



Prosciutto Standing Rib Roast with Figs

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



8

CALORIES



1326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black freshly ground plus more for seasoning
- 15 figs fresh halved
- 4 garlic cloves minced
- 2 tablespoons honey
- 1 tablespoon kosher salt plus more for seasoning
- 8 pieces pancetta
- 1 tablespoon red wine vinegar
- 1 tablespoon rosemary leaves roughly chopped

- 8 shallots peeled
- 7 pounds standing rib roast (3 to 4-rib)
- 2 tablespoons vegetable oil

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board
- kitchen twine

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F and arrange a rack in the lower third.
- Combine 1 tablespoon of the oil, garlic, 1 tablespoon salt, rosemary, and 2 teaspoons pepper in a bowl and mix to combine. Rub the mixture all over the roast and set aside at room temperature for 1 hour. (Can be done up to 12 hours ahead. Store covered in the refrigerator and bring to room temperature while oven heats).
- Overlap the prosciutto on the meaty side of the roast and secure in place with kitchen string, tie the roast by running the string parallel to the bones. Arrange the roast in a large roasting rack, bone side down. Roast until the meat is nicely browned, about 25 minutes.
- Put the figs and shallots in a bowl and add the remaining 1 tablespoon oil, vinegar and honey. Season well with salt and pepper, to taste, and toss to coat.
- Add the fig mixture to the roasting pan, reduce the oven temperature to 350 degrees F, and roast for another 1 hour and 10 minutes. Baste the vegetables occasionally, until the internal temperature registers 115 to 120 degrees F on an instant-read thermometer. (Be sure the thermometer is exactly in the center of the roast.)
- Remove the roast from the oven and transfer it to a cutting board. Cover it tightly with aluminum foil and allow the meat to rest for 20 to 30 minutes.

Remove kitchen string, carve, and transfer to a serving platter.

Serve with the figs and onions.

Nutrition Facts

PROTEIN 16.82% **FAT 74.84%** **CARBS 8.34%**

Properties

Glycemic Index:34.41, Glycemic Load:12.84, Inflammation Score:-4, Nutrition Score:29.867391442394%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 1325.77kcal (66.29%), Fat: 109.72g (168.79%), Saturated Fat: 44.81g (280.08%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 23.73g (8.63%), Sugar: 21.58g (23.97%), Cholesterol: 240.7mg (80.23%), Sodium: 1060.15mg (46.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.47g (110.95%), Vitamin B12: 9.21µg (153.44%), Selenium: 69.99µg (99.99%), Zinc: 12.3mg (82%), Vitamin B6: 1.25mg (62.7%), Phosphorus: 539.94mg (53.99%), Vitamin B3: 9.66mg (48.29%), Iron: 6.5mg (36.14%), Potassium: 1198.49mg (34.24%), Vitamin B2: 0.49mg (28.92%), Vitamin B1: 0.35mg (23.04%), Magnesium: 76.63mg (19.16%), Manganese: 0.33mg (16.53%), Fiber: 3.79g (15.17%), Copper: 0.29mg (14.67%), Vitamin B5: 1.38mg (13.79%), Vitamin K: 11.7µg (11.15%), Calcium: 81.22mg (8.12%), Folate: 31.8µg (7.95%), Vitamin C: 4.53mg (5.49%), Vitamin A: 145.18IU (2.9%), Vitamin E: 0.4mg (2.68%)