standing rib roast and gorgonzola potatoes

TOTAL TIME

2 hours, 45 minutes (Active Time - 25 minutes)

MAKES 8 SERVINGS

APRON'S ADVICE

Complete your meal with horseradish sauce, mixed vegetables, dinner rolls, and your favorite Bakery pie. When cooking a roast, a meat thermometer is a valuable tool that can make the difference between a dinner disaster and a memorable meal.

SHOPPING LIST

Dairy
3/4 cup crumbled Gorgonzola cheese
2 tbsp garlic butter
1 cup half and half
1 (20-oz) package refrigerated homestyle sliced potatoes

Dry Grocery
1/4 cup French-fried onions
1 (14-oz) can reduced-sodium beef broth

Frozen
1/4 cup diced onions

Meat
1 (4-5 lb) standing rib roast

Produce
8 ribs celery
2 tsp chopped garlic
16 oz fresh whole mushrooms

From Your Pantry
1 1/2 tsp coarsely ground pepper
2 tbsp flour
2 1/2 tsp kosher salt
olive oil cooking spray

PUBLIX Aprons SIMPLE MEALS

FOR MORE RECIPES, VISIT
publix.com/aprons

COOKING SEQUENCE

- Prepare roast and begin to bake - 15 minutes
- Bake roast - 2 hours
- About 30 minutes before serving, prepare potatoes and suggested sides; serve - 30 minutes

standing rib roast

INGREDIENTS

Olive oil cooking spray
8 celery ribs
1 standing rib roast (4–5 lb)
2 teaspoons kosher salt
1 1/2 teaspoons coarsely ground pepper
1/4 cup frozen diced onions
2 teaspoons chopped garlic
1 (14-oz) can lower-sodium beef broth
16 oz fresh whole mushrooms

PREP

- Preheat oven to 325°F. Coat 9- x 13-inch baking dish with cooking spray.
- Cut celery into 7-inch ribs; lay across center of dish.

STEPS

1. Place roast on top of celery; sprinkle salt and pepper over roast, then top with onions and garlic.
2. Add broth and mushrooms around roast. Bake 2 1/2 hours or until 145°F (medium-rare) up to 170°F (well-done). Use a meat thermometer to accurately ensure doneness.
3. Transfer roast to cutting board; let stand 10–15 minutes before slicing. Serve.

CALORIES (per 1/8 recipe) 610kcal; FAT 47g; CHOL 135mg; SODIUM 830mg; CARB 4g; FIBER 1g; PROTEIN 38g; VIT A 4%; VIT C 4%; CALC 4%; IRON 25%

gorgonzola potatoes

INGREDIENTS

3/4 cup crumbled Gorgonzola cheese
1 cup half-and-half
2 tablespoons flour
1/2 teaspoon kosher salt
2 tablespoons garlic butter
1 (20-oz) package refrigerated homestyle sliced potatoes
1/4 cup French-fried onions
1/8 teaspoon pepper

STEPS

1. Combine in microwave-safe bowl, cheese, half-and-half, salt, and flour. Add butter and microwave on HIGH 2 minutes or until hot.
2. Stir in remaining ingredients. Cover and microwave on HIGH 10 minutes, stirring once, or until potatoes are tender. Serve. Note: For an elegant finish, place in oven-proof serving dish, top with more French-fried onions, and broil 3–5 minutes or until golden.

CALORIES (per 1/8 recipe) 180kcal; FAT 10g; CHOL 25mg; SODIUM 310mg; CARB 18g; FIBER 2g; PROTEIN 5g; VIT A 6%; VIT C 6%; CALC 8%; IRON 4%

© 2011 Publix Super Markets Inc.