

Cooking prime rib is as easy as one, two, three:

1. Place the roast on a rack in a roasting pan, bone side down.
2. Season the roast with salt and pepper, or try something different..

Insert the meat thermometer into the center of the roast, making sure you avoid the bone or fat.

3. Roast the meat, uncovered, in a 325°F (160°C) oven until it reaches the desired doneness. Then remove the roast from the oven and tent it with foil for a minimum of 10 minutes, up to 30 minutes. This allows the juices to flow back into the meat (they will run out if you cut right away and the meat will be less tender) and the temperature rises another 5°F. Remove the twine if there is any and carve the prime rib across the grain in 1/4" to 1/2" thick slices.

Prime Rib Cooking Times

These estimated roasting times are based on a minimum roast weight of 4 pounds (or 1.8 kg):

For Medium-Rare: Cook for 22 minutes per pound. Internal temperature on the meat thermometer should read 140°F (or 60°C) when the roast is removed from the oven.

For Medium: Cook for 25 minutes per pound. Internal temperature should read 155°F (or 68°C) when roast is removed from the oven.

For Well Done: Cook 30 minutes per pound. The internal temperature should be 165°F (or 74°C) when removed from the oven.

The minutes per pound are a guideline only. Exact cooking time can vary, which is why it is best to use a meat thermometer. Allow 3 servings per pound of bone-in roast, 4 for a boned roast.

For best results, the Beef Information Center recommends cooking your roast to medium-rare.

The next step in your cooking instructions for [prime rib roast](#) is to create a seasoning rub or paste. You can use ingredients such as coarse salt, pepper, garlic powder, onion powder and even honey. Slit the meat on top about ½ inch deep all over the top and sides. Rub the seasoning rub or paste on the entire roast, including the bottom and sides, anywhere the meat is exposed.

Place in a roasting pan or baking dish with a lid. Cover and refrigerate overnight.

Most cooking instructions for prime rib roast include using a meat thermometer and this is the best way to ensure that your prime rib is cooked to perfection and not overcooked. The internal temperature for rare prime beef should be 130 degrees Fahrenheit, for medium rare around 140 degrees Fahrenheit, medium around 150 degrees Fahrenheit and for well done between 160 and 170 degrees Fahrenheit.

For cooking instructions for prime rib roast that is boneless the basic cooking time is for medium is a 3 to 4 pound prime rib roast should be cooked at 350 degrees Fahrenheit for 23 to 30 minutes per pound, for a 4 to 6 pound prime rib roast you should cook it at 350 degrees Fahrenheit for 18 to 20 minutes per pound and for a 8 to 10 pound prime rib roast you should cook it at 350 degrees Fahrenheit for 13 to 15 minutes per pound. Remember, this is only an estimate and all ovens do not cook the same. You should still use a meat thermometer to ensure the desired doneness.

The last cooking instructions for prime meat and maybe the most important is to let the roast sit for around 15 minutes before carving. The roast will still cook and the internal temperature will raise another 10 degrees but this sitting time is important to hold in the juices and flavor.