



Dry Aged Prime Rib Roast

READY IN



14600 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef stock
- 3 carrots washed ends trimmed cut into large (3-inch) chunks
- 1 tablespoon coriander toasted
- 1.5 tablespoon rosemary dried
- 1 tablespoon thyme leaves dried
- 1.5 cups pan drippings from roast
- 1.5 tablespoons sea salt
- 1.5 tablespoons granulated onion
- 3 tablespoons kosher salt

- 1 sheets roasting rack to fit in pan
- 3 tablespoons olive oil
- 1 sheet pan
- 0.8 cup red wine
- 6 rib beef roast bone in
- 6 servings salt and freshly cracked pepper black
- 4 tablespoons freshly cracked tri-color pepper
- 3 tablespoons butter unsalted
- 2 cups water
- 2 onions yellow peeled quartered
- 1 package cheesecloth cut in half (approximately 1 yard)
- 1 package cheesecloth cut in half (approximately 1 yard)

Equipment

- bowl
- frying pan
- oven
- roasting pan
- mortar and pestle
- cheesecloth

Directions

- Watch how to make this recipe.
- Remove roast from packaging, rinse well. Pat completely dry, wrap with 3 layers cheesecloth.
- Place on a rack on a sheet pan in back of refrigerator, fat side up. After 24 hours, remove, unwrap, discard cheesecloth and wrap with a fresh piece.
- Place back in refrigerator for 6 to 9 days undisturbed.
- Remove roast from refrigerator.
- Remove cheesecloth, cut away the fat and trim the ends and any discolored parts of roast.

- Preheat oven to 500 degrees F.
- Place roast on a rack in a large, heavy roasting pan.
- Special equipment: Space in back of refrigerator for up to 10 days .
- In a medium bowl, combine spices and mix well. Be sure to crush the larger spices well for a uniform rub. (You can use mortar and pestle or large wooden end of a pounding mallet in non-glass bowl.) Rub roast with olive oil, then rub with seasoning.
- Let rest for 20 to 30 minutes.
- Prepare vegetables, make a bed in the roasting pan with the vegetables and pour in the water. Be sure to check the liquid level in the pan occasionally and add additional water, if necessary. (You will need this liquid to make the au jus.)
- Place roast on top of vegetables and place in hot oven. Roast at 450 degrees F for 40 minutes.
- After 40 minutes, reduce heat to 275 degrees F and continue to roast for approximately 2 hours, or until internal temperature (stay away from the bone while checking temp) reaches 135 degrees F.
- Remove from oven, remove from roasting pan, loosely tent and allow to rest for 15 minutes while making the au jus.
- Strain drippings from roasting pan, skim fat from drippings.
- Place roasting pan over 2 burners, heat on medium high and add in drippings, stir to deglaze, add in wine and stock, reduce by 1/3, about 5 minutes on steady boil, stirring occasionally. Turn off heat, add in butter. Season, to taste, with salt and pepper. Strain once more into serving vessel.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:18.403043340082%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg

Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg
Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin:
0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg,
Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg,
Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin:
1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg
Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.85mg, Quercetin: 7.85mg,
Quercetin: 7.85mg, Quercetin: 7.85mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 288.38kcal (14.42%), Fat: 14.56g (22.4%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 19.05g (6.35%),
Net Carbohydrates: 16.35g (5.94%), Sugar: 4.06g (4.51%), Cholesterol: 15.91mg (5.3%), Sodium: 3916.07mg
(170.26%), Alcohol: 3.18g (100%), Alcohol %: 1.14% (100%), Protein: 16.2g (32.4%), Vitamin A: 5317.13IU (106.34%),
Vitamin B6: 0.75mg (37.64%), Vitamin B3: 5.36mg (26.81%), Selenium: 17.85µg (25.5%), Phosphorus: 218.93mg
(21.89%), Zinc: 3.17mg (21.14%), Vitamin K: 20.8µg (19.81%), Potassium: 634.39mg (18.13%), Vitamin B12: 1.08µg
(18.02%), Iron: 3.24mg (18.02%), Manganese: 0.34mg (17.09%), Vitamin B2: 0.29mg (16.98%), Vitamin B1: 0.19mg
(12.83%), Copper: 0.23mg (11.61%), Magnesium: 43.36mg (10.84%), Fiber: 2.7g (10.8%), Vitamin E: 1.47mg (9.79%),
Vitamin C: 6.05mg (7.34%), Calcium: 68.32mg (6.83%), Vitamin B5: 0.59mg (5.94%), Folate: 22.22µg (5.56%)