



Standing Rib Roast with Porcini and Bacon Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1085 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings porcini and bacon sauce
- ☐ 2 tablespoons coarse kosher salt
- ☐ 3 tablespoons thyme leaves fresh
- ☐ 6 large garlic cloves
- ☐ 12 servings green onion-parmesan popovers
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 12 servings horseradish cream sauce

- ☐ 2.5 tablespoons olive oil
- ☐ 8.5 pound beef rib roast

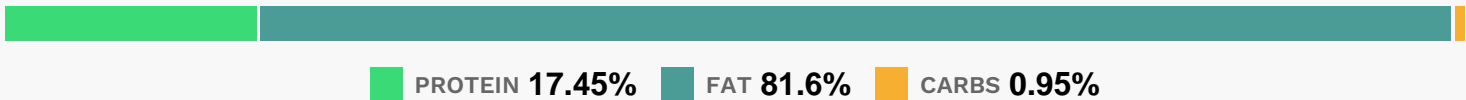
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ With processor running, drop garlic through feed tube and chop finely. Scrape down bowl.
- ☐ Add thyme, oil, salt, and pepper; blend to paste. Pat roast dry with paper towels.
- ☐ Place roast, bone side down, in roasting pan.
- ☐ Cut several shallow slits in fat. Press some garlic paste into slits. Rub remaining garlic paste all over roast. (Can be prepared 1 day ahead. Cover with plastic wrap and chill. Uncover and let stand at room temperature 2 hours before roasting.)
- ☐ Position rack in bottom third of oven and preheat to 450°F. Roast beef 20 minutes. Reduce oven temperature to 350°F. Roast until thermometer inserted into beef from center of top registers 125°F to 130°F for medium-rare, about 1 hour 50 minutes.
- ☐ Transfer to platter; reserve roasting pan with juices for Porcini and Bacon Sauce.
- ☐ Let roast stand at least 20 minutes and up to 1 hour.
- ☐ Serve roast with sauce, horseradish cream, and popovers.
- ☐ Buy the best beef you can afford — at least USDA Choice, preferably USDA Prime — and let it marinate up to 36 hours in the garlic-herb paste. Premium-grade roasts can be ordered for you by any supermarket meat department.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:24.489565333594%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 1085.2kcal (54.26%), Fat: 97.19g (149.53%), Saturated Fat: 39.03g (243.94%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.56g (0.62%), Cholesterol: 208.84mg (69.61%), Sodium: 1473.95mg (64.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.78g (93.55%), Vitamin B12: 7.56µg (125.98%), Selenium: 60.71µg (86.72%), Zinc: 10.1mg (67.32%), Vitamin B6: 0.93mg (46.43%), Phosphorus: 450.62mg (45.06%), Vitamin B3: 8.41mg (42.03%), Iron: 5.19mg (28.85%), Potassium: 805.81mg (23.02%), Vitamin B2: 0.39mg (22.67%), Vitamin B1: 0.28mg (18.98%), Vitamin K: 15.08µg (14.37%), Magnesium: 52.43mg (13.11%), Vitamin B5: 0.96mg (9.64%), Copper: 0.19mg (9.64%), Manganese: 0.17mg (8.5%), Vitamin C: 5.64mg (6.84%), Folate: 21.1µg (5.28%), Calcium: 45.28mg (4.53%), Vitamin E: 0.55mg (3.7%), Vitamin A: 154.07IU (3.08%), Fiber: 0.72g (2.9%)