

## December 2018 TV Recipes—HOLIDAY RECIPES

*Gatherings with family and friends do not need to be stressful or time consuming. Use our recipes and simple tips to make moments with your loved ones unforgettable!*

# Classic Rib Roast with Horseradish Sauce

*Mastering a classic Rib Roast has never been so easy. Pair it with a garlicky pepper rub and a homemade horseradish sauce for out of this world flavor.*

Recipe time: 3 Hours

Makes 10 servings

- 1 beef Ribeye Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
- 2 tablespoons coarsely ground mixed peppercorns (black, white, green and pink)
- 1 tablespoon minced garlic
- 2 teaspoons vegetable oil
- Roasted Fennel (recipe follows) (optional)

### Horseradish Sauce:

- 1/2 cup whipping cream
- 3 tablespoons finely chopped fresh fennel bulb
- 3 tablespoons finely grated fresh horseradish
- 1 teaspoon finely chopped fresh fennel fronds
- 1/8 teaspoon salt

1. Heat oven to 350°F. Combine ground pepper, garlic and vegetable oil; press evenly onto all surfaces of beef roast.
2. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-1/2 to 3 hours for medium doneness.
3. Prepare Roasted Fennel, if desired.

**Roasted Fennel:** Trim off and discard fronds and stems from 4 large fresh fennel bulbs (about 3-1/2 pounds) to within 1 inch of bulbs. Cut each bulb lengthwise into quarters. Place on metal baking sheet. Drizzle with 2 tablespoons olive oil; toss gently to coat, keeping fennel pieces intact. Season with 1/2 teaspoon salt; arrange cut side down. About 2 hours before roast is done, place fennel in lower third of oven. Roast for 1-3/4 to 2 hours or until tender and lightly browned, turning and rearranging once.

4. Meanwhile, prepare **Horseradish Sauce**. Beat cream in medium bowl just until soft peaks form; do not overbeat. Add fennel bulb, horseradish, fennel fronds and salt; mix well. Cover and refrigerate until ready to serve. *Cook's Tip: Whipping cream has reached soft peaks when the beater is lifted, and the cream forms a peak that gently falls to one side.*
5. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into slices; season with salt, as desired. Serve with horseradish sauce and roasted fennel, if desired.



**Nutrition information per serving:** 387 Calories; 19g Total Fat; 8g Saturated Fat; 7g Monounsaturated Fat; 134mg Cholesterol; 143mg Sodium; 3g Total carbohydrate; 48g Protein; 3.2mg Iron; 13.6mg Niacin; 1mg Vitamin B6; 2.7mcg Vitamin B12; 8.9mg Zinc; 55mcg Selenium; 0.5g Fiber.

## Classic Beef Wellington

*This recipe will show your friends and family you have some serious skills in the kitchen. Beef Tenderloin is baked in puff pastry with mushrooms and shallots for a dish that will surely be remembered.*

Recipe time: 1 Hour 30 Minutes

Makes 4 servings

- 1 center cut beef Tenderloin Roast, chain removed (about 2 pounds)
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon-style mustard
- 1/2 teaspoon dried thyme leaves
- 1 sheet frozen puff pastry (1/2 package), thawed



1. Heat 1/2 teaspoon oil in large nonstick skillet on medium-high heat until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of beef roast. Place roast in skillet; brown evenly. Remove roast from skillet.
2. Heat oven to 425°F. Place mushrooms and shallot into food processor; pulse on and off about 10 times until finely chopped. Do not over process. Heat remaining 1/2 teaspoon oil in same skillet over medium-high heat until hot. Add mushrooms and shallot; cook 4 to 6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2 to 3 minutes until all liquid is evaporated. Stir in mustard, thyme, remaining 1/4 teaspoon pepper. Cook 2 to 3 minutes. Remove from skillet to medium bowl; cool. **Cook's Tip:** *Mushrooms and shallot may be finely chopped by hand.*
3. Line rimmed baking sheet with aluminum foil and place in oven. Unfold pastry dough on lightly floured cutting board. Roll pastry out to 12 by 9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edge of dough. Place roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges. Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut 4 (2-inch) vents in top of pastry. **Cook's Tip:** *Use any excess dough to decorate Wellington.*
4. Bake in 425°F oven 35 to 50 minutes or until golden brown and instant-read thermometer inserted into center of roast registers 135°F for medium rare; 150°F for medium. Transfer Beef Wellington to carving board. Let stand 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Carve into slices. and serve with your favorite vegetables.

**Nutrition information per serving:** 386 Calories; 17g Total Fat; 6g Saturated Fat; 8g Monounsaturated Fat; 119mg Cholesterol; 584mg Sodium; 9g Total carbohydrate; 42g Protein; 5.4mg Iron; 10.4mg Niacin; 1.1mg Vitamin B6; 103.1mg Choline; 5.8mcg Vitamin B12; 6.3mg Zinc; 43.6mcg Selenium; 1.2g Fiber.

# Classic Beef Tenderloin with Cranberry Drizzle

*Beef Tenderloin served with roasted Brussels sprouts and a tangy cranberry sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association.*

Recipe time: 1 Hour 45 Minutes

Makes 12 servings

- 1 beef Tenderloin Roast Center-Cut (2 to 3 pounds)
- 1 pound yellow onions, peeled, cut into wedges
- 2-1/2 pounds Brussels sprouts, trimmed
- 1 tablespoon olive oil
- 1-1/4 teaspoons salt, divided
- 2 tablespoons chopped fresh thyme leaves
- 1 tablespoon pepper



## Sauce

- 1/3 cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce

1. Heat oven to 425°F. Combine onions, Brussels sprouts, oil and 1 teaspoon salt on metal baking pan; toss to coat. Set aside.

