



Black Pepper-Crusted Standing Rib Roast au Jus

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



1735 kcal

SAUCE

Ingredients

- ☐ 0.5 cup cooking wine dry red
- ☐ 4 large garlic cloves minced
- ☐ 2 tablespoons coarsely ground pepper black
- ☐ 2.3 cups low-salt beef broth
- ☐ 8 servings roasted onions red
- ☐ 0.5 teaspoon salt
- ☐ 8.5 pound standing rib roast (with bones), top fat trimmed

- ☐ 12 tablespoons butter unsalted room temperature ()
- ☐ 8 servings vegetable oil
- ☐ 1 large bunch watercress

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Place roast, fat side up, in roasting pan.
- ☐ Brush exposed ends of roast with vegetable oil.
- ☐ Sprinkle roast lightly all over with salt.
- ☐ Mix 8 tablespoons butter, 2 tablespoons cracked pepper, minced garlic, and 1/2 teaspoon salt in small bowl. Reserve 2 tablespoons pepper butter for sauce.
- ☐ Spread remaining pepper butter all over top (fat side) of roast. (Can be prepared 1 day ahead. Cover roast and reserved pepper butter separately; chill.)
- ☐ Position rack in bottom third of oven and preheat to 350°F. Roast rib roast until instant-read thermometer inserted into thickest part of meat registers 125°F for medium-rare, about 2 hours 45 minutes.
- ☐ Transfer roast to platter and cover loosely with foil; let rest 30 minutes (temperature will rise slightly as roast stands).
- ☐ Strain pan juices from roasting pan into measuring cup. Skim off any fat from top of pan juices; discard fat. Return pan juices to roasting pan; set pan over 2 burners.
- ☐ Add broth and wine to roasting pan and boil over high heat until liquid is reduced to 1 1/4 cups, scraping up any browned bits from bottom of pan, about 6 minutes.

- ☐
- Whisk in reserved pepper butter and remaining 4 tablespoons plain butter. Season with more salt and pepper, if desired.
- ☐
- Surround roast with Roasted Red Onions.
- ☐
- Garnish with watercress. Slice roast and serve with sauce.

Nutrition Facts

PROTEIN 15.6%

FAT 83.93%

CARBS 0.47%

Properties

Glycemic Index:15.13, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:32.461738938871%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 1735.4kcal (86.77%), Fat: 159.41g (245.25%), Saturated Fat: 66.54g (415.87%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.09g (0.1%), Cholesterol: 336.63mg (112.21%), Sodium: 615.19mg (26.75%), Alcohol: 1.58g (100%), Alcohol %: 0.38% (100%), Protein: 66.67g (133.35%), Vitamin B12: 11.26µg (187.6%), Selenium: 84.8µg (121.15%), Zinc: 14.63mg (97.56%), Vitamin B6: 1.29mg (64.53%), Phosphorus: 635.99mg (63.6%), Vitamin B3: 11.7mg (58.52%), Iron: 7.18mg (39.91%), Vitamin K: 37.51µg (35.73%), Vitamin B2: 0.56mg (32.7%), Potassium: 1143.95mg (32.68%), Vitamin B1: 0.33mg (22.28%), Magnesium: 70.24mg (17.56%), Manganese: 0.28mg (13.89%), Copper: 0.26mg (13.07%), Vitamin B5: 1.29mg (12.92%), Vitamin A: 632.87IU (12.66%), Vitamin E: 1.68mg (11.2%), Calcium: 58.95mg (5.9%), Folate: 22.99µg (5.75%), Vitamin C: 1.89mg (2.29%), Vitamin D: 0.31µg (2.1%), Fiber: 0.44g (1.77%)