



Rib Roast with Red Wine Demi-Glace and Roasted White Potatoes and Asparagus

READY IN



150 min.

SERVINGS



6

CALORIES



1529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches asparagus
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 1 cup canola oil (approximately)
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 2 tablespoons garlic finely chopped
- ☐ 1 small onion finely chopped
- ☐ 3 pounds potatoes with skin on, cut into quarters
- ☐ 0.5 cup red wine
- ☐ 5 pound beef rib roast with bones
- ☐ 2 tablespoons salt
- ☐ 6 servings salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 cups veal stock

Equipment

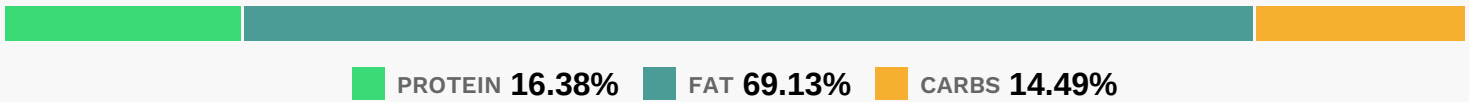
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 350 degrees F.
- ☐ In a small bowl, make a paste with garlic, shallots, salt, pepper and enough of the canola oil to bind the paste (about 1/4 cup).
- ☐ Place the beef in a roasting pan and rub paste onto meat. Roast in oven for about 1 1/2 hours, or until an instant-read thermometer registers an internal temperature of 120 degrees F. (Arrange the oven racks so you will have room for the potatoes and asparagus to follow.)
- ☐ While roast is in oven, prepare demi-glace by melting the butter over medium heat in a medium saucepan and sauteing the onion until tender.
- ☐ Whisk in flour with a fork to make a roux, then add red wine and veal stock.

- ☐ Let simmer over medium heat for about 1 hour, until reduced by 1/3, stirring occasionally. In a large bowl, coat potatoes with about 1/2 cup of the remaining canola oil and toss with salt, pepper, fresh thyme, and fresh rosemary.
- ☐ When the roast has been cooking for about 1 hour, place the potatoes in a baking pan and put into the oven.
- ☐ Place the asparagus in a single layer on another baking pan. When the potatoes have been roasting for 30 minutes, drain the oil and herbs from the potatoes and pour over the asparagus.
- ☐ Remove the roast, if done, and allow to rest for about 15 minutes. Return the potatoes to the oven, along with the asparagus. Roast the vegetables until tender, about another 15 minutes while the rib roast is resting. To finish the demi-glace, whisk butter into the warm reduction until combined. Slice the rib roast and arrange on a large platter. Arrange the potatoes and asparagus around the meat, drizzling demi-glace sauce on the meat.

Nutrition Facts



Properties

Glycemic Index:75.29, Glycemic Load:33.69, Inflammation Score:-10, Nutrition Score:51.411739556686%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 9.14mg, Isorhamnetin: 9.14mg, Isorhamnetin: 9.14mg, Isorhamnetin: 9.14mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 25.18mg, Quercetin: 25.18mg, Quercetin: 25.18mg, Quercetin: 25.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1529.02kcal (76.45%), Fat: 116.31g (178.94%), Saturated Fat: 47.59g (297.47%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 45.51g (16.55%), Sugar: 5.96g (6.62%), Cholesterol: 248.95mg (82.98%), Sodium: 2926.2mg (127.23%), Alcohol: 2.12g (100%), Alcohol %: 0.31% (100%), Protein: 62.02g (124.03%), Vitamin B12: 8.78µg (146.32%), Selenium: 73.25µg (104.65%), Vitamin B6: 1.92mg (96%), Zinc: 13.24mg (88.26%), Phosphorus: 741.31mg (74.13%), Vitamin C: 58.92mg (71.42%), Vitamin K: 74.79µg (71.23%), Vitamin B3: 13.74mg (68.72%), Potassium: 2346.78mg (67.05%), Iron: 11.62mg (64.54%), Vitamin B1: 0.73mg (48.93%), Vitamin B2: 0.83mg (48.56%), Manganese: 0.94mg (47.18%), Copper: 0.81mg (40.31%), Fiber: 9.34g (37.36%), Folate: 147.17µg (36.79%), Magnesium: 142.12mg (35.53%), Vitamin A: 1512.27IU (30.25%), Vitamin E: 3.27mg (21.81%), Vitamin B5: 2.14mg (21.44%), Calcium: 129.58mg (12.96%)