



Roast Prime Rib with Madeira Sauce and Horseradish Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



1685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter room temperature ()
- ☐ 2.5 cups beef broth canned
- ☐ 1.3 cups cooking wine dry red
- ☐ 8 servings horseradish
- ☐ 1.8 cups madeira wine
- ☐ 1 tablespoon olive oil

- ☐ 6 medium onions peeled quartered
- ☐ 4 large parsley sprigs fresh
- ☐ 9 pound prime rib beef roast fat trimmed
- ☐ 3 large rosemary sprigs fresh
- ☐ 4 large thyme sprigs fresh

Equipment

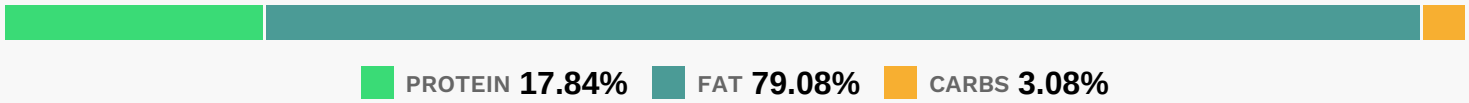
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Position rack in center of oven and preheat to 450°F.
- ☐ Place beef, fat side up, on heavy large rimmed baking sheet. Rub with oil; sprinkle generously with salt and pepper. Roast beef 20 minutes. Reduce oven temperature to 350°F.
- ☐ Place onions around beef. Continue to roast until thermometer inserted into center of beef registers 125°F for medium-rare, stirring onions occasionally, about 2 hours 5 minutes.
- ☐ Meanwhile, combine broth, Madeira, wine, thyme, parsley, rosemary, and bay leaf in medium saucepan. Boil until mixture is reduced to 2 cups, about 25 minutes.
- ☐ Remove from heat. Discard herbs.
- ☐ Transfer beef to platter. Using slotted spoon, transfer onions to same platter; tent with foil.
- ☐ Let stand 30 minutes.
- ☐ Pour off and reserve fat from baking sheet for Herbed Yorkshire Puddings. Scrape juices and browned bits from baking sheet into sauce; bring to boil.
- ☐ Mix butter and flour in small bowl to blend.

- ☐ Whisk into sauce; simmer until smooth and slightly thickened, about 2 minutes. Season with salt and pepper.
- ☐ Serve beef with sauces.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:33.425651809444%

Flavonoids

Petunidin: 1.25mg, Petunidin: 1.25mg, Petunidin: 1.25mg, Petunidin: 1.25mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 9.87mg, Malvidin: 9.87mg, Malvidin: 9.87mg, Malvidin: 9.87mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 16.99mg, Quercetin: 16.99mg, Quercetin: 16.99mg, Quercetin: 16.99mg

Nutrients (% of daily need)

Calories: 1685.12kcal (84.26%), Fat: 140.63g (216.36%), Saturated Fat: 58.85g (367.79%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 10.55g (3.84%), Sugar: 4.41g (4.9%), Cholesterol: 316.15mg (105.38%), Sodium: 556.11mg (24.18%), Alcohol: 9.35g (100%), Alcohol %: 1.72% (100%), Protein: 71.39g (142.78%), Vitamin B12: 11.89µg (198.15%), Selenium: 90.53µg (129.33%), Zinc: 15.71mg (104.74%), Vitamin B6: 1.47mg (73.49%), Phosphorus: 700.16mg (70.02%), Vitamin B3: 12.68mg (63.38%), Iron: 8mg (44.43%), Potassium: 1349.11mg (38.55%), Vitamin B2: 0.62mg (36.37%), Vitamin B1: 0.4mg (26.74%), Magnesium: 86.82mg (21.71%), Vitamin B5: 1.45mg (14.5%), Copper: 0.29mg (14.45%), Manganese: 0.26mg (12.78%), Folate: 46.93µg (11.73%), Vitamin C: 8.9mg (10.79%), Vitamin K: 10.11µg (9.63%), Calcium: 74.72mg (7.47%), Fiber: 1.76g (7.04%), Vitamin A: 166.83IU (3.34%), Vitamin E: 0.36mg (2.37%)