

Mustard Crusted Double "Prime" Rib



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7 to 8 pound rib roast with three to four ribs. Trimmed and tied. (Note-1 rib serves 2 people)

1 tablespoon olive oil

2 teaspoons dry mustard

2 teaspoons sugar

2 teaspoons The Prime Ingredient Original Mediterranean Spice Blend

4 teaspoons Dijon mustard

Coarse salt and freshly ground pepper

2 tablespoons all-purpose flour

1 1/2 cups dry red wine

2 cups beef stock

Heat oven to 450°.

Remove the roast from the refrigerator for 20 minutes. Using a paring knife, cut 8 1/2-inch shallow slits on the top of the roast. In a small bowl, combine olive oil, dry mustard, sugar, The Prime Ingredient Original Mediterranean Spice Blend, and Dijon mustard. Brush mixture over the entire roast. Set the roast, rib-side down in a heavy, shallow roasting pan. (The ribs act as a natural rack.) Season **generously** with salt and pepper.

Roast for 25 minutes. Leave the oven door closed and reduce heat to 350° Continue to roast, until it reaches a temperature of 125° for medium rare on an instant-read thermometer; approximately 1 hour and 45 minutes. Check the internal temperature after 1 hour. General rule is 16 minutes per pound.

Remove roast to a platter. Let rest for 15 minutes before carving- (I suggest not tenting the roast, or the crisp exterior will get soggy). While roast is resting, it will continue cooking, and the temperature will increase about 10 degrees.

Pour all but 1/4 cup of the drippings out of the pan. Set pan on stove over medium heat and simmer until juices begin to darken, 1 to 2 minutes. Whisk in flour and cook until flour is deep golden brown, about 3 minutes. Carefully pour wine into the pan. Bring to a boil, and use a wooden spoon to scrape off the caramelized and brown bits that are remaining. Add stock and bring to a boil, stirring until thickened; about 5 to 8 minutes. Adjust seasoning with salt and pepper.

Untie the roast, remove the ribs and carve in desired portions. Serve with au jus.

Serves 6-8