



# Chef James Holiday Prime Rib with Cabernet and Dried Cherry Sauce

 **Gluten Free**  **Very Healthy**

READY IN



225 min.

SERVINGS



1

CALORIES



9586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups cabernet sauvignon wine
- 3 carrots chopped
- 3 ribs celery chopped
- 4 ounces cherries dried
- 4 sprigs rosemary fresh chopped
- 4 cloves garlic chopped
- 1 serving kosher salt and ground pepper black to taste

- 2 cups beef broth low-sodium
- 2 tablespoons olive oil
- 2 small onions chopped
- 6 pound standing beef rib roast
- 2.7 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- kitchen thermometer

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Mix rosemary, garlic, and olive oil in a bowl. Rub standing rib roast with mixture and season liberally with kosher salt and black pepper.
- Heat an 11-inch cast-iron skillet over medium-high heat until skillet is very hot. Brown standing rib roast on all sides in the hot skillet, 3 to 5 minutes per side.
- Remove meat from skillet. Cook and stir carrots, celery, and onions in the hot skillet until slightly browned; stir beef broth into vegetables.
- Place roast on top of vegetables in skillet.
- Roast meat in the preheated oven until an instant-read meat thermometer inserted into the middle reads 120 degrees F (49 degrees C), about 2 1/2 hours.
- Transfer roast from skillet to a serving platter, retaining pan drippings and vegetables; let rest at least 30 minutes before slicing.
- About 15 minutes before serving, combine red wine with dried cherries in a saucepan over medium heat; bring to a boil and reduce heat to low. Simmer until cherries have absorbed all

the wine, about 10 minutes, stirring occasionally; remove from heat.

Melt butter in a separate saucepan over medium heat and whisk flour into hot butter to make a paste. Strain reserved pan juices into cherries using a fine mesh strainer. Bring cherry sauce with pan juices to a boil. Stir flour paste into sauce, reduce heat to low, and simmer until thickened, about 5 minutes. Season sauce with salt and black pepper.

Serve sauce with roast.

## Nutrition Facts

**PROTEIN 17.09%** **FAT 77.07%** **CARBS 5.84%**

### Properties

Glycemic Index:167.83, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:76.093043306599%

### Flavonoids

Petunidin: 15.94mg, Petunidin: 15.94mg, Petunidin: 15.94mg, Petunidin: 15.94mg Delphinidin: 20.06mg, Delphinidin: 20.06mg, Delphinidin: 20.06mg, Delphinidin: 20.06mg Malvidin: 125.95mg, Malvidin: 125.95mg, Malvidin: 125.95mg, Malvidin: 125.95mg Peonidin: 8.88mg, Peonidin: 8.88mg, Peonidin: 8.88mg, Peonidin: 8.88mg Catechin: 36.96mg, Catechin: 36.96mg, Catechin: 36.96mg, Catechin: 36.96mg Epicatechin: 51.17mg, Epicatechin: 51.17mg, Epicatechin: 51.17mg, Epicatechin: 51.17mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 7.11mg, Isorhamnetin: 7.11mg, Isorhamnetin: 7.11mg, Isorhamnetin: 7.11mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 1.65mg, Myricetin: 1.65mg, Myricetin: 1.65mg, Myricetin: 1.65mg Quercetin: 32.27mg, Quercetin: 32.27mg, Quercetin: 32.27mg, Quercetin: 32.27mg

### Nutrients (% of daily need)

Calories: 9586.37kcal (479.32%), Fat: 782.93g (1204.51%), Saturated Fat: 325.46g (2034.1%), Carbohydrates: 133.51g (44.5%), Net Carbohydrates: 113.08g (41.12%), Sugar: 75.07g (83.41%), Cholesterol: 1726.26mg (575.42%), Sodium: 2344.46mg (101.93%), Alcohol: 50.4g (100%), Alcohol %: 1.65% (100%), Protein: 390.74g (781.48%), Vitamin B12: 63.16µg (1052.67%), Vitamin A: 36085.5IU (721.71%), Selenium: 476.67µg (680.96%), Zinc: 83.31mg (555.4%), Vitamin B6: 7.75mg (387.39%), Phosphorus: 3636.07mg (363.61%), Vitamin B3: 65.32mg (326.59%), Iron: 42.19mg (234.38%), Potassium: 8135.82mg (232.45%), Vitamin B2: 3.21mg (188.88%), Vitamin B1: 2.07mg (137.69%), Magnesium: 419.22mg (104.8%), Fiber: 20.43g (81.71%), Vitamin B5: 7.94mg (79.43%), Copper: 1.53mg (76.32%), Vitamin K: 79.71µg (75.92%), Folate: 220.81µg (55.2%), Manganese: 1.04mg (51.8%), Calcium: 481.07mg (48.11%), Vitamin E: 6.47mg (43.12%), Vitamin C: 28.71mg (34.8%), Vitamin D: 0.56µg (3.73%)