

STANDING RIB ROAST

INGREDIENTS

2 tbs Dijon mustard
2 tbs olive oil
1 sprig fresh thyme or oregano
Salt and pepper

Allow ½ kg meat per person because of the bone.

PREPARATION

Rub the salt and pepper into the meat.

Make a mixture from the other ingredients and spoon onto the meat. Let it rest at room temperature for ½ an hour before putting in the oven.

On the Master Chef program follow instructions and insert Roast Probe.

In a regular oven preheat oven to 425 fahrenheit and roast for 20 minutes. Turn the oven down to 325 for another hour for rare.

Let the meat rest for 15 minutes (tented with foil but not wrapped) before slicing.

Use the bones for a rich stock.

