



## DECEMBER 2018

### Herb-Crusted Prime Rib Recipe

Prime rib always makes a great impression on a holiday dinner table, and it's surprisingly easy to prepare!

**Prep Time:** 20 minutes  
**Bake Time:** 1¾ hours  
+ standing time  
**Yield:** 8 servings



#### Prime Rib Ingredients

- 1 large shallot, coarsely chopped
- 6 garlic cloves, quartered
- 3 Tbsp. minced fresh rosemary or 1 Tbsp. dried rosemary
- 2 Tbsp. minced fresh oregano or 2 tsp. dried oregano
- 2 Tbsp. minced fresh thyme or 2 tsp. dried thyme
- 2 Tbsp. minced fresh sage or 2 tsp. rubbed sage
- 2 Tbsp. olive oil
- 3 tsp. pepper
- 1 tsp. salt
- 1 bone-in beef rib roast (4 lbs.)

#### Sauce Ingredients

- 1½ c. reduced-sodium beef broth
- 1 c. dry red wine or additional reduced-sodium beef broth
- 1 tsp. butter
- ½ tsp. salt

#### Directions

1. Preheat oven to 350°F. Place the first six ingredients in a food processor; cover and pulse until finely chopped. Add oil, pepper, and salt; cover and process until blended. Rub over roast. Place on a rack in a large roasting pan.
2. Bake, uncovered, 1¾–2¼ hours or until meat reaches desired doneness (med-rare: 135°F; med: 140°F; med-well: 145°F).
3. Remove roast to a serving platter and keep warm; let stand 15 minutes before slicing.
4. Meanwhile, in a small saucepan, bring broth and wine to a boil; cook until liquid is reduced to 1 cup. Remove from heat; stir in butter and salt. Slice roast; serve with sauce.

#### Nutrition Facts (½ lb.)

338 calories, 19 g. fat (7 g. sat. fat), 92 mg. cholesterol, 612 mg. sodium, 4 g. carbohydrate (1 g. sugars, 0 fiber), 31 g. protein

[www.tasteofhome.com/recipes/herb-crusted-prime-rib](http://www.tasteofhome.com/recipes/herb-crusted-prime-rib)

### Little Known Facts About Christmas

1. **Christmas Trees:** The first known instances of Christmas trees were in 16th Century Germany. These evergreens were decorated with fruits and nuts. It can take up to 15 years to grow a 6–7 foot tree or as little as 4 years, but the average growing time is 7 years (NCTA).
2. **Xmas:** Why is Christmas also known as Xmas? The X comes from the ancient Greek language where X refers to Christ.
3. **Santa Claus:** Santa is based on St. Nicholas who was known for his generosity to those in need and his love for children. The character initially wore clothes that were green, purple, or even blue. However, Coca Cola decided to dress him up in colors that match their brand—now he is forever in red clothing!
4. **Santa's Sleigh:** The image of Santa Claus flying his sleigh began in 1819 and was created by Washington Irving, the same author who dreamt up the Headless Horseman.
5. **Caroling:** This tradition is based on the English custom of wassailing to toast to someone's good health and fortune. St. Francis of Assisi took this tradition and converted it to the modern form of caroling.
6. **Mistletoe:** Mistletoe is a parasite! The plant attaches itself to the host (a tree) and grows out of the branch. Although it is actually poisonous to us, it provides a great source of food for many animals.
7. **Coal:** Giving coal to naughty kids isn't unique to Santa Claus. Many Christmas figures, including the Italian witch La Befana, are known to arrive through chimneys, making coal a convenient item to leave.
8. **Reindeer:** There is some confusion regarding the sex of Santa's reindeer. While most of their names sound male, male reindeer shed their antlers in December, while females shed theirs in the summer.
9. **Tree Lights:** In 1882, the first Christmas tree was lit by the use of electricity. The first string of electric Christmas lights was mass produced around 1890, and by 1900, department stores started using these lights for their holiday displays.
10. **Poinsettias:** The poinsettia is native to Mexico and was cultivated by the Aztecs to produce red dye and as a medication to reduce fever.
11. **Largest Christmas Gift:** The Statue of Liberty was gifted by France to the United States as a Christmas gift in 1886.
12. **Jingle Bells:** "Jingle Bells" was originally written in 1857 for Thanksgiving, not Christmas, by James Lord Pierpont. It was meant to be played during Thanksgiving to commemorate the famed Medford sleigh races. It was also the first song to be broadcast from space.

