



Cook the Book: Roast Beef on Marrow Bones

READY IN



40 min.

SERVINGS



4

CALORIES



1127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings crusty baguette (for serving)
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 0.5 cup chicken stock see homemade (preferably)
- ☐ 4 garlic clove crushed
- ☐ 3 teaspoons kosher salt
- ☐ 12 inch "-" long marrow bones
- ☐ 1 medium onion sliced into ½-inch-thick rounds
- ☐ 3 pound beef rib steak cleaned
- ☐ 3 tablespoons butter unsalted sliced into thin pats

☐ 3 tablespoons vegetable oil

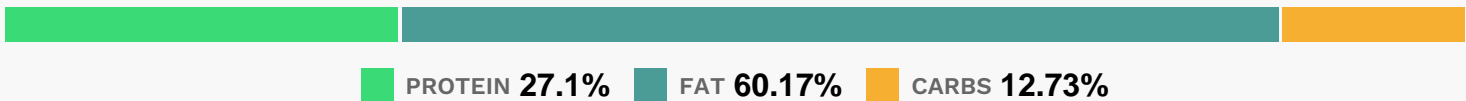
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 350°F. Tie the eye round with butcher’s twine. Season generously with salt and pepper. In a large roasting pan set over high heat, heat the oil until it’s almost smoking. Sear the roast on all sides until it has a good brown crust, 4 to 5 minutes per side.
- ☐ Transfer the roast to a plate and set aside.
- ☐ Add the onion and garlic to the pan and cook, stirring, until browned, about 5 minutes. Settle the bones among the onion and garlic, arranging them into a rack.
- ☐ Put the roast on top of the bones and onion, then scatter the butter pats over the top of the meat.
- ☐ Add stock or wine to the bottom of the pan, making sure that the liquid does not cover the bones.
- ☐ Transfer the roasting pan to the oven and cook for 35 minutes, basting every 15 minutes or so with the pan juices and the stock. The roast is done when an instant-read thermometer inserted in the thickest part of the meat registers 120°F for medium-rare.
- ☐ Remove the pan from the oven and let it rest for 5 to 10 minutes before slicing.
- ☐ The roast can be served hot or at room temperature.
- ☐ Spread the marrow from the bones on bread to accompany the meal.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:22.06, Inflammation Score:-7, Nutrition Score:38.143912916598%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 1126.86kcal (56.34%), Fat: 75.43g (116.04%), Saturated Fat: 28.82g (180.1%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 33.83g (12.3%), Sugar: 4.68g (5.2%), Cholesterol: 230.99mg (77%), Sodium: 2362.35mg (102.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.45g (152.9%), Selenium: 95.39µg (136.26%), Zinc: 18.1mg (120.69%), Vitamin B3: 20.12mg (100.58%), Vitamin B12: 5.67µg (94.42%), Vitamin B6: 1.51mg (75.75%), Vitamin B2: 1.06mg (62.33%), Phosphorus: 583.2mg (58.32%), Iron: 8.67mg (48.14%), Vitamin B1: 0.71mg (47.03%), Potassium: 1087.61mg (31.07%), Vitamin K: 27.96µg (26.63%), Manganese: 0.48mg (24.16%), Magnesium: 94.32mg (23.58%), Folate: 85.94µg (21.49%), Copper: 0.39mg (19.58%), Calcium: 110.59mg (11.06%), Vitamin E: 1.29mg (8.59%), Fiber: 2.06g (8.26%), Vitamin A: 337.53IU (6.75%), Vitamin C: 3.03mg (3.67%), Vitamin D: 0.5µg (3.32%), Vitamin B5: 0.32mg (3.16%)