



Prime Rib Roast with Red-Wine Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 4 peppercorns black
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery stalks finely chopped
- ☐ 0.7 cup demi glace
- ☐ 0.5 oz the following: parmesan rind) dried
- ☐ 2 tablespoons the following: parmesan rind) dried
- ☐ 2 sprigs parsley fresh

- ☐ 1 sprig thyme sprigs fresh
- ☐ 2 garlic clove smashed
- ☐ 1 tablespoon kosher salt
- ☐ 2 small onion unpeeled peeled halved lengthwise chopped (1 left and , and 1 and)
- ☐ 1 rib prime rib roast with ribs (sometimes called standing rib roast; 9 to 10 lb)
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shallots chopped (3 large)
- ☐ 1 tablespoon tomato paste
- ☐ 1 bay leaves
- ☐ 6 tablespoons butter unsalted
- ☐ 2 cups water
- ☐ 750 ml cooking wine dry red

Equipment

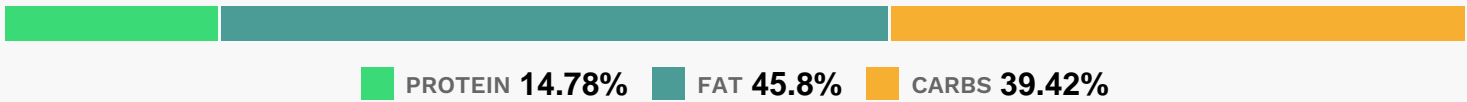
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Let roast stand at room temperature 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 450F. Trim all but a thin layer of fat from roast, then rub roast all over with porcini powder, salt, and pepper.
- ☐ Transfer to a rack set in a 13- by 9-inch roasting pan. Roast beef 20 minutes, then reduce temperature to 350F and roast until thermometer inserted into center of meat registers 110F, 1 1/2 to 2 hours more.

- ☐ Transfer to a large platter and let stand, uncovered, 30 minutes. (Internal temperature of meat will rise to 130F for medium-rare.)
- ☐ Cook halved onion, cut sides down, undisturbed, in 1 tablespoon butter in a 2-quart heavy nonreactive saucepan over moderate heat until browned well, about 4 minutes.
- ☐ Add chopped onion, shallots, carrot, celery, garlic, and 2 tablespoons butter and reduce heat to moderately low, then cook, covered, stirring occasionally, until chopped vegetables are softened, 8 to 10 minutes.
- ☐ Add tomato paste, herbs, bay leaf, peppercorns, and 2 cups wine and boil, uncovered, over moderately high heat until liquid is reduced to about 1/4 cup, 25 to 30 minutes.
- ☐ Pour through a fine-mesh sieve set into another 2-quart heavy saucepan, pressing on and then discarding solids.
- ☐ While wine reduces, soak porcini in boiling-hot water (2 cups) in a bowl until softened, about 20 minutes.
- ☐ Drain porcini in a paper-towel-lined sieve set over a bowl and reserve soaking liquid. Rinse porcini and pat dry, then finely chop. Set aside.
- ☐ Add porcini-soaking liquid, demi-glace, and remaining 1 3/4 cups wine to reduced liquid in saucepan and boil, uncovered, over moderately high heat, skimming off froth occasionally, until reduced to about 2 cups, 20 to 35 minutes. Stir in reserved porcini, then reduce heat to low and whisk in 1/2 teaspoon salt, any juices from meat accumulated on platter, and remaining 3 tablespoons butter until incorporated.
- ☐ Slice roast across the grain and serve with sauce on the side.
- ☐ Cooks' notes:Sauce can be made 2 days ahead and cooled completely, uncovered, then chilled, covered. Reheat before using. Stainless steel, glass, and enameled cast iron are nonreactive; avoid pure aluminum and uncoated iron, which can impart an unpleasant taste and color to recipes with acidic ingredients.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:7.8395652822826%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 252.43kcal (12.62%), Fat: 9.58g (14.74%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 16.59g (6.03%), Sugar: 5.56g (6.18%), Cholesterol: 22.67mg (7.55%), Sodium: 1445.91mg (62.87%), Alcohol: 9.89g (100%), Alcohol %: 5.2% (100%), Protein: 6.95g (13.91%), Vitamin A: 1597.57IU (31.95%), Copper: 0.34mg (17.13%), Manganese: 0.33mg (16.45%), Vitamin B5: 1.36mg (13.56%), Vitamin B6: 0.22mg (10.98%), Potassium: 325.88mg (9.31%), Iron: 1.52mg (8.47%), Fiber: 1.96g (7.84%), Magnesium: 27.12mg (6.78%), Vitamin B2: 0.11mg (6.67%), Vitamin K: 6.74µg (6.41%), Phosphorus: 60.89mg (6.09%), Vitamin B3: 1.15mg (5.74%), Vitamin C: 4.73mg (5.73%), Folate: 22.47µg (5.62%), Selenium: 3.4µg (4.86%), Zinc: 0.72mg (4.81%), Vitamin B1: 0.05mg (3.33%), Calcium: 31.12mg (3.11%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.37µg (2.47%)