Prime Rib – On your Traeger Grill

What could possibly make prime rib more epic? How about adding some wood fired flavor to it? So, choose your pellets, grab your seasonings and let’s get to cooking. This recipe delivers amazing results thanks to the Traeger Grill.

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

##### **Yield:** 1 Prime Rib – Approx finished weight 7 pounds

##### **Prep time:** 25 Minutes Prep, 12-16 hours of Wrap Time

##### **Cook time:** 4.5 Hours (1-1 ½ hours of smoke time, plus 1 ¾ - 2 ½ hours of cook time, plus 15-20 minute rest time)

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 8 lb **Prime Rib, Bone in Choice or Prime**

### Taste **Rub a Dub, 5280 Culinary**

### Taste **Prime Rib Rub a Dub, 5280 Culinary**

# Cooking Directions:

|  |  |  |
| --- | --- | --- |
| **Preparation:*** Remove from the cryo-vac package and put onto a large cookie sheet pan, allow to drain any juices and warm up at room temperature for 20 minutes
* Starting at the TAIL, BONE side of the Ribeye Roast, cut the bone along the ribs, between the meat and ribs, to the back side, separating the bones from the meat
* Rub the entire prime rib with a light coat of oil or bacon fat
* Next liberally season on all sides (and under the bone) with our Prime Rib Rub-a-Dub or Chef’s Rub-A-Dub or a 50/50 blend of both.
* Allow the rub to sit on the Prime Rib for another 20 minutes
* Return the bones to the bottom side and using butcher twine, secure in 3 areas by tying the bones to the meat
* Wrap in plastic wrap and place on a cookie sheet pan and into the fridge. I suggest leaving wrapped for 12-16 hours

**PREPARING YOUR TRAEGER GRILL*** Make sure the foil is clean and new
* Make sure the grill grates are clean
* Ensure the drip bucket is emptied
* Pre-Heat your Traeger Grill to 180 degrees and load with your preferred pellet flavor. I like using Texas Beef Blend
* Smoke for 1-2 hours or until desired smoke flavor is achieved
* Adjust Temp to 375 Degrees (leave Prime Rib on grill)
* Add any additional seasoning to the top of the prime rib if desired
* Load your WiFire Probe, IGrill2 or Meater probe if desired (or other Bluetooth or Wi-Fi thermometer)
* DO NOT COVER THE PRIME RIB DURING THE COOKING PROCESS
* Close the lid and cook at 375 degrees for 20 minutes, then turn the Traeger down to 325 and cook until desired doneness is reached (see chart below for approx. cooking times and doneness levels)
* Remove from the Traeger with time to allow for resting and carry over.
* CHEF TIP: I remove my prime rib about 10-12 degrees before my desired temp, this allows carry over and resting
* Slice and enjoy with Au Jus or Horsey Sauce
 |  |  |

# Grills / Grill Gear Used:

* Traeger Ironwood 885 **Ace SKU - 8016786**
* Thermometer, Digital, Instant Read **Ace SKU – 8686818**
* Texas Beef Blend Pellets **Ace SKU – 8013983**

# Shopping List (Products Used):

* Rub A Dub, 5280 Culinary **Ace SKU – 8562050**
* Prime Rib Rub A Dub, 5280 Culinary **Ace SKU – 8562035**

**Here is an approximate Prime Rib roasting timetable**

**Keep in mind smoker and grill temps may vary, so use a good quality digital thermometer to best judge doneness.**

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| --- | --- |
| **Weight with Bones** | **Approximate Cooking Times** |
| 3 Ribs – 7-8 Pounds4 Ribs – 9-11 Pounds5 Ribs – 12-13 Pounds6 Ribs – 14-16 Pounds7 Ribs – 16 Pounds and UP | 1 ½ - 1 ¾ Hours plus resting time1 ¾ - 2 ½ Hours plus resting time2 ½ - 3 Hours plus resting time3 – 3 ½ Hours plus resting time3 ½ - 4 ½ Hours plus resting |

OTHER TIPS AND SUGGESTIONS

Beef will continue to Carry Over cook. Once removed from the oven it will continue to cook another 10-12 degrees in 20 minutes of resting. Be sure to pull slightly under desired doneness to allow for carry over cooking. Rest 15-20 minutes total

|  |  |  |  |
| --- | --- | --- | --- |
| ***DONENESS*** | ***TEMP*** | ***COLOR*** | ***MOISTURE LEVEL*** |
| Rare | 80-100 | Blueish – Deep Red  | Highest |
| Medium Rare | 125 - 135 | Red with slight pink | High |
| Medium | 140 - 145 | Pink with slight brown | Medium |
| Medium Well | 150 - 155 | Mostly Brown | Low |
| Well Done | 160 and above | Brown / Grey | Lowest |

PRIME RIB OF BEEF

Understanding PRIME RIB

First, let’s start off with the definition of Prime Rib. What is Prime Rib? Is it Prime?

* A standing **rib** roast, also known as **prime rib**, is a cut of beef from the **primal rib**, **one of the nine primal cuts of beef**. While the entire **rib** section comprises **ribs** six through 12, a standing **rib** roast may contain anywhere from two to seven **ribs.**

PRIME in the term PRIME RIB means its one of the 9 PRIME Cuts of meat. (Chuck, Rib, Short Loin, Sirloin, Round, Brisket, Shank, Plate and Flank)

[Standing rib roast - Wikipedia, the free encyclopedia](http://en.wikipedia.org/wiki/Standing_rib_roast) en.wikipedia.org/wiki/Standing\_**rib**\_roastWikipedia

Depending on the budget you have for this holiday or celebration treat there is a quality level to meat your needs. We find that by placing our orders before the holiday season starts, we are able to get better pricing and then pick up as we need. Check with your local butcher, grocery store, grocery club or meat counter and see if this is something they can offer. Prices do increase during high demand seasons and holidays.

***Here are the TOP 5 Quality Grades and some info for you to read:***

1. U.S. Prime – Highest in quality and Moderately Abundant Marbling, limited supply.
2. U.S. Choice – Certified Angus Beef – This grade represents the upper 2/3 of the Choice range. Higher quality and Moderate Marbling
3. U.S. Choice – High quality and Modest Marbling
4. U.S. Select – Medium quality and Slight Marbling
5. U.S. Standard – Lower quality and Trace Marbling

SELECTING THE PERFECT PRIME RIB

I am having 6 people over, how much should I buy? Do I need to buy it with the rib bones on?

* A good rule of thumb is to plan on 1 bone per 2 people. That can equate to about 10 oz of cooked prime rib per person. Keep in mind there will be a small amount of shrink while cooking, so buy a tiny bit extra to ensure you have some leftovers for those shaved prime rib sandwiches the next day.
* Bone or No Bone??? While the bones do add flavor, it’s a personal preference in my opinion. If cooking a boneless roast please follow the same methods as above and reduce total cooking time by 20-30 minutes depending on cooking tool used.
* When choosing a size, we don’t recommend buying anything under a 2 bone portion, as this is more of a thick steak style cut and will be difficult to roast and keep from drying out.