

# A winter's feast on a lean budget

## Making a rib roast

BY DAVID CAMPICHE

A friend and I recently stopped into a Portland meat market and found that a porterhouse steak would cost us more than \$20 per pound. We decided to head home to the coast and shop for ingredients locally.

There are times when one wishes to celebrate — a special night for two or some old friends stopping by. It's fun to step up. Beef and a fine Washington cabernet. As one friend used to say, "a marriage made in heaven."

I recently spotted a rib roast, for just over \$20, and feasted on the tender meat before carving out another two meals.

### Rib roast

Preparation of a rib roast is easy enough.

A good sauce and side dish can't be underestimated. If one of your guests happens to be vegetarian, you can also offer up additional sides. For example, you might consider polenta as a starch, or Szechuan style sautéed eggplant to juice up the meal. Green beans with sweet onions are a classic choice, along with a dollop of black bean sauce. My wife, Laurie, also contributed a cranberry relish, along with homemade applesauce, baked squash and Brussels sprouts.

In preparing the meal, two steps that stand out to me are assuring the crust and roast are both properly timed. The day before, make a dry rub with sea salt and fresh cracked pepper, then combine this into a slurry with olive oil, paprika and a bit (to taste) of hatch chili powder. Chop some fresh parsley and rosemary. Rub the mixture heavily over the roast and refrigerate overnight.

The next day, leave the mixture out at room temperature to dry. I roasted it in the oven at 450 degrees for 15 minutes and then turned the oven down to 275 until the inter-

nal temperature of the meat reached 140 degrees (about 90 minutes). We allowed the roast to rest for about 15 minutes while combining the juices with a flour roux and a bit of cream, milk and 1/2 teaspoon of curry paste. You could also thin it with a bit of beef stock if you have some on hand.

### Delish cranberry relish (makes 4 cups)

#### Ingredients

- 1 cup sugar (I used organic, and it caramelized well)
- 1 tablespoon lemon juice
- Two oranges
- 1 tablespoon fresh ginger, cut in fine julienne
- 1 pound cranberries, fresh or frozen
- 3/4 teaspoon freshly ground white pepper

#### Preparation

1. Peel both oranges as thinly as possible, then cut the rind into thin julienne strips and set aside. Peel, slice and julienne the fresh ginger and set aside. Squeeze the juice from both oranges and set aside.

2. Combine sugar and lemon juice in a saucepan. Heat up slowly and continue cooking until the sugar begins to caramelize. If necessary, wash down the sides of the pan by brushing with a little bit of water to keep the sugar from burning.

3. When the sugar is caramel colored, add the julienned ginger and orange zest. Cook for about one minute (I turned the heat off at this point and it continued to boil rapidly), then add the cranberries, orange juice and pepper. Continue to cook on medium-high heat, stirring frequently, for about five minutes or until the cranberries are slightly broken. This takes about eight minutes. Remove from the heat and allow to cool.

Remember to support local, small businesses when buying ingredients, as well as wine. When did you last try a syrah? Washington produces some of the best. And with the pork roast, we couldn't have done any better.



A pork roast offers much to feast on.

David Campiche