



Prime Rib with Shoe String Fries with Cabrales Blue Cheese Dip

READY IN



90 min.

SERVINGS



6

CALORIES



1893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 1 Dash cayenne pepper
- ☐ 1.5 cups cabrales cheese blue crumbled
- ☐ 3 roast
- ☐ 3 tablespoons flour
- ☐ 2 cloves garlic finely sliced
- ☐ 3 cups milk hot
- ☐ 0.3 cup olive oil

- ☐ 2 pasilla peppers red stemmed seeded cut into 4 pieces
- ☐ 4 russet potatoes peeled
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper freshly ground
- ☐ 3 tablespoons butter unsalted
- ☐ 1 quart vegetable oil
- ☐ 0.5 cup white wine
- ☐ 2 pasilla peppers yellow stemmed seeded cut into 4 pieces
- ☐ 1 slices baby squash yellow
- ☐ 2 slices zucchini

Equipment

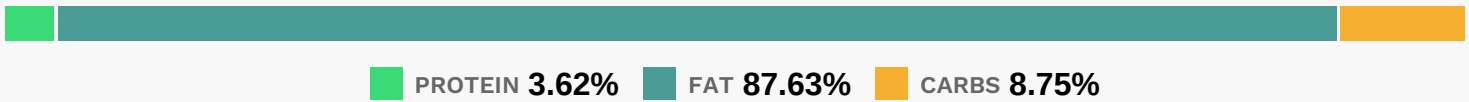
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ grill
- ☐ stove

Directions

- ☐ Roast: Preheat oven to 450 degrees. Bring meat to room temperature by removing it from the refrigerator at least 1 hour before roasting. Using a paring knife, poke small holes in the meat and insert the garlic into them. Season the meat with salt and pepper to taste.
- ☐ Place the roast in a large roasting pan, bone side down. Roast for 15 minutes. Turn the heat down to 350 degrees and continue to roast for 1 hour to 1 hour and 15 minutes for medium-rare doneness.
- ☐ Remove meat to a carving board and let rest.

- ☐ Place roasting pan on top of stove over high heat.
- ☐ Add the wine and cook, stirring and scraping up any brown bits and reduce.
- ☐ Add stock and reduce by half, season with salt and pepper. Slice beef and drizzle with some of the sauce.
- ☐ Potatoes: Slice the potatoes and cut them into 1/8-inch slices. Then cut the slices into long strips 1/8-inch wide.
- ☐ Heat oil to 375 degrees F.
- ☐ Add them in batches, separating them when they hit the oil. Fry until golden brown, remove and drain on paper towels and salt liberally.
- ☐ Heat butter in medium saucepan over medium heat until melted.
- ☐ Whisk in flour and cook for 2–3 minutes.
- ☐ Whisk in the hot milk and cook until the sauce has thickened. Stir in the blue cheese and cook until the cheese has melted. Season with cayenne and salt.
- ☐ Pour into ramekins and serve with the fries.
- ☐ Toss vegetables with olive oil. Season with salt and pepper. Grill until tender.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:25.32, Inflammation Score:-9, Nutrition Score:31.805652203767%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 1892.9kcal (94.64%), Fat: 186.45g (286.85%), Saturated Fat: 37.59g (234.93%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 38.68g (14.06%), Sugar: 9.35g (10.39%), Cholesterol: 55mg (18.33%), Sodium:

992.66mg (43.16%), Alcohol: 2.06g (100%), Alcohol %: 0.39% (100%), Protein: 17.31g (34.63%), Vitamin K: 302.04µg (287.65%), Vitamin C: 132.86mg (161.04%), Vitamin E: 15.17mg (101.12%), Vitamin B6: 0.88mg (44.23%), Vitamin A: 1969.79IU (39.4%), Phosphorus: 390.44mg (39.04%), Calcium: 367.27mg (36.73%), Potassium: 1216.6mg (34.76%), Vitamin B2: 0.49mg (28.97%), Manganese: 0.4mg (19.89%), Vitamin B1: 0.29mg (19.29%), Magnesium: 74.43mg (18.61%), Vitamin B3: 3.69mg (18.46%), Vitamin B12: 1.09µg (18.19%), Folate: 70.79µg (17.7%), Vitamin B5: 1.71mg (17.1%), Selenium: 10.49µg (14.99%), Zinc: 2.22mg (14.79%), Copper: 0.26mg (13.21%), Fiber: 3.21g (12.86%), Iron: 2.26mg (12.54%), Vitamin D: 1.62µg (10.77%)