



WHATSheATE



Salt- and Herb-Crusted Prime Rib with Fresh Horseradish Sauce



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



1389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup sea salt
- ☐ 0.3 cup rosemary leaves dried fresh chopped
- ☐ 0.3 cup thyme sprigs dried fresh chopped
- ☐ 8 garlic clove
- ☐ 1 link horseradish fresh (see in step 5 below)
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons pepper black

- ☐ 8 lbs prime rib roast fat trimmed (4 to 6 lbs.)

Equipment

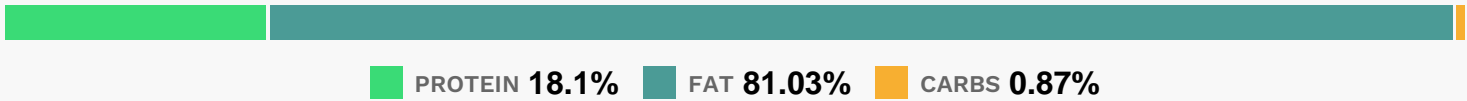
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Rinse roast and pat dry. With a small, sharp knife, make small slits all over the meat, and insert a piece of garlic in each.
- ☐ In a small bowl, combine olive oil, herbs, and pepper. Rub mixture all over meat, wrap airtight, and chill overnight.
- ☐ Remove beef from refrigerator 1 hour before roasting. Preheat oven to 45
- ☐ Set roast, fatty side up, in a roasting pan. In a small bowl, mix salt with 2 tbsp. cold water to moisten. Press mixture over the fatty side and the ends of meat.
- ☐ Roast for 25 minutes, then lower oven temperature to 35
- ☐ Continue roasting until a thermometer inserted into the center of thickest part of meat reaches 125 for rare (or 130 for medium-rare; the ends will be more done), 1 1/2 to 2 hours longer.
- ☐ Let rest in a warm place 30 to 40 minutes.
- ☐ Scrape as much salt off roast as you can.
- ☐ Cut string holding meat and bones together.
- ☐ Transfer roast to a cutting board, cut into 1/3- to 1/2-in.-thick slices, and arrange on a platter.
- ☐ Cut between bones and add them to platter.
- ☐ Serve with Fresh Horseradish Sauce.
- ☐ *For easy carving, have the butcher cut the rib-eye muscle from the bones, then tie the meat and bones back together for roasting.

- ☐ Serve Cabs in a range of prices (see Wine Picks, below), and play the high-low game: Have people choose their favorite and guess the price. You'll be surprised at what comes out on top.
- ☐ Robert Sinskey Vandal Cabernet Sauvignon 2004 (Los Carneros, Napa Valley; \$48). Lively cassis and dark berries play over a foresty bed of juniper, cedar, and mocha flavors.
- ☐ Robert Sinskey "SLD" Cabernet Sauvignon 2004 (Stags Leap District, Napa Valley; \$85). The winery's showcase wine—elegantly structured, with complex layers of dark plums and cherries, cedar, and espresso.
- ☐ Spottswode "Lyndenhurst" Cabernet Sauvignon 2005 (St. Helena, Napa Valley; \$60). A plush wine with classic cassis, dark chocolate, a touch of cedar, and fine tannins.
- ☐ The Girls in the Vineyard Cabernet Sauvignon 2005 (Red Hills, Lake County; \$20). A great-value, fruit-driven Cab made by old friends of the Sinskeys. A little mint and a few herbs lurk under juicy black cherries.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:29.667391372764%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1389.18kcal (69.46%), Fat: 123.49g (189.99%), Saturated Fat: 50.81g (317.55%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.05g (0.06%), Cholesterol: 274.33mg (91.44%), Sodium: 14350.5mg (623.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.07g (124.13%), Vitamin B12: 10.52µg (175.27%), Selenium: 79.45µg (113.5%), Zinc: 13.85mg (92.33%), Vitamin B6: 1.23mg (61.64%), Phosphorus: 589.38mg (58.94%), Vitamin B3: 10.56mg (52.79%), Iron: 7.18mg (39.91%), Potassium: 1061.46mg (30.33%), Vitamin B2: 0.51mg (30.04%), Manganese: 0.45mg (22.4%), Vitamin B1: 0.31mg (20.95%), Magnesium: 68.98mg (17.24%), Copper: 0.28mg (13.87%), Vitamin B5: 1.21mg (12.05%), Calcium: 66.92mg (6.69%), Folate: 21.15µg (5.29%), Vitamin K: 5.36µg (5.11%), Vitamin C: 3.4mg (4.12%), Fiber: 0.95g (3.81%), Vitamin E: 0.41mg (2.76%), Vitamin A: 104.06IU (2.08%)