



 **45%**
HEALTH SCORE

Standing Rib Roast with Jus

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

READY IN



360 min.

SERVINGS



8

CALORIES



1898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 pound prime rib roast with 5 or 6 ribs
- 4 large garlic clove cut into thin slivers)
- 1 oz grapeseed oil salted melted (, or grapeseed oil)
- 1 serving pepper black freshly ground
- 1.3 cups veal stock homemade
- 2 teaspoons flat parsley minced ()
- 2 teaspoons optional: dill minced ()
- 1 serving pepper black freshly ground

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Make the standing rib roast
- Pat the meat dry.
- Place the roast, fatty side up, in a large roasting pan. Drape it with paper towels and let stand at room temperature for 2 hours.
- Preheat the oven to 500°F (260°C). Make sure to let it preheat for about 30 minutes.
- Using the tip of a sharp knife, cut 10 to 15 small slits all over the roast. Insert the garlic slivers in the slits far enough so they do not protrude beyond the surface of the meat.
- Let it stand while the oven preheats.
- Brush the meat all over with the butter or oil and season generously with salt.
- Place the pan in the center of the oven. Roast for 7 minutes per pound if using an electric oven, 6 minutes per pound if using a gas oven. Turn off the oven.
- Let the roast rest in the oven, without opening the door, for 2 hours. Take note of the internal temperature of the roast, inserting a thermometer into a cut side of the roast as close to the center as possible. This is very important. Then pour off any juices that have pooled in the pan and reserve.
- Remove the roast from the oven. If you like your beef bloody rare, it's probably ready now. If you like your beef anything but absolutely rare, sprinkle the top of the meat with a generous grinding of pepper and dust lightly with flour.
- Let it set at room temperature while you preheat the oven to 500°F (260°C).

- When the temperature is reached, place the roast in the oven for 5 to 25 minutes, depending on the internal temperature you noted at the end of the resting period and how well done you like your roast. If the internal temperature was 125°F (52°C), warm the meat for 15 minutes; if it was 115°F (46°C) or so, warm it for 20 to 25 minutes. If after 10 minutes the pan drippings smell as if they are burning, reduce the oven temperature to 450°F (230°C).
- Transfer the roast to a platter, tent loosely with aluminum foil, and let rest for 15 minutes.
- Make the jus
- Meanwhile, in a small saucepan, combine the stock, parsley, and dill over medium-low heat and warm just until the liquid is steaming. If desired, stir in the reserved juices from the roasting pan. Taste and adjust the seasonings with salt and pepper.
- Carve the rib roast crosswise between the bones for large, bone-in serving pieces (as shown in the photo above). Or, cut the roast crosswise into thick or thin boneless slices.
- Serve at once, with the herbed jus on the side.

Nutrition Facts

■ PROTEIN **18.27%**
■ FAT **81.52%**
■ CARBS **0.21%**

Properties

Glycemic Index:24.38, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:33.872608708299%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg
 Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg
 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
 Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1898.36kcal (94.92%), Fat: 169.45g (260.7%), Saturated Fat: 69.61g (435.09%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.22g (0.24%), Cholesterol: 377.21mg (125.74%), Sodium: 352.21mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.45g (170.9%), Vitamin B12: 14.46µg (240.99%), Selenium: 109.11µg (155.87%), Zinc: 18.94mg (126.28%), Vitamin B6: 1.66mg (83.17%), Phosphorus: 810.32mg (81.03%), Vitamin B3: 14.75mg (73.73%), Iron: 9.04mg (50.21%), Vitamin B2: 0.72mg (42.18%), Potassium: 1453.9mg (41.54%), Vitamin B1: 0.43mg (28.97%), Magnesium: 86.89mg (21.72%), Copper: 0.32mg (16.11%), Vitamin B5: 1.58mg (15.81%), Vitamin E: 1.03mg (6.84%), Folate: 27.07µg (6.77%), Calcium: 53.06mg (5.31%), Manganese: 0.09mg (4.31%)