

Beef Rib Roast

- 1/2 teaspoon ginger per serving
- 1/4 teaspoon fresh black pepper per serving
- 1/4 teaspoon dry mustard per serving
- 1/4 teaspoon nutmeg per serving
- 1/4 teaspoon salt per serving
- 1 clove garlic, minced, per serving
- beef ribs, about 2 per serving
- olive oil
- 1/2 an onion per serving, washed and peeled, cut large
- 1/2 a potato per serving, washed not peeled, cut large
- 1 carrot per serving, washed not peeled, cut large
- water
- your favorite [barbecue sauce](#) [1], about 3 tablespoons per serving

Combine the ginger, black pepper, dry mustard, nutmeg, salt, and about half the garlic.

Carve most (if not all) of the fat from the ribs, and divide them into individual pieces. Rub the dry spice mixture into the meat.

Heat the olive oil on the stovetop over a medium heat, in a very deep oven-safe pan with a cover. Preheat the oven to 350 degrees Fahrenheit.

Start cooking the remaining garlic, the onions, the potatoes, and the carrots in the pan.

Once the onions start to become translucent, place enough water in the pan that the vegetables are only half sticking out from the water. Place the ribs into the pan, atop the vegetables.

Continue cooking over a medium heat, stirring and spooning the sauce over the meat as you go.

After the broth begins boiling, cover the pan securely and place in the oven.

Cook for 40 minutes, and serve immediately. Serve with bread, for people to soak up the broth.

Preparation time: 1 hour

— [Subscriptions \(1\)](#)

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[1] <http://kitchen.unseelie.org/.85>