

SLOW ROASTED CROSS RIB ROAST

People always complain about how certain cuts are too tough to eat. I've got a secret. They aren't too tough if you cook them right! A cut like the Cross Rib Roast needs time to break down the tissues from the shoulder area. Yes, it can be tough, but with a low and slow method of cooking, anything can be prime rib! Our temp for this will be low and the time will be slow, but the end result is well worth it! The times and temps used in the recipe are for either a smoker or an oven.

Ingredients

1 3-4lbs Cross Rib Roast (bones tied to the base)
1 cup of chopped fresh herbs (Thyme, Rosemary, Sage, Chives... whatever you like)
3 cloves Garlic – Fine Grated
¼ cup Good Flaky Sea Salt
3 tbsp Fresh Pepper
5 tbsp Grapeseed Oil

Let's Begin!

1. Pat dry your Roast and set on a cutting board. Mix together all the other ingredients in a bowl to form a paste. Slather it all over the roast, making sure to try to cover it all. Place into a rimmed dish and cover with plastic wrap. Place in the fridge and allow to rest for 24 hours. The salt in the mixture will act as a tenderizer for the tissue of the roast. This step is key to a tender roast.
2. Pull the roast from the fridge and allow to rest on the counter for about an hour to come back to room temp. Preheat your cooking tool (oven or smoker) to 225f. Once the roast is ready, if using the oven place it on a roasting rack in a dish to allow for air movement. If using a smoker, place directly on the grill grates. Close it up, and here's the tricky part... DON'T TOUCH IT. Leave it be for roughly 2 hours.
3. Once that time is up, using a thermometer in the thickest part of the roast, check the temp of the meat. End game temp to pull it is at 137f -ish. The roast wont be ready at 2 hours, but you can see the temp to figure out your timing. I have found that roughly 3-3.5 hours is a good idea for total cook.
4. Once you have hit the internal temp, remove from the cooking and place on a grooved cutting board to catch the drips. Using foil, make a tent for it and cover the roast. Here is another key move. LET IT REST! I like to let them rest for a minimum of 30 min before carving. The meat will relax and allow for the juices to redistribute, making for a much more flavorful and tender roast!
5. Cut the strings, and remove the bones. Slice it against the grain thinly. This again will leave you a more tender piece to eat and easier to chew!

Enjoy!