

DECEMBER 2017 TV RECIPES—Holiday Beef Recipes

Beef Rib Roast with Red Wine Cherry Sauce

Cook Time: 3 Hours 30 Minutes

Makes 20 servings

- 1 beef Rib Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
- 1/4 cup plus 2 tablespoons minced shallots, divided
- 2 tablespoons plus 1 teaspoon minced fresh thyme
- 1-1/8 teaspoons coarse grind black pepper, divided
- 1 tablespoon unsalted butter
- 1 cup reduced-sodium beef broth, divided
- 1 cup dry red wine
- 1/2 cup dried cherries or cranberries
- 2 teaspoons cornstarch
- Salt



1. Preheat oven to 350°F. Combine 2 tablespoons shallots, 2 tablespoons thyme and 1 teaspoon pepper; 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. Meanwhile, heat butter in large nonstick skillet over medium heat until melted. Add remaining 1/4 cup shallots and 1 teaspoon thyme; cook and stir 3 to 5 minutes or until shallots are tender and begin to turn golden. Add 3/4 cup broth, wine and cherries to skillet; bring to boil. Reduce heat; cook, uncovered, over medium heat 6 to 8 minutes or until reduced to 1-1/2 cups. Combine remaining 1/4 cup broth and cornstarch; whisk into wine mixture. Stir in remaining 1/8 teaspoon pepper; bring to a boil. Cook 1 to 2 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.
4. 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.)
5. Carve Roast into slices; season with salt, as desired. Serve with Red Wine-Cherry Sauce.

Nutrition information per serving: 386 Calories; 14g Total Fat; 6g Saturated Fat; 5g Monounsaturated Fat; 143mg Cholesterol; 155mg Sodium; 9g Total carbohydrate; 48g Protein; 3.5mg Iron; 18.7mg Niacin; 1mg Vitamin B6; 180.9mg Choline; 2.7mcg Vitamin B12; 8.8mg Zinc; 55mcg Selenium; 2.5g Fiber.

Classic Beef Chateaubriand

Cook Time: 55 Minutes

Makes 10 servings

- 1 beef Tenderloin Roast, Center Cut (2 to 3 pounds)
- 4 tablespoons butter, divided
- 1/2 cup shallots
- 1 pound sliced mushrooms
- 1-1/2 tablespoons minced garlic
- 1-1/2 cup dry white wine
- 2-1/4 cups reduced-sodium beef broth
- 1-1/2 teaspoons dried tarragon leaves



1. Preheat oven to 425°F. Season beef roast with salt and pepper, as desired. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 35 to 45 minutes for medium rare, 45 to 50 minutes for medium doneness.
2. Melt 2 tablespoons butter in skillet. Add shallots; cook 2 minutes until golden brown. Add mushrooms and garlic; cook 3 to 4 minutes until mushrooms are tender. Stir in wine; simmer 7 to 8 minutes. Add broth; bring to a boil. Simmer 15 to 20 minutes until liquid is reduced by half. Stir in remaining 2 tablespoons butter until melted. Stir in tarragon leaves. Season with salt and pepper, as desired.
3. Remove roast when meat thermometer registers 135°F for medium rare, 150°F for medium doneness. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Carve roast into slices, season with salt, as desired. Spoon sauce over beef.

Nutrition information per serving: 290 Calories; 13g Total Fat; 6g Saturated Fat; 5g Monounsaturated Fat; 87mg Cholesterol; 194mg Sodium; 5g Total carbohydrate; 26g Protein; 3.3mg Iron; 7.1mg Niacin; 0.8mg Vitamin B6; 71.1mg Choline; 3.5mcg Vitamin B12; 4.1mg Zinc; 26.9mcg Selenium; 1g Fiber.

Beef Crostini with Balsamic Drizzle & Parmesan Crisps

Total Recipe Time: 45 to 50 minutes

Makes 24 appetizers

- 2 beef Strip Steaks, Boneless, cut 1-inch thick (about 1-1/4 pounds)
- 1/2 cup freshly grated Parmesan cheese
- 1-1/2 teaspoons all-purpose flour
- 12 slices thin white sandwich bread, crusts removed
- 1-1/2 teaspoons coarse grind black pepper
- Salt
- 4 ounces garlic-herb cheese spread, slightly softened
- Prepared balsamic syrup
- 24 small arugula leaves



1. Heat oven to 350°F. Combine Parmesan cheese and flour in small bowl; toss to mix well. Spray baking sheet with nonstick cooking spray. Sprinkle Parmesan mixture evenly into 8-inch circle on baking sheet.

Bake in center of 350°F oven 6 to 8 minutes or until melted and light brown. Cool 2 minutes on baking sheet, then remove to wire rack to cool completely. Break into 24 irregular-shaped pieces. Set aside.

