



Standing Rib Roast with Rosemary-Thyme Crust

READY IN



45 min.

SERVINGS



8

CALORIES



1640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons all purpose flour
- ☐ 32 baby carrots fresh green trimmed to 1 inch, peeled
- ☐ 3.5 cups zinfandel beef stock
- ☐ 3 tablespoons butter
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 16 large shallots peeled

- ☐ 9 pound standing beef rib roast fat trimmed thin (4 ribs)

Equipment

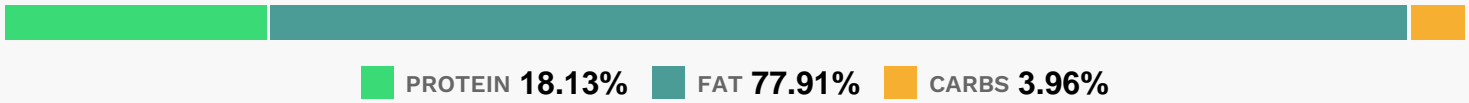
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Place beef, fat side up, in large shallow roasting pan or on rimmed baking sheet.
- ☐ Sprinkle beef all over with salt and pepper.
- ☐ Spread mustard all over beef.
- ☐ Mix rosemary and thyme in small bowl; sprinkle over beef and press lightly to adhere. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Position rack just below center of oven and preheat to 450°F. Roast beef uncovered 15 minutes. Reduce oven temperature to 325°F. Roast beef 1 hour 30 minutes.
- ☐ Remove from oven. Spoon off all but 2 tablespoons drippings.
- ☐ Add carrots and shallots to pan. Turn vegetables to coat with drippings; sprinkle with salt and pepper. Roast beef and vegetables until thermometer inserted into center of beef registers 125°F for medium-rare, stirring vegetables occasionally, about 55 minutes longer.
- ☐ Transfer beef and vegetables to platter; tent loosely with foil to keep warm.
- ☐ Discard drippings from roasting pan.
- ☐ Place pan over 2 burners on stove top over medium heat.
- ☐ Add butter to pan and melt.
- ☐ Add flour; whisk until smooth and just beginning to color, about 5 minutes.

- ☐
- Whisk in stock. Boil until sauce thickens slightly, whisking often, about 10 minutes. Season sauce to taste with salt and pepper.
- ☐
- Serve beef with vegetables and sauce.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:40.062608656676%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

Nutrients (% of daily need)

Calories: 1640.39kcal (82.02%), Fat: 140.51g (216.17%), Saturated Fat: 59.47g (371.66%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 12.56g (4.57%), Sugar: 6.53g (7.25%), Cholesterol: 319.91mg (106.64%), Sodium: 591.98mg (25.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.58g (147.16%), Vitamin B12: 11.84µg (197.33%), Selenium: 94.6µg (135.14%), Vitamin A: 5752.48IU (115.05%), Zinc: 15.99mg (106.59%), Vitamin B6: 1.62mg (80.78%), Phosphorus: 740.18mg (74.02%), Vitamin B3: 13.27mg (66.37%), Iron: 9.12mg (50.67%), Potassium: 1613.32mg (46.09%), Vitamin B2: 0.71mg (41.59%), Vitamin B1: 0.46mg (30.51%), Magnesium: 98.15mg (24.54%), Copper: 0.4mg (20.09%), Manganese: 0.34mg (17%), Vitamin B5: 1.64mg (16.44%), Folate: 58.51µg (14.63%), Fiber: 3.49g (13.94%), Vitamin C: 7.98mg (9.68%), Calcium: 93.53mg (9.35%), Vitamin K: 4.76µg (4.53%), Vitamin E: 0.18mg (1.21%)