

## **December 2021 TV —Holiday Recipes**

*Make beef the center of your holiday celebration this year. Let the savory aroma of a holiday roast wrap itself around you and give your family a gift they'll ask for every year. Or maybe every night.*

### **Maple-Mustard Glazed Ribeye Roast**

*Chef Hugh Acheson uses maple syrup to put a Canadian twist on Glazed Ham for a big, juicy maple-mustard glazed Ribeye Roast.*

Total Recipe Time: 2 hours 30 minutes

Makes 8 servings

#### **Roast:**

- 1 beef Ribeye Roast, boneless, 4 pounds
- 1-1/2 teaspoons kosher salt
- 1 tablespoon freshly ground black pepper
- 1/4 cup bourbon
- 1 cup maple syrup
- 1/2 cup whole grain Dijon mustard
- 2 tablespoons red wine vinegar

#### **Pickled Red Onion:**

- 1 medium red onion, peeled and sliced thinly
- 4 bay leaves
- 1-1/2 cup rice wine vinegar
- 1-1/2 cup water
- 1/2 cup granulated sugar
- 1 tablespoon sea salt

#### **English Peas with Tarragon:**

- 2 tablespoons olive oil
- 2 cloves garlic, peeled and thinly sliced
- 2 cups freshly shelled English peas
- 1/2 cup vegetable stock
- 2 tablespoons chopped fresh tarragon
- 1 cup strained pickled red onion
- Pinch kosher salt

1. Preheat oven to 250°F. Season roast well with one teaspoon of the salt and all the pepper.
2. Place the beef roast on a roasting pan and roast for approximately two hours at 250°F, or until it reaches 135°F as measured with an oven-proof or instant-read thermometer.
3. Remove from oven and rest for 20 minutes while raising the oven temp to 500°F.
4. During this time, in a small saucepan on the stovetop, combine the bourbon, maple syrup, mustard, vinegar and remaining 1/2 teaspoon of salt. Bring to a boil and then simmer for five minutes. Brush the glaze all over the top of the roast. Reserve any extra glaze for serving.
5. Place the roast back in the 500°F oven for approximately 5 to 6 minutes until the glaze is bubbling and crisping or the roast reaches 145°F measured with an oven-proof or instant-read thermometer.

#### **Pickled Red Onion:**

1. Place the sliced onion and bay leaves in a mason jar with space for the liquid to be added. Combine the vinegar, water, sugar, and salt in a small pot on the stovetop and bring to a boil and then pour over the onion and bay leaves. Let cool to room temperature and then cap and store in the fridge. It is best to make this in advance to allow flavors to develop. This is a fridge pickle and will stay fresh in the refrigerator for ten days.

#### **English Peas with Tarragon:**



1. Place a small pot on the stove over medium heat. Add the oil, and when the oil is hot, add the garlic. Cook garlic for thirty seconds and then add the peas and stock. Cover and cook for two minutes. Remove from heat, add tarragon and pickled onions. Season to taste with kosher salt.
2. Plate sliced roast alongside English peas with tarragon topped with pickled red onions. Consider drizzling steak with reserved glaze.

**Nutrition information per serving, 8 servings:** 563 Calories; 23.8 g Total Fat (8.3 g Saturated Fat; 1.0 g Trans Fat; 1.3 g Polyunsaturated Fat; 11.5 g Monounsaturated Fat); 119 mg Cholesterol; 1053 mg Sodium; 37.3 g Total Carbohydrate; 2.5 g Dietary Fiber; 29.8 g Total Sugars; 27.2 g Added Sugars; 43 g Protein; 94.9 mg Calcium; 4.3 mg Iron; 692 mg Potassium; 1.1 mg Riboflavin; 16.7 mg Niacin; 0.9 mg Vitamin B6; 2.4 mcg Vitamin B12; 308 mg Phosphorus; 10.2 mg Zinc; 42.4 mcg Selenium; 95.4 mg Choline.

## Smoked Herb Rib Roast

*This triple-tested smoked Rib Roast is the one you want to feed your friends and family.*

Total Recipe Time: 7 hours 15 minutes

Makes 24 servings

- 8 to 16 pounds beef Ribeye Roast

### Herb Paste:

- 1/4 cup olive oil
- 2 tablespoons kosher salt
- 2 tablespoons freshly ground black pepper
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon finely chopped fresh sage

### Garnish:

- 1 tablespoon finely chopped fresh parsley (optional)



1. Combine oil, salt, pepper, rosemary, thyme and sage in small bowl to form a paste. Spread evenly onto all surfaces of beef Ribeye Roast.
2. Add wood chunks, chips or pellets to smoker according to manufacturer's instructions. Preheat smoker to 225°F.
3. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Place roast in smoker, rib side down according to manufacturer's instructions. Set timer for 6 hours depending on desired smoke flavor. Smoke roast 4 to 6 hours for medium doneness. Carefully remove roast from smoker when meat thermometer registers 135°F.
4. Preheat oven to 350°F. Place roast, fat-side up, in shallow roasting pan for 30 minutes to 1 hour. Remove roast when meat thermometer registers 140°F for medium rare; 155°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°F to reach 145°F for medium rare; 160°F for medium.)
5. Carve roast into slices between ribs. For thinner slices, remove ribs then carve. Season roast with salt and parsley, as desired.

**Nutrition information per serving, 3 to 5 ounces:** 327 Calories; 167.4 Calories from fat; 18.6g Total Fat (6.7 g Saturated Fat; 0.8 g Trans Fat; 1.2 g Polyunsaturated Fat; 9 g Monounsaturated Fat;) 112 mg Cholesterol; 559 mg Sodium; 0.4 g Total Carbohydrate; 0.2 g Dietary Fiber; 40 g Protein; 0 mg Calcium; 3.1 mg Iron; 467 mg Potassium; 0.4 mg Riboflavin; 8.2 mg NE Niacin; 0.8 mg Vitamin B6; 3.3 mcg Vitamin B12; 250 mg Phosphorus; 10 mg Zinc; 49.7 mcg Selenium; 78.3 mg Choline. This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Iron, and Choline.

# Beef Tenderloin with Cranberry Balsamic Compote

*This beef Tenderloin Roast with cranberry balsamic compote checks all the boxes (and has the stamp of approval from a chef AND dietitian!). It'll make for a special, unforgettable gathering with close family.*

Total Recipe Time: 50 minutes

Makes 8 servings

- 3-pound beef Tenderloin Roast, trimmed of excess fat
- 2 tablespoons olive oil
- 1 ½ teaspoons coarse salt
- ¾ teaspoon coarsely ground black pepper
- 3 sprigs fresh thyme
- 1 sprig fresh rosemary

## Cranberry Balsamic Compote:

- 3 cups fresh or frozen cranberries
- 1 medium honey crisp apple, cored and diced
- ¼ cup unsweetened dried cranberries
- 1-inch piece fresh ginger, peeled and grated
- 1 teaspoon ground cinnamon
- 6 tablespoons granulated sugar, brown sugar or honey
- 3 tablespoons balsamic vinegar
- Zest and juice of 3 medium oranges
- ¼ teaspoon coarse salt



1. Preheat the oven to 350 degrees.
2. Heat the olive oil in a large cast iron or oven-safe skillet to medium-high. Season the Roast on all sides with salt and black pepper. Place the Roast in the skillet and cook 2-3 minute per side, until the entire exterior has a browned crust.
3. Place the thyme and rosemary sprigs in the oil next to the Tenderloin Roast and transfer to the oven. Roast 10-15 minutes or until a thermometer inserted into the center of the roast reads 140 degrees (the Tenderloin will carryover cook about 5 degrees to reach 145 degrees after being removed from the oven). Place aluminum foil over the pan and let rest 10-15 minutes. Transfer to a cutting board and slice.
4. In a medium saucepan, combine the cranberries, apple, dried cranberries, honey, balsamic vinegar, ginger, cinnamon, salt and orange zest and juice. Heat to medium and bring to a boil, then reduce the heat to low and simmer 10-12 minutes, stirring frequently, until the cranberries burst and most of the liquid is evaporated. Remove from the heat and let slightly cool.
5. Divide the Tenderloin Roast slices onto plates and spoon the herb-infused olive oil on top. Spoon cranberry balsamic chutney and serve with a side of cauliflower mashed potatoes and green beans. Serve immediately.

