



## Standing Rib Roast with Aioli

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 large egg yolk
- 2 garlic clove finely grated
- 8 servings pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 0.5 cup olive oil extra virgin extra-virgin
- 8 pounds prime rib roast
- 0.5 cup vegetable oil

### Equipment

- bowl
- oven
- whisk
- roasting pan
- kitchen thermometer
- cutting board

## Directions

- Generously season beef with salt and pepper. Wrap tightly in plastic and chill at least 1 day.
- Let beef sit at room temperature 2 hours.
- Preheat oven to 400°F.
- Place beef on a rack set inside a roasting pan. Roast until nicely browned, 35–40 minutes. Reduce oven temperature to 275°F and continue roasting until an instant-read thermometer inserted into the thickest part of beef registers 115°F for medium-rare, 1–1 1/2 hours longer.
- Transfer roast to a cutting board with ribs pointing upward and let rest at least 30 minutes.
- Meanwhile, whisk egg yolks and garlic in a medium bowl.
- Whisking constantly, gradually add grapeseed oil, drop by drop at first, and whisk, adding 1 tablespoon lemon juice by the teaspoonful as aioli thickens (juice will thin aioli so it's easier to whisk), until it is thickened and smooth. Gradually whisk in olive oil, adding water by the teaspoonful if aioli gets too thick. Season with salt; cover and chill.
- Cut meat off bones, following curve of ribs, and thinly slice. Or, cut between ribs into massive chops for sharing.
- Serve with aioli.
- DO AHEAD: Rib roast can be seasoned 2 days ahead; keep chilled. Aioli can be made 1 day ahead; keep chilled.

## Nutrition Facts

 PROTEIN 17.84%  FAT 81.99%  CARBS 0.17%

## Properties

Glycemic Index:7.75, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:28.299999851248%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 1416.04kcal (70.8%), Fat: 127.19g (195.68%), Saturated Fat: 51.57g (322.3%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.08g (0.09%), Cholesterol: 320.23mg (106.74%), Sodium: 204.2mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.27g (124.55%), Vitamin B12: 10.6µg (176.65%), Selenium: 81.36µg (116.23%), Zinc: 13.83mg (92.17%), Vitamin B6: 1.21mg (60.32%), Phosphorus: 597.18mg (59.72%), Vitamin B3: 10.49mg (52.44%), Iron: 6.63mg (36.85%), Vitamin B2: 0.52mg (30.53%), Potassium: 1013mg (28.94%), Vitamin B1: 0.31mg (20.96%), Magnesium: 61.65mg (15.41%), Vitamin B5: 1.28mg (12.78%), Copper: 0.22mg (11.22%), Vitamin K: 6.84µg (6.52%), Folate: 25.67µg (6.42%), Vitamin E: 0.73mg (4.84%), Calcium: 41.71mg (4.17%), Manganese: 0.07mg (3.49%), Vitamin D: 0.23µg (1.53%), Vitamin A: 62.01IU (1.24%), Vitamin C: 0.96mg (1.16%)