

## **December 2023 TV Recipes—Holiday Recipes**

*Celebrate the milestones in life – from your first promotion to holiday parties with friends and family – and make them more meaningful with beef. This holiday season, we celebrate moments with friends, family, and everyone in between. All curated with stories and recipes we are sure you will come back to, again and again. So, grab a plate and join us!*

### **Herb-Seasoned Rib Roast with Red Wine Pan Sauce**

*This show-stopper recipe will impress any guest lucky enough to sit at your table! The crunchy crust pairs perfectly with the rich wine sauce. Cheers!*

Total Recipe Time: 3 hours 15 minutes

Makes 8 servings

- 1 well-trimmed Beef Rib Roast or Ribeye Roast, Boneless (4 to 6 pounds)
- Salt

#### **Seasoning:**

- 2 tablespoons steak seasoning blend
- 2 teaspoons dried oregano leaves
- 2 teaspoons dried thyme leaves

#### **Red Wine Pan Sauce:**

- 1/4 cup finely chopped red onion
- 3/4 cup dry red wine
- 1 can (13-3/4 to 14-1/2 ounces) ready-to-serve beef broth
- 2 tablespoons unsalted butter, softened
- 2 tablespoons all-purpose flour



1. Heat oven to 350°F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast. **Cook's Tip:** *Pepper seasoning blend may be substituted for steak seasoning blend.*
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 1-3/4 to 2-1/4 hours for medium rare; 2-1/4 to 2-3/4 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 to 15°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare Red Wine Pan Sauce. Skim fat from pan drippings, reserving 1 tablespoon. Heat reserved 1 tablespoon fat in 3-quart saucepan over medium heat until hot. Add onion; cook and stir 1 to 2 minutes or until tender. Meanwhile place roasting pan over medium heat; add wine. Cook and stir 1 to 2 minutes or until browned bits attached to pan are dissolved. Add wine mixture and broth to onion in saucepan; bring to a boil over medium-high heat. Cook 12 to 13 minutes or until reduced by about 1/3 (about 1-1/3 cups). Reduce heat to low. Combine butter and flour in small bowl until smooth. Whisk into wine sauce; cook and stir 1 minute or until sauce is thickened.
5. Carve roast into slices; season with salt, as desired. Serve with wine sauce.

*Nutrition information per serving, 1/8 of recipe: 256 Calories; 99 Calories from fat; 11g Total Fat (5 g Saturated Fat; 4 g Monounsaturated Fat; 83 mg Cholesterol; 768 mg Sodium; 3 g Total Carbohydrate; 0.5 g Dietary Fiber; 32 g Protein; 2.5 mg Iron; 9.1 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.8 mcg Vitamin B<sub>12</sub>; 5.7 mg Zinc; 37.3 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron.*

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# Classic Beef Wellington

*This recipe will show your friends and family that 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 (about 2 pounds)
- 1 teaspoon olive oil, divided
- 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
- 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 Tenderloin 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; 153 Calories from fat; 17g Total Fat (6 g Saturated Fat; 8 g Monounsaturated Fat;) 119 mg Cholesterol; 584 mg Sodium; 9 g Total Carbohydrate; 1.2 g Dietary Fiber; 42 g Protein; 5.4 mg Iron; 10.4 mg NE Niacin; 1.1 mg Vitamin B<sub>6</sub>; 5.8 mcg Vitamin B<sub>12</sub>; 6.3 mg Zinc; 43.6 mcg Selenium; 103.1 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 Choline.

# Individual Beef Wellingtons

*Cooking for a small crowd this year? Or, just curious on how to make a Beef Wellington? Try our individual version. Mushrooms, onions, and thyme coat Beef Tenderloin filets, then baked in a crispy dough.*

Recipe Time: 1 hour

Makes 4 servings

- 4 beef Tenderloin Steaks, 1 inch thick (4 ounces each)
- 2 teaspoons olive oil
- 1/2 pound mushrooms, finely chopped
- 3 tablespoons dry red wine



- 3 tablespoons finely chopped green onions
- 1/4 teaspoon dried thyme leaves
- salt and pepper
- 12 sheets phyllo dough

**Garnish:**

- Dijon-style mustard (optional)

1. Heat oven to 425°F. In large nonstick skillet, heat oil over medium-high heat until hot. Add mushrooms; cook and stir until tender. Add wine; cook 2 to 3 minutes or until liquid is evaporated. Stir in green onions, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper. Remove from skillet; cool thoroughly.
2. Heat same skillet over medium-high heat until hot. Place steaks in skillet; cook 3 minutes, turning once. (Steaks will be partially cooked. Do not overcook.) Season with salt and pepper, as desired.
3. On flat surface, layer half the phyllo dough, spraying each sheet thoroughly with cooking spray. Cut stacked layers lengthwise in half to make 2 equal portions. Place about 2 tablespoons mushroom mixture in center of each portion; spread mixture to diameter of each steak. Place steaks on mushroom mixture. Bring together all 4 corners of phyllo dough; twist tightly to close. Lightly spray each with cooking spray; place on greased baking sheet. Repeat this process for the remaining half of phyllo dough and two steaks.
4. Immediately bake in 425°F oven 9 to 11 minutes or until golden brown. Let stand 5 minutes.