***Cook's Tip:** Peeled Cipollini or pearl onions may be substituted for yellow onions and omit cutting into wedges. Cipollini onions look and taste like small, flat onions but are actually bulbs of the grape hyacinth. Sometimes referred to as wild onions, they can often be found in the produce department of large supermarkets. To easily peel, place in boiling water 10 to 15 seconds. Remove from water and immediately place in a bowl of ice water. Drain and peel skin.*

2. Combine thyme and pepper in small bowl. Reserve 1 teaspoon thyme mixture for sauce; set aside. Press remaining thyme mixture evenly onto all surfaces of beef Tenderloin Roast.
3. Place roast on rack in shallow roasting pan. Insert ovenproof-meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Place prepared vegetables in oven with roast. Roast beef in 425°F oven 35 to 45 minutes for medium rare; 45 to 50 minutes for medium doneness. Roast vegetables 45 to 50 minutes or until tender and lightly browned

## SAUCE

1. Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved 1 teaspoon thyme mixture and remaining 1/4 teaspoon salt. Keep warm.
2. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
3. Carve roast into slices; serve with vegetables and sauce.

**Nutrition information per serving:** 286 Calories; 7.9g Total Fat; 2.8g Saturated Fat; 0.8g Polyunsaturated Fat; 3.6g Monounsaturated Fat; 0.3g Trans Fat; 71mg Cholesterol; 319mg Sodium; 754.8mg Potassium; 29.3g Total carbohydrate; 27.5g Protein; 4.4mg Iron; 5.5mg Niacin; 0.9mg Vitamin B6; 81.9mg Choline; 3.5mcg Vitamin B12; 4.1mg Zinc; 23.1mcg Selenium; 5g Fiber.

## Beef & Blue Cheese Stuffed Mushrooms

*Truly a bite size wonder. Mushroom caps are stuffed with a rich blend of Ground Beef, blue cheese and chives, then baked until golden brown and bubbly.*

Recipe time: 50 Minutes

Makes 40 appetizers

- 1/2 pound Ground Beef
- 1/4 teaspoon salt
- 36 to 40 small button or cremini mushrooms (about 1-1/2 to 2-inch diameter)
- 1/3 cup crumbled blue cheese
- 1/4 cup soft whole wheat bread crumbs
- 3 tablespoons minced chives
- 1/2 teaspoon steak seasoning blend
- Minced fresh chives (optional)



1. reheat oven to 375°F. Remove and reserve stems from mushrooms. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.
2. Combine Ground Beef, minced stems, blue cheese, bread crumbs, 3 tablespoons chives and steak seasoning. Spoon beef mixture evenly into mushrooms.
3. Place stuffed mushrooms on rack in broiler pan. Bake in 375°F oven 15 to 20 minutes. Sprinkle with additional chives, if desired.

**Nutrition information per serving:** 20 Calories; 1g Total Fat; 1g Saturated Fat; 0g Monounsaturated Fat; 5mg Cholesterol; 49mg Sodium; 1g Total carbohydrate; 2g Protein; 0.2mg Iron; 0.8mg Niacin; 0mg Vitamin B6; 5.9mg Choline; 0.1mcg Vitamin B12; 0.4mg Zinc; 2.2mcg Selenium; 0.1g Fiber.

## Beef & Couscous Stuffed Baby Bell Peppers

*A colorful appetizer for any occasion. Tiny peppers packed with Ground Beef, spinach and couscous, sprinkled with reduced-fat cheese.*

Recipe time: 1 Hour 15 Minutes

Makes 30 appetizers

- 1 pound Ground Beef
- 15 baby sweet bell peppers (about 2-1/2 to 3 inches long, about 1-1/4 pounds)
- 2/3 cup regular or spicy 100% vegetable juice
- 1/2 cup frozen chopped spinach, thawed, squeezed dry
- 1/4 cup uncooked whole wheat or regular couscous



- 2 teaspoons minced garlic
  - 1/2 teaspoon dried oregano leaves
  - 1/2 teaspoon salt
  - 1/2 teaspoon ground black pepper
  - 1/2 cup reduced-fat shredded Parmesan, Monterey Jack, white Cheddar or Italian-blend cheese
1. Heat oven to 400°F. Cut bell peppers in half lengthwise; remove seeds and membranes, but not stem. Place peppers, cut-sides up, on two shallow-rimmed baking sheets. *Cook's Tip: Two broiler pans may be substituted for baking sheets.*
  2. Combine Ground Beef, vegetable juice, spinach, couscous, garlic, oregano, salt and black pepper in large bowl, mixing lightly but thoroughly. Spoon beef mixture evenly into peppers. Sprinkle with cheese.
  3. Bake, uncovered, in 400°F oven 25 to 30 minutes or until instant-read thermometer inserted into center of pepper registers 160°F and peppers begin to brown. Let stand 5 minutes before serving.

*Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

*Nutrition information per serving: 49 Calories; 2g Total Fat; 1g Saturated Fat; 1g Monounsaturated Fat; 12mg Cholesterol; 99mg Sodium; 3g Total carbohydrate; 4g Protein; 0.5mg Iron; 0.8mg Niacin; 0mg Vitamin B6; 9.2mg Choline; 0.3mcg Vitamin B12; 0.7mg Zinc; 2.3mcg Selenium; 0.6g Fiber.*

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