



ROSH CHODESH CLUB

RIB EYE WITH HONEY GLAZE CARROTS



Serves 2-4

Ingredients

24oz to 26oz of prime rib
2lb to 5lb of bones
1tsp ground fennel
2 tsp salt and pepper
1 onion worth of mirepoix
1 tomato
1/2 head garlic
1 bunch of bouquet garni
2 yukon potato
1/4 cup soy milk
1/4 lb margarine
1 white onion
olive oil
margarine

4ea carrot
1tsp coriander
1/8 cup honey
1sp olive oil
Salt and pepper to taste

Recommended Pairing



Herzog Special Reserve
Alexander Valley
Cabernet Sauvignon



Directions

Rib Eye Steak

Butcher your steaks or order them from the butcher, about 10oz to 12oz prime rib. NOTE: Remember if you get bones you can use them for the next step.

Mix ground fennel, salt and pepper together to season your steak.

Beef Jus

Mirepoix, garlic, tomato, bouquet garni, enough water to cover everything, and beef bones (or veal bones).

Cut all veggies into two bite pieces, roast everything off on a pan on the oven about 350 degrees for about 1 hour.

Add everything to a large pot, cover with water and let simmer overnight (do not boil).

After this, strain through a fine sieve and put into a new pot and cook until reduced by 90%.

Yukon Potato

Slice in half, remember to keep them the same thickness, boil until tender.

Pull from water and mash them up with soy milk and margarine.

Julienne and caramelize onion. NOTE: Remember to use a low temperature on the stove. Keep moving them in the pan until golden deep brown.

When onions are done, mix with the mashed potato. Do not add the feta until just before serving the dish.



Honey Carrots

Peel and slice carrots (remember to make them the same thickness). Toss them in a bowl with olive oil, honey, coriander, salt and pepper.

Roast them at 350°F until tender.