2. Cut each bread slice diagonally in half. Place in single layer on baking sheet. Bake in 350°F oven about 6 minutes or until lightly toasted but not brown. Set aside.
3. Press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks into thin slices; season with salt.
4. Meanwhile, spread 1 teaspoon cheese spread onto each bread piece; top with 2 to 3 steak slices. Drizzle balsamic syrup over beef; top with Parmesan crisp and arugula leaf.

Test Kitchen Tip: *Parmesan crisps may be made 1 day in advance and stored in an airtight container.*

Nutrition information per serving, using Strip steaks: 74 calories; 3 g fat (2 g saturated fat; 1 g monounsaturated fat); 17 mg cholesterol; 101 mg sodium; 4 g carbohydrate; 0.2 g fiber; 7 g protein; 1.7 mg niacin; 0.1 mg vitamin B₆; 0.3 mcg vitamin B₁₂; 0.6 mg iron; 7.3 mcg selenium; 1.1 mg zinc.

Beef Pinwheels

Cook Time: 30 minutes

Makes 72 appetizers

- 1 package (16 to 24 ounces) fully-cooked boneless beef pot roast with gravy
- 1/2 cup shredded asiago cheese
- 1 package (17.3 ounces) frozen puff pastry (2 sheets), defrosted
- 4 green onions, cut in half lengthwise, then cut into thin long strips



1. Heat beef pot roast with gravy in microwave according to package directions. Remove pot roast from container; discard gravy. Shred pot roast in large bowl with 2 forks; stir in cheese. Set aside.
2. Heat oven to 400°F. Spray 2 metal baking sheets with nonstick cooking spray. Unfold each puff pastry sheet onto lightly floured surface.
3. Cut in half with sharp knife or pizza cutter to make four 10 X 4-3/4 inch rectangles.
4. Working with 1 rectangle at time, place a long side in front of you. Place 1/4 of the beef mixture onto pastry, leaving a 1/2-inch border on the long side closest to you. Lay 1/4 of the green onion strips lengthwise over beef mixture. Roll up pastry jelly-roll fashion starting with long side opposite you. Brush water along border and seal pastry. Repeat with remaining pastry, beef mixture and green onions.
5. Cut pastry rolls crosswise into 1/2-inch thick slices, forming pinwheels. Arrange 1 inch apart on prepared baking sheets. Bake in 400°F oven 15 to 17 minutes or until golden brown, rotating pans halfway through baking. Transfer pinwheels to wire rack; cool slightly. Serve warm.

Nutrition information per serving: 45 calories; 2 g fat (1 g saturated fat; 1 g monounsaturated fat); 4 mg cholesterol; 33 mg sodium; 4 g carbohydrate; 0.0 g fiber; 2 g protein; 0.4 mg niacin; 0.0 mg vitamin B₆; 0.1 mcg vitamin B₁₂; 0.3 mg iron; 1.4 mcg selenium; 0.3 mg zinc.

Thyme-Rubbed Beef Sirloin Tip Roast with Roasted Onion and Pear Wild Rice

Total Recipe Time: 2 Hours 30 Minutes

Makes 8 servings

- 1 beef Sirloin Tip Roast (3 to 4 pounds)
- 1 tablespoon dried thyme leaves, crushed
- 1 teaspoon pepper
- 2 small firm pears, cut lengthwise in half, cored
- 1 medium red onion, cut into 1/2-inch wedges
- 1/2 teaspoon dried thyme leaves, crushed
- 1 package (6 to 7 ounces) long grain and wild rice mix



1. Heat oven to 325°F. Combine 1 tablespoon thyme and pepper; press evenly onto all surfaces of beef roast.
2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Place pears and onion around roast; sprinkle with 1/2 teaspoon thyme. Do not add water or cover. Roast in 325°F oven 1-3/4 to 2 hours for medium rare; 2 to 2-1/4 hours for medium doneness.
3. Remove roast when meat thermometer registers 140°F for medium rare; 150°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 5°-10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare rice mix according to package directions, omitting butter; keep warm. Coarsely chop pears and onion; stir into rice.
5. Carve roast into thin slices; season with salt, as desired. Serve with rice mixture.

***Nutrition information per serving:** 310 Calories; 6g Total Fat; 2g Saturated Fat; 0.4g Polyunsaturated Fat; 2.5g Monounsaturated Fat; 0g Trans Fat; 100mg Cholesterol; 340mg Sodium; 639mg Potassium; 24g Total carbohydrate; 41g Protein; 5mg Iron; 18.4mg Niacin; 1mg Vitamin B6; 104.6mg Choline; 2.6mcg Vitamin B12; 5.9mg Zinc; 34.8mcg Selenium; 2g Fiber.*

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