



Beef Rib Roast with Yorkshire Pudding

READY IN



240 min.

SERVINGS



8

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small prime rib roast (small end)
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 serving vegetable oil
- 1 cup flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 2 eggs

Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 350°F. For easy cleanup, line shallow roasting pan with foil. In pan, place beef, fat side up; sprinkle with 1/2 teaspoon salt and the pepper. Insert ovenproof meat thermometer so tip is in center of the thickest part of beef and does not rest in fat or touch bone. (Do not add water.)
- For medium-rare, bake 1 hour 45 minutes to 2 hours 15 minutes or until thermometer reads 135°F.
- Remove beef from pan onto carving board. Cover beef loosely with foil and let stand 15 to 20 minutes until thermometer reads 145°F. (Temperature will continue to rise about 10°F, and beef will be easier to carve.) For medium, bake uncovered 2 hours 15 minutes to 2 hours 45 minutes or until thermometer reads 150°F. Cover beef loosely with foil and let stand 15 to 20 minutes or until thermometer reads 160°F.
- While beef is standing, make Yorkshire Pudding. Measure pan drippings, adding enough oil to drippings, if necessary, to measure 1/4 cup.
- Place hot drippings in 9-inch square pan; place pan in oven and heat until hot. Increase oven temperature to 450°F. In medium bowl, beat flour, milk, 1/2 teaspoon salt and the eggs with wire whisk just until smooth.
- Pour batter into pan of drippings and oil.
- Bake 18 to 23 minutes or puffy and golden brown (pudding will puff during baking but will deflate shortly after being removed from oven).
- Cut pudding into squares; serve immediately with beef.

Nutrition Facts

PROTEIN 15.24% FAT 33.78% CARBS 50.98%

Properties

Glycemic Index:18.13, Glycemic Load:9.18, Inflammation Score:-2, Nutrition Score:4.3686956219051%

Nutrients (% of daily need)

Calories: 106.98kcal (5.35%), Fat: 3.97g (6.1%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 13.03g (4.74%), Sugar: 1.55g (1.72%), Cholesterol: 44.67mg (14.89%), Sodium: 318.29mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Selenium: 9.28µg (13.26%), Vitamin B2: 0.17mg (9.99%), Vitamin B1: 0.14mg (9.62%), Folate: 33.78µg (8.45%), Phosphorus: 69.75mg (6.97%), Manganese: 0.12mg (5.98%), Iron: 0.93mg (5.16%), Vitamin B3: 0.97mg (4.83%), Calcium: 46.49mg (4.65%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.56µg (3.7%), Vitamin B5: 0.35mg (3.52%), Vitamin K: 3.49µg (3.33%), Zinc: 0.38mg (2.55%), Potassium: 78.87mg (2.25%), Vitamin B6: 0.04mg (2.24%), Vitamin A: 109.15IU (2.18%), Magnesium: 8.55mg (2.14%), Vitamin E: 0.28mg (1.89%), Fiber: 0.44g (1.75%), Copper: 0.03mg (1.59%)