



## Standing Rib Roast, Spinach-Porcini Stuffing, Irish Whiskey Gravy, and Horseradish Cream

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



1519 kcal

SAUCE

### Ingredients

- ☐ 2 teaspoons peppercorns black with pestle or in resealable plastic bag with mallet
- ☐ 1.5 tablespoons coarse kosher salt
- ☐ 2 tablespoons dijon mustard
- ☐ 750 ml cooking wine dry red
- ☐ 1 tablespoon fennel seeds crushed
- ☐ 3 tablespoons rosemary fresh finely chopped
- ☐ 6 garlic cloves finely chopped

- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup low-salt chicken broth
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup shallots finely chopped (3 large)
- ☐ 9.5 pounds bone standing rib-eye roast fat trimmed
- ☐ 0.5 cup irish whiskey

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ wooden spoon
- ☐ cutting board

## Directions

- ☐ Heat oil in large saucepan over medium heat.
- ☐ Add shallots and sauté until soft, about 3 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add 1/2 cup whiskey to saucepan. Using long match or lighter and standing back, carefully ignite mixture to burn off alcohol. When flame dies, add red wine and boil until mixture is reduced to 1 cup, about 16 minutes.
- ☐ Add 4 cups chicken broth and boil until mixture is reduced to 3 cups, about 15 minutes.
- ☐ Whisk cream and mustard in small bowl; add to saucepan and boil until sauce coats spoon and is reduced to 2 1/2 cups, about 13 minutes. DO AHEAD: Can be made 1 day ahead.

- ☐ Transfer to small bowl. Cover and chill.
- ☐ Position rack in bottomthird of oven and preheat to 450°F.
- ☐ Placerobasting rack in large roasting pan.
- ☐ Placerobast on work surface with bones standingstraight up. Using long sharp knife, cutbetween bones and meat to make 5-to6-inch-deep crevice (do not cut so deepthat bones come off). Pry bones away frommeat gently, creating space, then fill spaceevenly with stuffing, packing firmly. Pressbones in to compact stuffing slightly andtie bones back in place with 3 to 4 loops ofkitchen string wrapped completely aroundroast to secure and keep stuffing in place.
- ☐ Combine garlic, oil, 3 tablespoonsrosemary, 1 1/2 tablespoons coarse salt,1 tablespoon ground black pepper, andcrushed fennel seeds in small bowl. Rubgarlic-rosemary mixture all over roast.
- ☐ Placerib roast, bones standing straight up, onrack in prepared roasting pan. Roast 20minutes. Reduce oven temperature to 350°F.Roast 1 1/2 hours. Begin to check internaltemperature of meat by inserting instantreadthermometer into center of meat (notstuffing), straight down from top of roast;continue roasting until desired temperatureis reached, about 125°F for rare and about130°F for medium-rare, about 30 to 40minutes longer.
- ☐ Transfer roast to platter;let rest at least 20 minutes and up to 45minutes before carving. Reserve juicesin roasting pan. Spoon off fat from top ofjuices; reserve for Yorkshire puddings, ifdesired, or discard if not using.
- ☐ Meanwhile, finishpreparing gravy. Stir cracked peppercornsin small skillet over medium heat untilfragrant, about 3 minutes.
- ☐ Place roastingpan with juices over 2 burners. Bring toboil; add 1 cup broth and 1/2 cup whiskey.Boil 2 minutes, scraping up browned bits inpan with wooden spoon.
- ☐ Strain pan juices into large saucepan;add gravy base. Boil until sauce coatsspoon, about 4 minutes.
- ☐ Add toastedcracked peppercorns and remaining 2teaspoons rosemary; simmer 1 minute.Season gravy to taste with salt.
- ☐ Present roast at table, then transferroast to cutting board and cut into 1/4- to1/2-inch-thick slices. Arrange meat slicesand stuffing on platter.
- ☐ Serve with gravyand horseradish cream alongside.

## Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:29.736521907475%

Flavonoids

Petunidin: 2.53mg, Petunidin: 2.53mg, Petunidin: 2.53mg, Petunidin: 2.53mg Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg, Malvidin: 19.96mg Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg, Peonidin: 1.41mg Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg, Epicatechin: 8.11mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 1519.05kcal (75.95%), Fat: 127.83g (196.66%), Saturated Fat: 54g (337.5%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.83g (2.12%), Sugar: 1.74g (1.93%), Cholesterol: 287.51mg (95.84%), Sodium: 1287.6mg (55.98%), Alcohol: 12.24g (100%), Alcohol %: 2.96% (100%), Protein: 60.46g (120.93%), Vitamin B12: 10.05µg (167.53%), Selenium: 77.13µg (110.19%), Zinc: 13.25mg (88.33%), Vitamin B6: 1.21mg (60.36%), Phosphorus: 590.18mg (59.02%), Vitamin B3: 10.41mg (52.05%), Iron: 6.78mg (37.65%), Vitamin B2: 0.53mg (31.44%), Potassium: 1080.32mg (30.87%), Vitamin B1: 0.32mg (21.06%), Manganese: 0.35mg (17.73%), Magnesium: 69.6mg (17.4%), Copper: 0.27mg (13.47%), Vitamin B5: 1.23mg (12.26%), Vitamin A: 379.07IU (7.58%), Calcium: 75.08mg (7.51%), Folate: 24.24µg (6.06%), Vitamin E: 0.86mg (5.71%), Vitamin K: 5.88µg (5.6%), Fiber: 1.24g (4.97%), Vitamin D: 0.38µg (2.54%), Vitamin C: 1.92mg (2.33%)