



Janet McCracken's Rib Roast with Tapenade

READY IN



45 min.

SERVINGS



10

CALORIES



1623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fillet anchovy packed in oil, drained
- ☐ 10 servings pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 1 cup cooking wine dry red (such as Merlot)
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 1.5 tablespoons kosher salt plus more
- ☐ 2 cups beef broth reduced-sodium

- ☐ 1 cup brine-cured olives black pitted (such as Kalamata)
- ☐ 1 cup brine-cured olives green pitted (such as Picholine)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 11 pounds four-bone standing beef rib-eye roast thick fat trimmed
- ☐ 2 sprigs thyme leaves
- ☐ 2 tablespoons butter unsalted divided room temperature ()

Equipment

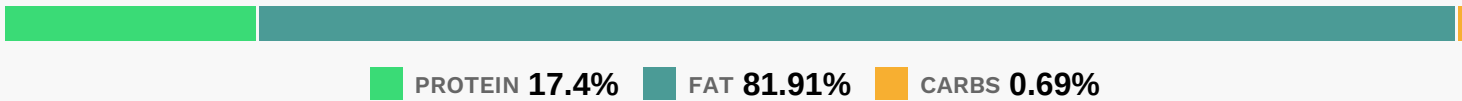
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Pulse all ingredients in a foodprocessor until a coarse purée forms.DO AHEAD: Tapenade can be made 1 weekahead.
- ☐ Place in a small bowl. Cover; chill.
- ☐ Line a rimmed bakingsheet with plastic wrap, leaving a longoverhang on both ends.
- ☐ Place roast on top.Season meat with salt and pepper, thenrub tapenade all over roast. (If fat cap isthicker than 1/4", cut in between fat and meat,starting on side of fat farthest from bonesand continuing to within about 1" of bones;your butcher can do this for you. Peel backlayer of fat, leaving attached; season meatand spread some of tapenade under fat.This will help seasoning penetrate the meat.
- ☐ Lay fat back over meat.)
- ☐ Tie 2 pieces of kitchen twine crosswiseand 2 pieces lengthwise around roast tosecure. Wrap tightly with excess plasticwrap and chill overnight.

- ☐ Let roast stand at room temperature for 1 hour before cooking.
- ☐ Preheat oven to 425°F. Unwrap roast; set on a rack inside a deep roasting pan.
- ☐ Pour 2 cups water into bottom of pan. Roast meat until deep brown, about 40 minutes. Reduce heat to 325°F and continue to roast until an instant-read thermometer inserted into the thickest part of meat registers 120°F for medium-rare (temperature will climb to 125°F after removed from oven), about 1 1/2 hours longer.
- ☐ Transfer rack with roast to a cutting board; let rest for at least 30 minutes.
- ☐ Meanwhile, pour off fat from roasting pan; discard fat.
- ☐ Add wine to pan, set over medium heat, and cook, stirring to dissolve any browned bits from bottom of pan.
- ☐ Transfer liquid to a medium skillet and bring to a boil over medium-high heat. Reduce heat and simmer until wine is reduced to 1/4 cup, 7–8 minutes.
- ☐ Add broth and thyme sprigs; cook until reduced to 3/4 cup, about 15 minutes.
- ☐ Stir 1 tablespoon butter and flour in a small bowl until well blended.
- ☐ Whisk half of butter mixture into pan sauce. Return to a simmer and season to taste with salt and pepper. Sauce should be thick enough to coat a spoon but still runny.
- ☐ Whisk in remaining butter mixture to thicken more, if desired.
- ☐ Whisk in remaining 1 tablespoon butter.
- ☐ Carve roast.
- ☐ Serve sauce alongside.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:30.809999731572%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 1623.43kcal (81.17%), Fat: 144.56g (222.4%), Saturated Fat: 58.16g (363.49%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.17g (0.18%), Cholesterol: 308.03mg (102.68%), Sodium: 1823.19mg (79.27%), Alcohol: 2.52g (100%), Alcohol %: 0.6% (100%), Protein: 69.09g (138.18%), Vitamin B12: 11.57µg (192.92%), Selenium: 87.58µg (125.12%), Zinc: 15.14mg (100.92%), Vitamin B6: 1.32mg (66.09%), Phosphorus: 642.36mg (64.24%), Vitamin B3: 11.71mg (58.57%), Iron: 7.44mg (41.36%), Potassium: 1221.03mg (34.89%), Vitamin B2: 0.56mg (32.77%), Vitamin B1: 0.35mg (23.31%), Magnesium: 71.87mg (17.97%), Copper: 0.29mg (14.31%), Vitamin B5: 1.28mg (12.82%), Vitamin E: 1.89mg (12.6%), Folate: 23.98µg (5.99%), Calcium: 57.99mg (5.8%), Manganese: 0.09mg (4.44%), Fiber: 1.06g (4.25%), Vitamin K: 4.4µg (4.19%), Vitamin A: 194.47IU (3.89%)