



## Prime Rib Roast with Red-Wine Sauce

 Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 teaspoon pepper black
- 4 peppercorns black
- 1 carrots finely chopped
- 1 rib celery finely chopped
- 0.7 cup veal demi-glace
- 0.5 oz porcini mushrooms dried
- 2 sprigs flat-leaf parsley fresh
- 1 sprig thyme leaves fresh

- 2 garlic cloves smashed
- 1 tablespoon kosher salt
- 2 small onions 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 turkish or
- 6 tablespoons butter unsalted
- 2 cups boiling-hot water
- 750 ml wine such as a côtes du rhône 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 450°F. 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 350°F and roast until thermometer inserted into center of meat registers 110°F, 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 130°F 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.
- 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



■ **PROTEIN 15.06%**
■ **FAT 48.98%**
■ **CARBS 35.96%**

### Properties

Glycemic Index:45.85, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:6.0704348242801%

### 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: 241.48kcal (12.07%), Fat: 9.54g (14.68%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.23g (5.18%), Sugar: 5.48g (6.09%), Cholesterol: 22.67mg (7.55%), Sodium: 1445.43mg (62.84%), Alcohol: 9.89g (100%), Alcohol %: 5.28% (100%), Protein: 6.6g (13.2%), Vitamin A: 1597.57IU (31.95%), Manganese: 0.29mg (14.27%), Vitamin B6: 0.18mg (9.2%), Iron: 1.46mg (8.12%), Potassium: 269.17mg (7.69%), Copper: 0.15mg (7.58%), Vitamin K: 6.74µg (6.41%), Fiber: 1.53g (6.14%), Vitamin C: 4.6mg (5.57%), Magnesium: 22.24mg (5.56%), Vitamin B5: 0.55mg (5.47%), Phosphorus: 50.02mg (5%), Folate: 16.44µg (4.11%), Vitamin B2: 0.07mg (3.91%), Vitamin B3: 0.63mg (3.13%), Calcium: 30.71mg (3.07%), Zinc: 0.44mg (2.92%), Vitamin E: 0.4mg (2.64%), Vitamin B1: 0.04mg (2.59%), Selenium: 1.7µg (2.42%), Vitamin D: 0.23µg (1.51%)