



Standing Rib Roast With Pear-Brandy Glaze Recipe

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



1816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock organic (preferably)
- 4 servings pepper black freshly ground
- 0.5 cup pears
- 2 pears diced ripe
- 3 sage fresh
- 1 large shallots minced
- 5 pound prime rib roast

2 tablespoons butter unsalted

Equipment

sauce pan

oven

aluminum foil

Directions

Preheat the oven to 200F. Season the roast generously with salt and pepper, then place it on a baking rack inside a large roasting dish and roast for 3 hours. Meanwhile, melt the butter in a small saucepan over medium heat, then sauté the shallots until translucent, about 5 minutes.

Add the pears, stir well to coat and sauté for 10–12 minutes or until softened. Deglaze with the beef stock, then add the pear brandy, season with salt and pepper, then reduce heat and simmer until reduced by half, then remove from heat to stand and thicken. After the roast has been in the oven for 3 hours, check the temperature — the second it hits 120F, take it out, glaze it lightly and allow it rest, covered lightly with foil, for 30 minutes. In the last 10 minutes of resting, set the oven to 550F. Return the roast to the oven and cook for 8–10 minutes or until a crisp crust forms on the outside.

Remove the roast, brush generously with glaze and rest for another 15 minutes. Slice and serve with the extra glaze. More roasts on Food Republic: Honey and Cider Roast Leg of Lamb

Crown Roast of Lamb with Fresh Herbs

How To Make Roast Beef

Nutrition Facts

 **PROTEIN 17.51%**  **FAT 78.4%**  **CARBS 4.09%**

Properties

Glycemic Index:33.88, Glycemic Load:5.12, Inflammation Score:-3, Nutrition Score:34.795217438884%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg

Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 1815.75kcal (90.79%), Fat: 156.68g (241.05%), Saturated Fat: 66.61g (416.3%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 14.82g (5.39%), Sugar: 11.46g (12.73%), Cholesterol: 357.97mg (119.32%), Sodium: 373.86mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.72g (157.44%), Vitamin B12: 13.16µg (219.28%), Selenium: 99.57µg (142.24%), Zinc: 17.39mg (115.93%), Vitamin B6: 1.56mg (78.16%), Phosphorus: 761.23mg (76.12%), Vitamin B3: 13.81mg (69.06%), Iron: 8.54mg (47.47%), Potassium: 1514.19mg (43.26%), Vitamin B2: 0.71mg (41.53%), Vitamin B1: 0.42mg (27.88%), Copper: 0.49mg (24.56%), Magnesium: 89.72mg (22.43%), Vitamin B5: 1.51mg (15.1%), Fiber: 3.61g (14.44%), Folate: 35µg (8.75%), Manganese: 0.14mg (6.95%), Vitamin C: 5.19mg (6.29%), Calcium: 62.12mg (6.21%), Vitamin K: 5.57µg (5.3%), Vitamin A: 203.01IU (4.06%), Vitamin E: 0.3mg (2.02%)