

## “Middle Fork Tender” Prime Rib

Middle Fork as in Middle Fork of the Salmon River, Idaho.

### Ingredients:

Bone-in beef roast (1.5 servings per pound)

Ground Black Pepper

Garlic Powder

Rock Salt (water softener type is okay)

### Directions:

Coat the roast with the pepper and garlic powder.

Place 1 inch of rock salt in the bottom of the oven.

Place the roast on the rock salt and fill the oven with more rock salt. Don't worry, your roast won't be over salted — the salt is used to hold temperature and seal in juiciness.

Lay down a solid layer of coals just smaller than the footprint of the oven, and place the oven on the coals. Top the lid with more coals (totally cover it!)

After about 3 hours, remove the coals from the lid, carefully open the dutch oven and use a meat fork to gently pull your roast out of the salt. The roast should be medium rare. If you'd prefer medium or well-done, leave your roast sitting in the dutch oven **off** of the coals for an additional 15 minutes for medium, 30 minutes for well-done.

Source: Mountain Sobek Travel

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### Ingredients:

Beef roast

Dry rub of your choice.

### Directions:

Have your butcher cut the rack of bones off and re-tie back onto the roast.

Use a dry rub **ONLY**... **NO WET MARINATES!!!**

Pour a rock salt trivet into the bottom of the oven... Cheap water softener type.

Place thermometer probe into the center of the roast and place dry roast onto the salt trivet.

Bury the roast with the rock salt, leaving the cable lead exposed.

Route the thermometer cable lead into the thermometer notch (If your oven has one) at the top edge of the oven wall and place lid on oven, making sure corresponding notch on the lid matches up so the lead is free and won't get pinched. If your oven doesn't have a thermometer notch, use care when placing lid to avoid shorting out the cable.

Cook the roast until you reach your "target point." (Usually about 10-15 degrees less than the desired finished cooking temperature)

Cooking times can vary anywhere between 2-7 hrs. depending on the size of the roast, how much heat used and weather conditions.

Retrieve the roast from the salt when the target point temperature is reached.

Make sure that the probe stays in the meat, even though the roast is now out of the oven, it's still cooking.

Make sure to wear heavy leather gloves when digging your roast out from the salt.

Using a natural bristle brush, quickly knock off most of the remaining rock salt... You don't want to waste time doing this, so getting it all off isn't necessary. Place the roast into a foil tray and tent it with foil leaving the probe in place so you can monitor the meat temperature. The meat will continue to cook while it's tented, slowly climbing it's way to the desired finished cooking temperature.

Once the thermometer reaches the desired finished temperature, remove the foil tent and probe.

Your roast is now ready to slice and serve!!!

The desired finished temperature for prime rib should be around 150F... The author likes his prime rib roasts to finish at 145-150F, which should yield a medium rare center and medium-well end cuts on larger roasts.

"Target point" is usually 10-15 degrees less than desired finished temperature.

Source: Nanny's Niche, <http://pamplingrove.com/forum/index.php?topic=144.0>

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Ingredients:

8-10 pound roast off the bone. Wrapped back around the bone and tied up.

Black pepper, salt and garlic powder rub.

Directions:

Rub the meat.

Let the meat sit for about an hour and a half. (room temperature)

1 ½ inch of rock salt in the bottom of the 14 inch dutch oven.

Place the roast in the center of the dutch oven,

Insert the temperature thermometer into the thickest part of the roast.

Cover the roast with more rock salt.

Place on gas stove using heat disperser plate below the oven.

Place Camp Chef dome over the oven.

Bring the internal temperature of the roast up to 125-130 (medium rare). Light the stove and use high heat for the first 25-30 minutes to bring the oven temperature up to about 400 degrees.

Turn the heat down to about half for the next 1 ½ hours or so.

When the meat reaches the internal temperature remove it off the heat.

Remove the meat from the oven, remove the salt and tent the meat, letting it sit for 20 minutes.

Cut and serve.

Source: Camp Chef (YouTube video)

Heat dispenser plate ("flame tamer" and Dome –

<http://www.campchef.com/cast-iron-cookware/dutch-ovens/accessories.html?limit=all>