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LOW TEMPERATURE ROAST PRIME RIB

Roasting lean tender cuts of meat at low temperatures is one of the best uses of your Combi Steam Oven and ensures perfect results every time. This process works well for prime rib, beef filet and tri tip, also for chicken or turkey pieces, pork tenderloin and thicker cuts of fish. The trick is determining whether to do the high heat sear prior to the low temperature cooking or after.

For example, with fish and pork tenderloin I get the best results with searing first. With the other foods I get best results by low cooking first and finishing with high heat in the oven or on the outdoor grill.

Here are a few tips to guide you along:

Season the meat a day in advance for best flavor.

Remember to take the meat out of the refrigerator at least an hour before cooking.

Use a temperature range between 160 - 200 degrees Fahrenheit.

Spray or brush the meat with some cooking oil before the high heat finish.

Because the meat will be finished at a high temperature

only cook the meat to at least 5 degrees below your target internal temperature so it is not overcooked.

If any moisture accumulates on the pan during cooking drain it off before finishing with high heat.

For accuracy use the oven Meat Probe or use this guide to determine timing:

15lb - Boneless Prime Rib - 5 hours

7-8lb - Boneless Prime Rib - 2.5 hours

3-7lb - Boneless Prime Rib - 1.75 - 2 hours



WRITE YOUR NOTES: