

December 2019 TV Recipes—Holiday Recipes

Make your holidays memorable with these delicious beef recipes!

Beef Rib Roast with Chocolate-Port Sauce

The ultimate special occasion recipe! A classic bone-in Ribeye Roast gets an impressive finishing sauce and kicked up side dish.

Total 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)
- Salt
- Chopped fresh parsley (optional)

Seasoning:

- 3 tablespoons freshly grated orange peel
- 2 tablespoons finely chopped fresh thyme
- 1 tablespoon finely chopped garlic
- 1 tablespoon coarse grind black pepper

Chocolate-Port Sauce:

- 3 tablespoons butter
- 3/4 cup finely chopped shallots
- 1-1/2 teaspoons finely chopped fresh thyme
- 1-1/4 cups port wine
- 1 can (14 to 14-1/2 ounces) ready-to-serve beef broth
- 3/4 cup whipping cream
- 1 tablespoon soy sauce
- 3/4-ounce bittersweet chocolate, finely chopped
- Salt and ground black pepper



1. Heat oven to 350°F. Combine seasoning ingredients; press evenly onto all surface 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 prepare Chocolate-Port Sauce. Melt butter in large nonstick skillet over medium heat. Add shallots and thyme; cook and stir 4 to 6 minutes or until shallots are lightly browned. Add port; cook 5 to 7 minutes or until reduced by one half, stirring occasionally. Add broth; bring to a boil. Reduce heat to medium; cook 15 to 17 minutes or until reduced by one half, stirring occasionally. Stir in cream and soy sauce; cook 3 to 5 minutes or until slightly thickened, stirring frequently. Remove from heat. Add chocolate; stir until melted. Season with salt and pepper, as desired. Keep warm.
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 sauce. Garnish with parsley, if desired.

***Cook's Tip:** Sauce may be prepared up to 1 day ahead. Cover and refrigerate. Reheat gently before serving. Do not boil.*

***Cook's Tip:** To prevent seasoning on roast from overbrowning, tent loosely with aluminum foil after roasting for 1 hour.*

Nutrition information per serving, 8 servings : 877 Calories; 405 Calories from fat; 45g Total Fat (23 g Saturated Fat; 16 g Monounsaturated Fat; 199 mg Cholesterol; 1024 mg Sodium; 54 g Total Carbohydrate; 5.1 g Dietary Fiber; 58 g Protein; 6.6 mg Iron; 12.4 mg Niacin; 1.6 mg Vitamin B₆; 3.9 mcg Vitamin B₁₂; 11.4 mg Zinc; 49.1 mcg Selenium; 133.9 mg Choline.

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Peppered Rib Roast with Roasted Garlic Sauce

Show your friends that you're an expert in the kitchen. Peppered Ribeye Roast served with a creamy roasted garlic sauce is nothing but delicious.

Total Recipe Time: 3 hours 15 minutes

Makes 8 servings

- 1 beef Ribeye Roast boneless, small end (about 4 to 6 pounds)
- 1 tablespoon chopped fresh parsley
- 2 teaspoons coarse grind black pepper
- 2 medium heads garlic
- 2 teaspoons olive oil
- 1 cup reduced-sodium beef broth
- 2 tablespoons dry sherry
- 1/2 cup half-and-half
- 1/4 teaspoon salt
- Chopped fresh parsley



1. Preheat oven to 350°F. Combine 1 tablespoon parsley and pepper in small bowl. Press evenly onto all surfaces of beef roast.
2. Place roast, fat side up, 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. Cut about 1/4 inch off top of each garlic head, exposing cloves. Remove outer papery skin, leaving head intact. Place in center of 12-inch square heavy-duty aluminum foil; drizzle each with 1 teaspoon oil. Bring two opposite sides of foil over garlic; seal with double fold. Fold in open ends to seal. Place alongside roast in pan. Roast beef in 350°F oven 1-3/4 to 2 hours for medium rare; 2 to 2-1/4 for medium doneness. Roast garlic 1-1/4 to 1-1/2 hours or until very soft and golden brown; set aside.
3. 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.)
4. Meanwhile, squeeze garlic cloves from skins into small bowl; mash with back of spoon. Combine garlic, broth and sherry in medium saucepan; bring to boil. Cook 10 to 11 minutes or until reduced by half. Add half-and-half; reduce heat and bring to a gentle boil. Continue cooking 4 to 6 minutes or until sauce is reduced to 1 cup, stirring occasionally. Keep warm.
5. Carve roast into slices; serve with sauce. Garnish with additional parsley, as desired.

Nutrition information per serving (1/12 of recipe): 196 calories; 72 calories from fat; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 82 mg cholesterol; 159 mg sodium; 2 g carbohydrate; 0.2 g fiber; 26 g protein; 10.3 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 1.8 mg iron; 30.9 mcg selenium; 4.8 mg zinc; 2.9 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

Pistachio-Crusted Beef Rib Roast with Holiday Wine Sauce

This show-stopper recipe will impress any guest lucky enough to sit at your table! The crunchy, salty crust pairs perfectly with the rich sauce made with mushrooms, shallots and red wine.

Total Recipe Time: 3 hours 30 minutes

Makes 10 servings

- 1 beef Ribeye Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)

Seasoning:

- 1/2 cup unsalted shelled pistachios, finely chopped
- 1/4 cup coarsely crushed coriander seeds
- 2 tablespoons finely chopped fresh thyme
- 2 tablespoons extra virgin olive oil
- 1 teaspoon coarse grind black pepper

Holiday Wine Sauce:

- 2 tablespoons extra virgin olive oil



- 4 ounces cremini or button mushrooms, sliced
 - 1/4 cup finely chopped shallots
 - 1 cup beef broth, divided
 - 1 cup cabernet sauvignon
 - 1 tablespoon cornstarch
 - 1/8 teaspoon black pepper
 - 1 teaspoon fresh thyme
 - Salt
1. Heat oven to 350°F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast. *Cook's Tip: To coarsely crush coriander seeds, place seeds in food-safe plastic bag; seal well. Crush seeds with rolling pin, using a back and forth rolling motion.*
 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. 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.)
 4. Meanwhile prepare Holiday Wine Sauce. Heat olive oil in large nonstick skillet over medium heat until hot. Add mushrooms and shallots; cook and stir 6 to 9 minutes or until mushrooms are tender and browned. Remove from skillet; keep warm. Add 3/4 cup broth and wine to skillet; cook and stir over medium heat 12 to 16 minutes or until reduced to 1 cup. Combine remaining 1/4 cup broth and cornstarch in small bowl. Whisk cornstarch mixture and pepper into wine mixture; bring to a boil. Cook 1 minute or until sauce thickens, stirring occasionally. Remove from heat; add thyme and mushroom mixture. Season with salt, as desired.
 5. Carve roast into slices; season with salt, as desired. Serve with Holiday Wine Sauce.

Nutrition information per serving, (1/8 of recipe): 471 Calories; 216 Calories from fat; 24g Total Fat (6 g Saturated Fat; 12 g Monounsaturated Fat;) 113 mg Cholesterol; 213 mg Sodium; 7 g Total Carbohydrate; 2.6 g Dietary Fiber; 50 g Protein; 3.7 mg Iron; 13.9 mg Niacin; 1.1 mg Vitamin B₆; 2.7 mcg Vitamin B₁₂; 9 mg Zinc; 57 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber.

Beef Bruschetta with Roasted Garlic-Feta Spread

Beef Flat Iron Steak is served on crusty bread with a garlic-feta spread, tomatoes and olives.

Total Recipe Time: 40 Minutes

Makes 6 servings

- 1 beef Flat Iron Steak (about 8 ounces)
 - 5 cloves garlic, smashed
 - 2 tablespoons vegetable oil
 - 2 tablespoons olive oil
 - 1 loaf ciabatta bread (11 to 14 ounces)
 - 3/4 cup feta cheese crumbles
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon coarse grind black pepper
 - 1 cup diced Roma tomatoes, seeded, ribs removed (about 4 medium tomatoes)
 - 1/3 cup packed Kalamata olives, cut in half lengthwise then into 1/4-inch half moons
 - 1/3 cup thinly sliced fresh basil leaves
1. Preheat oven to 375°F. Heat garlic, vegetable oil and olive oil in a small saucepan over medium-low heat. Cook 8 to 10 minutes or until the garlic begins to brown. Remove from heat; set aside to cool. Drain garlic from oil. Reserve 2 tablespoons oil for bread and 2 tablespoons oil for tomato mixture; set aside.



- Cut ciabatta in half lengthwise. Slice into 18, 1/2-inch pieces; place on shallow-rimmed baking sheet. (You may have some leftover ciabatta.) Brush each piece with reserved 2 tablespoons garlic oil. Bake in 375°F oven 10 minutes. Set aside.
- Chop cooled garlic and return to same saucepan; add feta. Heat on medium heat; cook 4 to 5 minutes until cheese is melted and looks like ricotta cheese. Keep warm.
- Season steak with salt and pepper. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Combine tomatoes, olives, basil and remaining 2 tablespoons oil in small bowl; set aside.
- Spread 2 teaspoons garlic-feta mixture on each piece toasted ciabatta. Carve steak into 1/4-inch slices. Cut each slice into 1-1/2-inch pieces. Place two steak pieces on each piece ciabatta. Top with 1 tablespoon tomato mixture.

Nutrition information per serving: 368 Calories; 191.7 Calories from fat; 21.3g Total Fat (5.6 g Saturated Fat; 0.15 g Trans Fat; 3.5 g Polyunsaturated Fat; 6.7 g Monounsaturated Fat;) 41 mg Cholesterol; 728 mg Sodium; 29 g Total Carbohydrate; 1.5 g Dietary Fiber; 15 g Protein; 1.2 mg Iron; 220 mg Potassium; 1.6 mg Niacin; 0.3 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 3.3 mg Zinc; 14 mcg Selenium; 37.2 mg Choline. This recipe is an excellent source of Protein, Vitamin B₁₂, Zinc, and Selenium; and a good source of Vitamin B₆.

Herbed Beef Tenderloin with Holiday Rice

Impress dinner guests without breaking a sweat. Coat a center-cut Tenderloin in herbs and spices, roast and serve with a colorful red-pepper-and-green-bean rice blend.

Total Recipe Time: 1 hour 15 minutes

Makes 6 servings

- 1 beef Tenderloin Roast Center-Cut (2 to 3 pounds)

Seasoning:

- 2 teaspoons olive oil
- 2 teaspoons minced garlic
- 1-1/2 teaspoons dried basil
- 1 teaspoon coarse grind black pepper
- 1/2 teaspoon dried rosemary

Holiday Rice:

- 2 tablespoons butter
- 3/4 cup each chopped onion and chopped red bell pepper
- 1 teaspoon minced garlic
- 1 package (9 ounces) frozen French-style green beans, defrosted
- 3 cups hot cooked rice
- 1/3 cup slivered almonds, toasted

- Heat oven to 425°F. Combine seasoning ingredients; press onto beef Tenderloin Roast. 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.
- Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Tent with foil. Let stand 15 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
- Heat butter in large skillet over medium heat. Add onion, bell pepper and garlic; cook and stir 5 minutes or until tender. Add beans; cook and stir 2 minutes. Stir in rice and almonds; heat through. Carve roast; season with salt. Serve with rice.

Nutrition information per serving: 494 Calories; 180 Calories from fat; 20g Total Fat (7.5 g Saturated Fat; 0.8 g Trans Fat; 2 g Polyunsaturated Fat; 9.3 g Monounsaturated Fat;) 129 mg Cholesterol; 82 mg Sodium; 34 g Total Carbohydrate; 3.4 g Dietary Fiber; 44 g Protein; 6.8 mg Iron; 603 mg Potassium; 9.8 mg Niacin; 1.1 mg Vitamin B₆; 5.8 mcg Vitamin B₁₂; 6.4 mg Zinc; 42.7 mcg Selenium; 94.9 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

