

Boneless Rib Eye with a Cabernet Merlot Reduction and Carrot Orange Coulis



Recipe By Esther Deutsch



Cooking and Prep:  1 h

Serves:  8

No Allergens

Preference: Meat

Difficulty: Hard

Occasion: Passover

Diet: Gluten Free

Source: Whisk by Ami
Magazine

Rib eye has the almost ideal components of tenderness and a deep satisfying beef taste. You can also use rib steak, club steak, or roast a standing rib roast for this recipe. The addition of the Cabernet Merlot reduction sauce will add a more robust flavor to the meat; the Carrot Orange Coulis will add dazzling color and interest to your plate. Since many home cooks don't use fresh herbs as a garnish on Passover, the replacement of the coulis to decorate the plate will fascinate your company.

The meat should be prepared fresh, but the accompanying sauces can be prepared in advance. After searing the meat, to keep warm, you may keep the meat loosely covered in a 200°F oven for no more than 2 hours. After that, it will become well done and start to dry out. When plating your meat: spoon a thin layer of coulis on the plate and place meat on top, or you can use the coulis to decorate the plate.

Spoon Cabernet Merlot sauce on top of the meat when serving. If serving a standing rib roast, slice before serving.

Ingredients (20)

Meat

- your choice boneless rib eye, rib steak, club steak or standing rib roast
 - Haddar Kosher Salt**, to taste
 - pepper, to taste
 - oil (or **Gefen Olive Oil**), for searing or rubbing
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Cabernet Merlot Reduction

- 3 tablespoons **Gefen Olive Oil**
 - 4 tablespoons shallots, minced
 - 1/2 cup **Teal Lake** or other Cabernet Merlot
 - 2 cups chicken or beef stock
 - Haddar Kosher Salt**, to taste
 - pepper, to taste
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Crispy Shallots

- shallots, sliced into thin rounds
 - potato starch, for coating
 - 2 cups oil, for frying
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Carrot Orange Coulis

- 2 tablespoons **Gefen Olive Oil**
 - 5 large carrots, peeled and sliced thin
 - 2 cloves garlic, minced
 - 1 cup chicken stock
 - 2 tablespoons orange juice
 - Haddar Kosher Salt**, to taste
 - pepper, to taste
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Start Cooking

For the Ribs

1. If preparing a standing rib roast, preheat oven to 375 degrees Fahrenheit. Rub roast with olive oil, kosher salt and pepper. Roast uncovered for approximately 20 minutes per pound (for example, 40 minutes for four servings, or two hours for 12). Slice and serve with sauce and decorate with coulis.
2. For preparing rib eye, club, or rib steak, rub the meat with kosher salt and pepper. (For standing rib roast, see below.) Heat oil in a skillet over high heat until very hot. Add meat and brown on both sides, approximately 1-2 minutes per side. Reduce heat to medium and continue to sear for 4-5 minutes per side until medium rare.
3. Transfer to plate and tent loosely with foil. Use the same skillet to prepare the Cabernet Merlot sauce (below).

Tip:

When purchasing your choice of meat, ration an 8-ounce serving per person if serving this recipe as a main course.

For the Cabernet Merlot Sauce

1. Heat olive oil in the skillet over medium-high heat. Add the shallots and saute for two minutes, then add the Cabernet Merlot and stock.
2. Raise heat and bring to a boil until sauce is reduced by half and achieves a syrupy consistency, about seven to nine minutes.
3. Remove from heat and season with salt and pepper if needed.

For Carrot Orange Coulis

1. Heat olive oil in a skillet over medium-high heat. Add the carrots and sear until soft and tender.
2. Add the garlic, chicken stock, and orange juice; stir to combine evenly. Remove from heat.
3. Puree sauce in blender until smooth. Season with salt and pepper to taste.

To Prepare Crispy Shallots

1. Heat two cups oil in a medium pot until very hot.
- 2.

In a medium bowl, toss shallot slices with potato starch.

3. Test oil heat by dropping in one shallot slice. Oil should bubble. Fry shallots in small batches until golden brown, removing with a slotted spoon. Drain on paper towels. Season with salt and pepper to taste.

Mini Carrot Boxes

1. Wrap mashed potatoes with carrot strips and chives.
2. To plate this dish with a side of mashed potatoes wrapped in mini carrot boxes as shown, slice thin strips of carrots lengthwise on a mandolin. Boil carrots and chives for several minutes until tender. Blanch in cold water immediately to retain color.