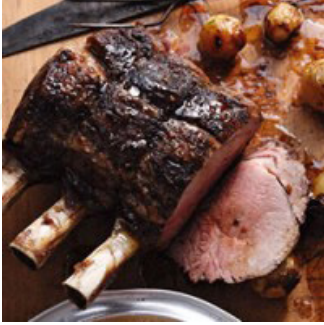


# Cape Grim Beef Rib Roast

Serves 8



## Ingredients

- 2.3kg standing rib roast, trimmed
- Olive oil cooking spray
- 1 teaspoon sea salt flakes
- ¼ teaspoon freshly ground black pepper

## METHOD:

Preheat the barbecue plate on high heat until hot. Reduce heat to medium. Spray roast with oil. Sprinkle it with sea salt and black pepper. Place into a shallow baking dish (see hint).

Place onto barbecue. Cover with a barbecue lid. Cook for 1 hour 15 minutes to 1 hour 45 minutes for medium. Remove from barbecue. Cover with foil. Stand for 15 minutes before slicing.

## TIPS

Salt and pepper are the only spices needed to make this delicious rib roast.

Always rest beef after cooking. This gives the meat juices a chance to redistribute, giving a more moist and tender result

Hint: Disposable foil baking dishes are ideal for use in this recipe. Look for them in the baking aisle of your supermarket.