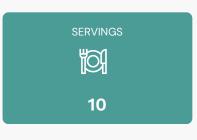


Standing Rib Roast, Spinach-Porcini Stuffing, Irish Whiskey Gravy, and Horseradish Cream

Gluten Free







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 | |
| Εq | uipment | |
| | bowl | |
| | frying pan | |
| | sauce pan | |
| | oven | |
| | knife | |
| | whisk | |
| | roasting pan | |
| | wooden spoon | |
| | cutting board | |
| Directions | | |
| | Heat oil in large saucepanover medium heat. | |
| | Add shallots and sautéuntil soft, about 3 minutes. | |
| | Add garlic; stir1 minute. | |
| | Add 1/2 cup whiskey to saucepan. Using long match or lighter and standingback, carefully ignite mixture to burn offalcohol. When flame dies, add red wineand boil until mixture is reduced to 1 cup, about 16 minutes. | |
| | Add 4 cups chickenbroth and boil until mixture is reduced to 3 cups, about 15 minutes. | |
| | Whisk cream andmustard in small bowl; add to saucepanand boil until sauce coats spoon and isreduced 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. |
| Placeroasting rack in large roasting pan. |
| Placeroast 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, 11/2 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 11/2 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 temperature is 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, Malvidin: 19.96mg, Malvidi

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%)