours, until an instant read thermometer inserted into the center of the roast reads about 140°F for medium doneness. If the liquid in the pan nearly evaporates, add the remaining 1 cup stock.

Remove the twine, cover the roast with foil, and allow it to rest for 30 minutes before slicing. Set the roast on its side and run a sharp knife between the bones and meat; remove the bones and set them aside. Turn the roast right side up. Carve the roast into slices 1/4 to 1/2 inch thick and arrange on a platter. Spoon the pan juices over the top. Serve immediately.

Make It Ahead: Prep the garlic and onion up to 3 days in advance and store in an airtight container in the refrigerator. Ready the roast in the pan the night before, wrap tightly, and refrigerate. Roast the beef up to 2 hours before serving, slice, pour the pan juices onto an oven-safe platter, and top with the beef slices. Cover tightly, leave at room temperature for up to 2 hours, then reheat in a 350°F oven for 15 to 20 minutes. The juices will help steam the meat and keep it moist during reheating.

Tidbits: Save the bones for beef stock.