***Nutrition information per serving:** 359 Calories; 108 Calories from fat; 12g Total Fat (3.6 g Saturated Fat; 0.3 g Trans Fat; 1.3 g Polyunsaturated Fat; 6.2 g Monounsaturated Fat;) 68 mg Cholesterol; 323 mg Sodium; 33 g Total Carbohydrate; 0.8 g Dietary Fiber; 1.4 g Total Sugars; 28 g Protein; 23.9 mg Calcium; 4.9 mg Iron; 521 mg Potassium; 0.2 mcg Vitamin D; 0.7 mg Riboflavin; 14.3 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 3.4 mcg Vitamin B<sub>12</sub>; 300 mg Phosphorus; 4 mg Zinc; 39 mcg Selenium; 67.7 mg Choline. This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.*

## Beef Short Ribs with Thyme Port Gravy

*A classic restaurant favorite can be mastered at home! This recipe features fork-tender beef short ribs braised in a flavorful port wine sauce. Serve over mashed potatoes or polenta for a comforting, holiday meal.*

Recipe Time: 3 hours

Makes 8 servings

- 4-1/2 pounds bone-in beef Short Ribs
- Salt, to taste
- Ground black pepper, to taste
- 2 tablespoons avocado oil
- 3 carrots, cut into 1/2-inch pieces
- 1 large yellow onion, cut into 1/2-inch pieces
- 1 fennel bulb, trimmed, cut into 1/2-inch pieces
- 4 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 cup port wine
- 3-1/2 cups beef stock
- 1 small bunch fresh thyme
- 1/2 teaspoon black peppercorns
- 2 tablespoons unsalted butter, softened
- 2 tablespoons all-purpose flour
- Cooked mashed potatoes or polenta, optional
- Sliced chives, for garnish



1. Preheat oven to 350°F. Pat short ribs dry with paper towels, season with salt and pepper.
2. Heat oil in a 6-quart Dutch-oven over medium heat. Add short ribs; sear until browned on all sides, 2 minutes per side. Transfer to a plate; set aside.

3. Remove all but 2 tablespoons fat. Add carrots, onions and fennel. Season with salt and pepper, cook and stir until tender, 2 to 3 minutes. Add garlic, cook until fragrant, about 30 seconds. Add tomato paste, cook until lightly browned, about 1 minute.
4. Deglaze pan with port wine. Stir, releasing brown bits from the bottom of the pan, about 1 minute. Stir in beef stock, thyme and peppercorns.
5. Return short ribs to pan, bring to a simmer. Cover and cook until short ribs are fork-tender, 2 to 2 1/2 hours, turning half-way through cooking.
6. Meanwhile, stir together butter and flour; refrigerate until ready to use.
7. Remove short ribs to a plate; strain liquid over a large bowl. Return liquid to pan over medium-low heat. Add flour mixture; stir constantly until liquid is thickened and coats the back of a spoon, 1 to 2 minutes. Remove from the heat.
8. If desired, serve short ribs over mashed potatoes or polenta. Spoon gravy over short ribs. Garnish with chives, because you're fancy.

Recipe created by [Shereen Pavlides](#), for the Beef Checkoff.

*Nutrition information per serving, 4 servings: 515 Calories; 28.0 g Total Fat (11.4 g Saturated Fat; 0.2 g Trans Fat; 1.3 g Polyunsaturated Fat; 12.7 g Monounsaturated Fat); 117 mg Cholesterol; 375 mg Sodium; 17 g Total Carbohydrate; 2.3 g Dietary Fiber; 7.3 g Total Sugars; 0.0 g Added Sugars; 40 g Protein; 65.8 mg Calcium; 5.1 mg Iron; 925 mg Potassium; 0.4 mg Vitamin D; 0.4 mg Riboflavin; 9.8 mg Niacin; 0.5 mg Vitamin B6; 4.1 mcg Vitamin B12; 360 mg Phosphorus; 9.6 mg Zinc; 29.2 mcg Selenium; 155.9 mg Choline.*

## All-Purpose Prime Rib Roast Rub

*Try this amazing All-Purpose Prime Rib Rub on your next holiday roast. It's sure to be a crowd pleaser.*

Recipe Time: 5 minutes

Makes 4 servings

- 2 tablespoons kosher salt
- 2 tablespoons freshly ground black pepper
- 1 tablespoon granulated garlic
- 1 tablespoon onion powder
- 1 teaspoon paprika
- 1 teaspoon dried thyme leaves



1. Combine all ingredients in small bowl; press evenly onto beef roast.
2. Place roast in oven and cook according to chart. Cook to medium rare (145°F) to medium (160°F) doneness.

*Nutrition information per serving, 1 oz: 25 Calories; 1.8 Calories from fat; 0.2g Total Fat (0 g Saturated Fat; 0 g Trans Fat; 0.1 g Polyunsaturated Fat; 0 g Monounsaturated Fat;) 0 mg Cholesterol; 2884 mg Sodium; 5.8 g Total Carbohydrate; 1.7 g Dietary Fiber; 0.3 g Total Sugars; 1 g Protein; 0 g Added Sugars; 30.1 mg Calcium; 1 mg Iron; 106 mg Potassium; 0 mcg Vitamin D; 0.02 mg Riboflavin; 0.3 mg NE Niacin; 0.1 mg Vitamin B6; 0 mcg Vitamin B12; 23 mg Phosphorus; 0.2 mg Zinc; 1 mcg Selenium; 3.1 mg Choline.*