

Standing Rib Roast With Thyme Jus



* Recipe courtesy of Weber Australia

Ingredients

For the Roast

- 1 Prime Rib Roast, 4 points (bones)
- 2 tsp sea salt
- 1 tsp freshly ground black pepper
- 2 cloves garlic, minced
- 2 sprigs of rosemary, finely chopped
- Olive oil

For the Thyme Jus

- 2 tbsp olive oil
- 4 shallots, finely sliced
- 1 garlic clove, finely chopped
- 4 thyme sprigs
- 1 cup red wine
- 1 cup beef stock
- 50g butter

Directions

Step 1 – Heat the BBQ to medium heat (190 - 220°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, place your briquettes or charcoal around the outside of the grill, keeping the centre clear as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 2 – In a small bowl combine the salt, pepper, garlic, and rosemary. Lightly drizzle the olive oil over the roast and evenly coat and rub in the herb mixture. Wrap the exposed bones in foil (optional).

Step 3 – To estimate the cooking time, measure the meat through its thickest part and cook for 1 minute per millimetre for medium. For example, if the roast is 70mm thick, cook for 70 minutes for a medium doneness.

Step 4 – Roast the beef over indirect heat, with the lid closed, for the recommended cooking time.

Step 5 – While the roast is cooking, make the jus. On the stove top or BBQ side burner, heat the olive oil in a saucepan over low heat. Add the shallots and fry until golden. Add the garlic and thyme and continue to cook a further 2 minutes. Add the red wine and beef stock; cook until the jus has reduced by two-thirds. Once the jus has reduced, add the butter and stir until melted. Remove from the heat and leave to cool slightly. Strain the jus through a sieve.

Step 6 – Once the beef has cooked to your liking, remove from the BBQ, cover with foil and leave to rest for 10 to 15 minutes. Carve and serve with the thyme jus.

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