



## Herb-Crusted Beef Rib Roast with Red Wine Gravy

**Prep: 45 minutes**

**Roast: 5 hours • Serves: 8**

### Beef Rib Roast

- 1 cup cubed white bread
- 6 garlic cloves, minced (about 2 tablespoons)
- $\frac{3}{4}$  cup chopped fresh parsley leaves
- $\frac{1}{2}$  cup chopped fresh basil leaves
- $\frac{1}{2}$  cup Dijon mustard
- 1 (7- to 8-pound) standing beef rib roast
- 2 teaspoons salt
- 1 tablespoon ground black pepper
- 3 tablespoons canola oil
- 2 large white onions, cut into  $\frac{1}{2}$ -inch thick disks

### Red Wine Gravy

- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 2 cups beef broth
- $\frac{1}{2}$  cup red wine

**1.** Prepare Beef Rib Roast: Preheat oven to 225°. In food processor with knife blade attached, pulse bread to fine crumbs. You should have about  $\frac{1}{2}$  cup crumbs. In large skillet, cook crumbs over medium heat 9 to 10 minutes or until toasted, stirring frequently; cool 5 minutes.

**2.** In small bowl, combine garlic, parsley, basil and mustard.

**3.** Sprinkle beef roast with salt and pepper. Heat large roasting pan over medium-high heat; add oil and swirl to coat bottom of pan. Add beef roast to pan and cook 4 to 6 minutes or until browned, turning to brown all sides. Remove beef roast from pan; place rack in pan and place onions on rack.

**4.** Evenly spread mustard mixture over beef roast; with hands, evenly press crumbs onto beef roast over mustard mixture. Place roast on top of onions. Roast beef 5 hours or until internal temperature reaches 135° for medium-rare. (Internal temperature will rise 5 to 10° upon standing.) Let stand 20 minutes before slicing.

**5.** Prepare Red Wine Gravy: In small saucepot, melt butter over medium-high heat. Whisk in flour and cook 5 minutes, stirring occasionally. Add broth and wine; cook 5 minutes or until gravy thickens, stirring occasionally.

*Approximate nutritional values per serving:*

*908 Calories, 64g Fat (28g Saturated), 187mg Cholesterol, 1213mg Sodium, 10g Carbohydrates, 1g Fiber, 50g Protein*