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Sentry's Perfect Roast Recipe

 Select a standing aged prime rib roast, well marbleized with white or cream colored fat. (Follow these same instructions for any size roast.)
Let meat stand at room temperature for at least one hour before cooking.

 Preheat oven to 375°. Rub meat well with salt; sprinkle with pepper. Place meat fat side up in a shallow roasting pan. DO NOT COVER; DO NOT ADD WATER.

 Put roast in oven; cook for just one hour. Turn off heat, but do not open oven door at any time until ready to serve.

 Regardless of the length of time the meat has been in the oven - 30 or 40 minutes before serving; turn oven on again; reset temperature controls to 375°. Cook meat for those remaining 30 or 40 minutes.

6. Now open oven door; remove roast to serving platter. Gamish with parsley. The meat will be very brown and crisp on the outside. Can'e thin slices, you'll find it beautifully pink all the way through, which proves that the meat is a juicy medium rare.

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