**Nutrition information per serving:** Calories: 367; Sugar: 19g; Sodium: 380mg; Fat: 12g; Saturated Fat: 1g; Unsaturated Fat: 11g; Trans Fat: 0g; Carbohydrates: 23g; Fiber: 3g; Protein: 38g; Cholesterol: 89mg.

Recipe courtesy of [The Healthy Epicurean](#).

Wisconsin Beef Council  
957 Liberty Dr, Ste 201  
Verona, WI 53593  
1-800-728-BEEF



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

Serve your guests a delicious beef Sirloin Tip Roast with a tasty side dish of roasted onions and pears served with wild rice.

Total Recipe Time: 3 hours

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 Sirloin Tip 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; 54 Calories from fat; 6g Total Fat (2 g Saturated Fat; 0 g Trans Fat; 0.4 g Polyunsaturated Fat; 2.5 g Monounsaturated Fat;) 100 mg Cholesterol; 340 mg Sodium; 24 g Total Carbohydrate; 2 g Dietary Fiber; 41 g Protein; 5 mg Iron; 639 mg Potassium; 18.4 mg NE Niacin; 1 mg Vitamin B<sub>6</sub>; 2.6 mcg Vitamin B<sub>12</sub>; 5.9 mg Zinc; 34.8 mcg Selenium; 104.6 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Potassium, and Choline.

## Flaky Beef-Stuffed Pinwheels

Wow your friends with this delicious beef appetizer. Fully-cooked beef Pot Roast from your grocery store is mixed with cheese and wrapped in puff pastry. Even though you take a short cut, you can take all the credit.

Total Recipe Time: 45 minutes

Makes 72 pinwheels

- 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), thawed
- 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.



- Heat oven to 400°F. Coat 2 metal baking sheets with cooking spray. Unfold each puff pastry sheet onto lightly floured surface.
- Cut each sheet in half with sharp knife or pizza cutter to make four 10 X 4-3/4 inch rectangles.
- 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.
- 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, 1 appetizer:** 45 Calories; 18 Calories from fat; 2g Total Fat (1 g Saturated Fat; 1 g Monounsaturated Fat;) 4 mg Cholesterol; 33 mg Sodium; 4 g Total Carbohydrate; 0 g Dietary Fiber; 2 g Protein; 0.3 mg Iron; 0.4 mg NE Niacin; 0 mg Vitamin B<sub>6</sub>; 0.1 mcg Vitamin B<sub>12</sub>; 0.3 mg Zinc; 1.4 mcg Selenium.

## Beef and 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.*

Total Recipe Time: 1 hour 15 minutes

Makes 30 peppers

- 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



- 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.

**Cook's Tip:** Five medium bell peppers (any color), cut lengthwise into sixths may be substituted for mini peppers. Continue as directed in step 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.
- 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, using 80% lean ground beef, 30 servings:** 49 Calories; 18 Calories from fat; 2g Total Fat (1 g Saturated Fat; 1 g Monounsaturated Fat;) 12 mg Cholesterol; 99 mg Sodium; 3 g Total Carbohydrate; 0.6 g Dietary Fiber; 4 g Protein; 0.5 mg Iron; 0.8 mg NE Niacin; 0 mg Vitamin B<sub>6</sub>; 0.3 mcg Vitamin B<sub>12</sub>; 0.7 mg Zinc; 2.3 mcg Selenium; 9.2 mg Choline. This recipe is a good source of Vitamin B<sub>12</sub>.