

Chef from the Hood Recipes



Chefs:

Phil Lyons of Pacific Market & Dave Cristiani of Fiesta Market

Recipe:

Prime Rib with Yorkshire pudding!

The butchers at Fiesta and Pacific prep a prime rib roast by boning and then tying the meat back on the bone. That way it's easy to slice and serves beautifully. Plan on 1 rib per 2 to 3 diners. To cook, preheat oven to 450°. Season meat with salt & pepper. Put meat in oven for 10 minutes, then reduce heat to 350°. Cook 18 minutes per pound for medium rare. Serve with warm pan drippings 'au jus' and horseradish for a traditional and delicious main course.

Combine 2 heaping cups of flour, 1/2 teaspoon of salt & 2 cups of milk in a bowl until well blended. Incorporate 4 eggs & whisk to a smooth batter. Let stand until batter is room temperature (1 to 2 hours). Take 1/2 cup of fat (butter, lard or oil) & divide amongst two 10² round cake pans, two 9x13 casseroles, or a 16-cup large muffin tin. Preheat oven at 450°F. Place greased pans in oven and heat until pans are hot and fat melts. Pour the prepared batter into the pans and bake for 15 to 25 minutes (muffins cook the fastest) or until golden. Serve warm.

Phil Lyons says it is traditional to eat Yorkshire pudding as a 1st course. He prefers to serve it alongside the prime rib.