



Rosemary-and-Pepper Standing Rib Roast with Two-Mushroom Pan Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons flour
- 2 teaspoons pepper black freshly ground
- 4 tablespoons butter divided room temperature ()
- 10 ounces mushrooms fresh cut into 1/4-inch-thick slices
- 1 tablespoon kosher salt
- 1.5 ounces the following: parmesan rind) dried
- 6.5 teaspoons rosemary dried divided crushed
- 0.8 cup wine dry red

- 2 bunches rosemary leaves fresh (for garnish)
- 4 garlic clove minced
- 1.5 cups beef broth
- 0.5 cup olive oil
- 1 prime rib roast (with 4 bones)
- 2 cups water boiling

Equipment

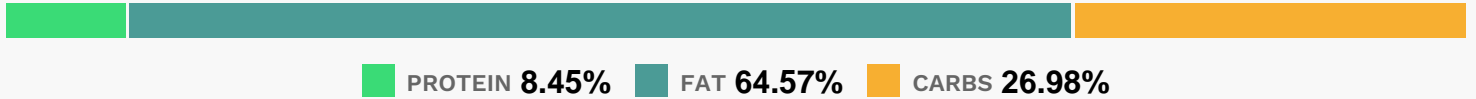
- bowl
- frying pan
- oven
- whisk
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup

Directions

- Place rib roast, fat side up, in heavy roasting pan.
- Mix 4 teaspoons crushed rosemary, salt, and pepper in small bowl. Stir in 1/2 cup oil. Rub mixture all over roast. DO AHEAD Can be made 1 day ahead. Cover and chill.
- Let stand at room temperature 45 minutes before roasting.
- Combine 2 cups boiling water and porcini; let soak until mushrooms soften, about 20 minutes. Strain soaking liquid through fine strainer set over measuring cup; reserve porcini. If needed, add enough water to soaking liquid to measure 1 cup. Coarsely chop porcini.
- Melt 2 tablespoons butter with remaining 2 tablespoons oil in large skillet over medium-high heat.
- Add fresh mushrooms; sauté until browned, about 6 minutes.
- Add porcini and garlic; stir 1 minute.

- Remove from heat.
- Combine flour, remaining 2 tablespoons butter, and remaining 2 1/2 teaspoons crushed rosemary in small bowl; mash with fork to smooth paste. DO AHEAD Porcini soaking liquid, mushroom mixture, and flour-butter mixture can be made 1 day ahead. Cover separately; chill.
- Place rack in bottom third of oven and preheat to 350°F. Cook roast until instant-read thermometer inserted straight down into top center of roast registers 125°F to 130°F for medium-rare, about 2 hours 30 minutes.
- Transfer roast to platter; cover loosely with foil and let rest 35 to 40 minutes. Skim any fat from top of pan juices (there will be a small amount of pan drippings); reserve juices in pan.
- Set roasting pan atop 2 burners over medium-high heat.
- Add reserved 1 cup porcini soaking liquid, broth, and wine; bring to boil, scraping up any browned bits.
- Add mushroom mixture, then butter-flour mixture; whisk constantly over medium-high heat until sauce thickens, about 2 minutes. Season sauce to taste with salt and pepper.
- Garnish roast on platter with fresh rosemary sprigs. Slice roast and serve, passing mushroom sauce separately.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:6.4056521550469%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 131.75kcal (6.59%), Fat: 8.8g (13.54%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.85g (0.94%), Cholesterol: 15.14mg (5.05%), Sodium: 1090.7mg (47.42%), Alcohol: 2.36g (100%), Alcohol %: 1.53% (100%), Protein: 2.59g (5.18%), Copper: 0.41mg (20.74%), Vitamin B5: 1.74mg (17.43%), Vitamin B2: 0.24mg (13.86%), Vitamin B3: 2.52mg (12.61%), Selenium: 7.04µg (10.05%), Manganese: 0.2mg (9.93%), Potassium: 242.87mg (6.94%), Phosphorus: 59.65mg (5.97%), Vitamin B6: 0.12mg (5.95%), Fiber: 1.35g (5.4%), Folate: 20.71µg (5.18%), Zinc: 0.66mg (4.39%), Vitamin B1: 0.06mg (4.34%), Vitamin A: 209.58IU (4.19%), Vitamin E: 0.56mg (3.75%), Magnesium: 14.61mg (3.65%), Iron: 0.62mg (3.46%), Vitamin K: 2.96µg (2.82%), Vitamin C: 1.67mg (2.02%), Vitamin D: 0.28µg (1.85%), Calcium: 17.8mg (1.78%), Vitamin B12: 0.06µg (1.02%)