

# RIB EYE ROAST & MALBEC PAN GRAVY

F EASY

Last Modified: 06/11/2015

PREP: 2 Hrs

COOK: 1 Hr

STOVETOP OVEN 400

BEEF

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
2 ~ 3	Pound	Rib Eye Roast (Bone-In / Boneless)	Trimmed
OR			
2 ~ 3	Pound	Tri-Tip Roast	Trimmed
1/4	Cup	Vegetable Oil	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

## MALBEC PAN GRAVY

2	10 1/2 Oz	Cans Beef Stock	
1	Tbsp	Olive Oil	
2	Cups	Malbec Red Wine (Do NOT Substitute For)	
1	Large	Shallot	Minced
2	Tbsp	Unsalted Butter	

## PREPARATION

<b>HINTS</b>	This recipe assumes a Choice or Prime Rib Eye Roast, but a nice choice grade Tri-Tip Roast is a BUNCH cheaper and works nearly as well for this dish.
<b>DRY</b>	Pat the Roast dry with paper towels, hand rub the entire surface with Kosher Salt and place it on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for a minimum of 1 day and a maximum of 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (REALLY funky looking) before cooking. Odds are you will not have to trim it at all. An 8 pound roast will lose well over 1/2 pound during this most important ageing process.
<b>AGEING</b>	
<b>BEEF</b>	
<b>TOOLS</b>	1) Dutch Oven 2) Meat Probe Thermometer 3) Large Saucepan 4) Fine Wire Strainer 5) Wire Rack
<b>FACTOID</b>	The to-die-for flavorful "secret" for this dish is in the dark, rich Argentinean Malbec Wine and the time-consuming reduction of the Pan Gravy ingredients.
<b>PREP</b>	<b>MALBEC PAN GRAVY</b> 1) Mince the Shallot and set it aside. 2) Preheat the oven to 400 degrees with a rack in the lower 1/3.
<b>1</b>	<b>1 Hour Before:</b> Pat the Roast dry with a paper towel and season it HEAVILY on all sides with Salt and Pepper. Place it on a wire rack to come to room temperature.
<b>2</b>	<b>ROAST:</b> Heat the Vegetable Oil in a dutch oven over high heat until it just begins to smoke. Place the Roast in the hot pan and sear until it is a <u>deep</u> golden brown on all sides (use tongs to turn it). Insert a meat probe thermometer into the center of the thickest part of the Roast. Transfer the dutch oven to the oven and roast it until the internal temperature reaches 135 degrees (Rib Eye), or 125 degrees (Tri Tip), about 15 minutes per pound for medium rare.

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<b>****</b>	<b>IMPORTANT:</b> As soon as you put the Roast in the oven, <u>immediately</u> begin the Pan Gravy reduction process.
<b>3</b>	<b>PAN GRAVY:</b> In a large saucepan over medium high heat, add in the Olive Oil and heat until it shimmers. Add in the Shallots and cook them until soft and brown, about 4 to 6 minutes. Add in 1 cup of the Wine, bring it to a boil and reduce it by half. Add in the Beef Stock and bring it to a boil. Reduce the heat to medium low and simmer it uncovered until the Roast is removed from the oven.
<b>4</b>	<b>ROAST:</b> Once the Roast has reached the correct temperature, Remove the pan from the oven and transfer the Roast to a cutting board. Allow the Roast to rest for at least 15 minutes, tented with aluminum foil, before carving.
<b>5</b>	<b>PAN GRAVY:</b> Pour off and discard most of the grease in the dutch oven (do NOT allow any fond to escape) and place it on the stovetop over medium high heat. Add in the remaining 1 cup of the Wine while scraping to deglaze the pan, about 5 minutes.
<b>6</b>	<b>PAN GRAVY:</b> Pass the Pan Gravy through a fine wire strainer into the dutch oven and bring it back to a boil. Add in the Butter and lower the heat and simmer it until the desired Gravy consistency is reached. Taste for seasoning just before serving and adjust, if needed.
<b>SERVE</b>	Carve the Roast into thin slices across the grain. Arrange it on a serving platter and drizzle it lightly with a little of the Pan Gravy. Serve while hot with a couple of Vegetables of choice and any remaining Pan Gravy in a boat on the side.