



# **COOKING AND REHEATING RIB ROASTS AND TENDERLOINS**

## **COOKING (Raw or Seared)**

1. Bring beef to room temperature – about one to two hours on the counter
  - If cooking from raw season liberally with salt and pepper, kosher salt works best
2. Pre-heat oven to 375°
  - If searing place in 500° oven for about 15 minutes or until crust forms
3. Place meat, uncovered, on center rack and cook for approximately ten minutes per pound
4. Check temperature at thickest part of roast for at least 60 seconds
  - 120-125° = Rare to Med Rare
  - 130-135° = Medium to Med Well
  - 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 15 minutes before carving

## **REHEATING**

1. Bring beef to room temperature – about one to two hours on the counter
2. Pre-heat oven to 375°
3. Place on center rack and cook uncovered for about 20 minutes
4. Check temperature at thickest part of roast for at least 60 seconds
  - 120-125° = Rare to Med Rare
  - 130-135° = Medium to Med Well
  - 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 15 minutes before carving