



Smoked Prime Rib with Red Wine Steak Sauce

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

READY IN



550 min.

SERVINGS



8

CALORIES



1197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons ancho chile powder
- 1 tablespoon chile de arbol powder
- 2 tablespoons pepper black freshly ground
- 2 tablespoons brown sugar
- 2 tablespoons canola oil
- 1 teaspoon cayenne powder
- 1 tablespoon dijon mustard
- 2 tablespoons mustard dry

- 1 cup cooking wine dry red
- 8 cloves garlic chopped
- 0.3 cup golden raisins
- 0.5 teaspoon ground allspice
- 2 tablespoons ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon horseradish
- 1 cup catsup
- 2 tablespoons kosher salt
- 8 servings kosher salt
- 8 servings kosher salt and pepper black freshly ground
- 2 tablespoons blackstrap molasses
- 1 tablespoon oregano dried
- 2 tablespoons paprika spanish
- 2 plum tomatoes chopped
- 6 pounds prime rib roast
- 2 shallots chopped
- 8 servings splash red wine vinegar
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- baking sheet
- sauce pan
- blender
- grill
- kitchen thermometer
- aluminum foil

Directions

- Special equipment: Hickory wood chips, soaked in cold water for 2 hours
- For the prime rib: Rub the prime rib with the spice rub, put in the refrigerator on a rack set over a baking sheet (uncovered) and let marinate for at least 4 hours and up to 8 hours.
- Heat the oil in a medium saucepan over medium heat.
- Add the garlic and shallots and cook until soft, about 2 minutes.
- Add the tomatoes, increase the heat to high and cook until softened, about 5 minutes.
- Add the wine, ketchup, 1/2 cup water, raisins, molasses, brown sugar, horseradish, Dijon mustard, Worcestershire, cayenne, allspice and salt and pepper to taste and cook for 10 minutes longer.
- Add a splash of red wine vinegar, and taste for salt and pepper.
- Transfer to a blender and blend until smooth.
- Let cool to room temperature.
- Prepare your grill using a kamada-style grill, kettle grill, bullet smoker or gas grill method for smoking.
- Remove the prime rib from the refrigerator 30 minutes before cooking and let sit at room temperature.
- Sprinkle well with salt and put the prime rib, fat-side up, on the grill grate. Maintaining a temperature of about 250 degrees F (if using a kettle grill or bullet smoker, replenish fire with unlit coals, as needed, to maintain temperature; see manufacturer's instructions), cook until an instant-read thermometer inserted in the center reads 130 degrees F, between 3 1/2 to 4 hours. During the last hour of cooking (at about 110 degrees F), begin brushing with some of the red wine steak sauce and stop adding chips to the smoker.
- Remove the prime rib from the grill, brush with more of the red wine steak sauce and let rest, loosely covered with foil, for 20 minutes before slicing.
- Combine all ingredients in a small bowl.

Nutrition Facts

  

 **PROTEIN 16.65%**  **FAT 73.4%**  **CARBS 9.95%**

Properties

Glycemic Index:52.33, Glycemic Load:4.61, Inflammation Score:-9, Nutrition Score:33.527391309324%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 1196.67kcal (59.83%), Fat: 96g (147.69%), Saturated Fat: 38.28g (239.24%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 24.86g (9.04%), Sugar: 18.38g (20.42%), Cholesterol: 205.75mg (68.58%), Sodium: 2493.2mg (108.4%), Alcohol: 3.15g (100%), Alcohol %: 0.96% (100%), Protein: 48.99g (97.98%), Vitamin B12: 7.89µg (131.45%), Selenium: 66.55µg (95.07%), Zinc: 10.93mg (72.89%), Vitamin B6: 1.19mg (59.49%), Phosphorus: 508.6mg (50.86%), Vitamin B3: 9.41mg (47.05%), Vitamin A: 2169.12IU (43.38%), Iron: 7.75mg (43.05%), Potassium: 1238.18mg (35.38%), Manganese: 0.68mg (33.92%), Vitamin B2: 0.52mg (30.77%), Magnesium: 95.46mg (23.87%), Vitamin E: 3.09mg (20.62%), Vitamin B1: 0.29mg (19.55%), Copper: 0.36mg (18.22%), Fiber: 4.42g (17.66%), Vitamin K: 18.14µg (17.27%), Vitamin C: 9.99mg (12.11%), Calcium: 113.62mg (11.36%), Vitamin B5: 1.08mg (10.82%), Folate: 31.17µg (7.79%)