AMERICAN · DINNER

Reverse-Sear Prime Rib (Standing Rib Roast)

295 min · plus 24 hours dry-brining in the fridge · Serves 8 · 1,004 kcal a serve

Video 14:09 · Chef Jean-Pierre

Carnivore · Gluten-free ingredients · No nuts listed

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About 55 g protein and under 1 g net carbs a serve: just beef, salt, pepper, dried herbs and butter, so it is keto and carnivore as made. It is rich — about 1,000 kcal a serve — so it is a roast for special occasions.

Diet notes: Keto (0.4 g net carbs a serve); Paleo with a swap: ghee instead of the soft butter.

Ingredients 6 · SERVES 8

- [ ] 3.2 kg **bone-in rib roast** (3 bones)
- [ ] **salt**, generously all over (about 2 tsp)
- [ ] **black pepper**, generously all over (about 2 tsp)
- [ ] 55–85 g **clarified butter** (or a little avocado oil)
- [ ] 2 tbsp **herbes de Provence** (or another dried herb mix)
- [ ] 55–85 g **soft butter**, to finish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rub salt and pepper all over the roast and leave it uncovered in the fridge for about 24 hours (at least 3–4 hours) to dry-brine. 0:53
2. Brush it with a little clarified butter and sprinkle with the dried herbs — fresh herbs would burn. 2:01
3. Roast at 120°C with a probe thermometer in the centre from the thicker (chuck) end, until it reads 49°C for rare — about 3½–4 hours for 3.2 kg. Take it out at 52–54°C for medium-rare. 2:39
4. Rest the roast loosely covered for 45 minutes to an hour. 5:25
5. Spread the soft butter over the top and roast at 260°C for 10–15 minutes, until golden brown. 6:58
6. Carve between the bones and into thick slices. 9:19

> **Tip** Serves 8 (about 240 g of meat each). He serves it rare; USDA's safe minimum for beef roasts is 63°C with a 3-minute rest — use that if pregnant, older or immune-compromised. Horseradish cream is the classic side.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
1,004 kcal	55 g	0.7 g	0.4 g	85 g	740 mg
4,200 kJ	110% of a day	0.4 g net · 0 g sugars	1% of a day	37 g saturated	32% of a day
		0% of a day		109% of a day	

Energy from net carbs 0% · protein 22% · fat 78% — fits keto: 0.4 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Vitamin B12 259% · Zinc 120% · Selenium 99% · Omega-3 34% · Iron 33% · Vitamin B6 33%

Source of (10–19%) Potassium 16% · Magnesium 12% · Vitamin A 12%

Recipe and video: Chef Jean-Pierre (@ChefJeanPierre) on YouTube — youtube.com/watch?v=_cgtAw21MM4, published 16 December 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/reverse-sear-prime-rib-roast