

February 2025 TV Recipes—Date Night Recipes

A date night with beef can be both delicious and fun! Here are a few recipes to make your evening special.

Espresso-Bourbon Steaks with Mashed Sweet Potatoes

Juicy Tenderloin Steaks are served with a unique Espresso-Bourbon sauce. To round it out, serve with mashed sweet potatoes and green beans for a delicious Southern-inspired meal.

Recipe Time: 45 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1 inch thick (about 4 ounces each)
- 2-1/8 to 4-1/8 teaspoons coarsely cracked black pepper, divided
- 9 ounces peeled and cubed sweet potatoes
- 2 tablespoons butter
- Steamed green beans (optional)

Espresso-Bourbon Sauce:

- 1/4 cup bourbon
- 1/4 cup maple syrup
- 1/4 cup reduced sodium soy sauce
- 1 tablespoon fresh lemon juice
- 2 teaspoons instant espresso coffee powder
- 1/8 teaspoon black pepper



1. Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat and simmer, uncovered 12 to 15 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in 1/8 teaspoon pepper. Keep warm.
2. Press 2 to 4 teaspoons coarsely cracked pepper on both sides of beef steak. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Cook's Tip: To broil, place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare to medium doneness, turning once.

Cook's Tip: To grill, place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Meanwhile, prepare Mashed Sweet Potatoes. Place sweet potatoes and 1 teaspoon salt in large saucepan. Cover with water; bring to a boil. Cook 4 to 5 minutes or until potatoes are tender. Drain. Combine potatoes, butter, remaining 1/8 teaspoon salt and remaining 1/8 teaspoon black pepper. Beat until mashed and smooth.
4. Evenly divide sauce onto 4 plates. Place steak on top of sauce. Serve with Mashed Sweet potatoes and green beans.

Nutrition information per serving: 380 Calories; 108 Calories from fat; 12g Total Fat (7 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 95 mg Cholesterol; 1100 mg Sodium; 29 g Total Carbohydrate; 2 g Dietary Fiber; 28 g Protein; 4 mg Iron; 1078.5 mg Potassium; 11.1 mg NE Niacin; 0.8 mg Vitamin B₆; 3.9 mcg Vitamin B₁₂; 4.5 mg Zinc; 24.5 mcg Selenium; 76.4 mg Choline. This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

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Cast-Iron Steak Au Poivre

Feast on this French flare with juicy beef tenderloin topped with a savory mushroom, shallot and fresh thyme sauce.

Total Recipe time: 35 minutes

Makes 4 servings

- 2 beef Tenderloin Steaks, cut 1-inch thick (about 6 oz each)
- 1 tablespoon salt
- 2 tablespoons + 1-1/2 teaspoons cracked black pepper, divided
- 1/4 cup butter
- 3 cloves crushed garlic
- 3 sprigs fresh thyme
- 1/4 cup minced shallots
- 1/4 cup brandy
- 1/2 cup heavy cream
- 1 tablespoon demi-glace or beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon-style mustard



1. Season steaks with salt; press top of filets in 2 tablespoons cracked pepper, pressing evenly onto top of the steak.
2. Heat large cast-iron skillet over medium heat until hot. Place steaks, peppercorn side down, in skillet turning until seared on all sides. Add 2 tablespoons butter, garlic and thyme. Cook, spooning steaks with butter, 8 to 10 minutes for medium rare (145°F) to medium doneness (160°F). Remove steaks from pan; keep warm.
3. Add shallots; cook 2 minutes or until softened, stirring occasionally. Add brandy; cook 1 to 2 minutes or until alcohol burns off and browned bits attached to skillet are dissolved.
4. Stir in cream, demi-glace, Worcestershire sauce, mustard and remaining 1-1/2 teaspoons cracked peppercorns. Cook 3 to 5 minutes or until sauce is smooth and slightly thickened. Remove from heat and gently swirl remaining 2 tablespoons of butter into sauce. Spoon sauce over warmed steaks.

Nutrition information per serving, 3 ounces steak with sauce: 369 Calories; 243 Calories from fat; 27g Total Fat (16 g Saturated Fat; 1.1 g Trans Fat; 1.3 g Polyunsaturated Fat; 8.1 g Monounsaturated Fat;) 115 mg Cholesterol; 1874 mg Sodium; 6.3 g Total Carbohydrate; 1.3 g Dietary Fiber; 2.1 g Total Sugars; 19 g Protein; 0 g Added Sugars; 61.1 mg Calcium; 2.8 mg Iron; 372 mg Potassium; 0.5 mcg Vitamin D; 0.3 mg Riboflavin; 7.2 mg NE Niacin; 0.5 mg Vitamin B₆; 2.6 mcg Vitamin B₁₂; 196 mg Phosphorus; 2.8 mg Zinc; 17 mcg Selenium; 70.4 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, Phosphorus, and Choline.

Filet Mignon with Herb-Butter Sauce & Mushrooms

Feast on this French flare with juicy beef tenderloin topped with a savory mushroom, shallot and fresh thyme sauce.

Total Recipe time: 35 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 1 tablespoon butter
- 1-1/2 cups assorted mushrooms (shiitake, enoki, straw, cremini, button or chanterelle), whole or cut in half if large
- 1/4 cup minced shallots
- 1-1/2 cups beef broth
- 1/2 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme
- 1 tablespoon cornstarch
- 1 tablespoon water



1. Heat large nonstick skillet over medium heat until hot. Place beef Tenderloin Steaks in skillet; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter, season with salt and pepper, as desired. Keep warm.
2. Heat butter in same skillet over medium heat until melted. Add mushrooms and shallots; cook and stir 3 to 5 minutes or until mushrooms are tender and browned. Add beef broth and thyme to skillet, stirring until browned bits attached to bottom of pan are dissolved; bring to a boil. Combine cornstarch and water in small bowl; stir into mushroom mixture. Cook 2 minutes or until sauce thickens, stirring occasionally. Season with salt and pepper, as desired.
3. Serve steaks with sauce.

Nutrition information per serving: 282 Calories; 117 Calories from fat; 13g Total Fat (6 g Saturated Fat; 5 g Monounsaturated Fat;) 97 mg Cholesterol; 365 mg Sodium; 5 g Total Carbohydrate; 0.4 g Dietary Fiber; 35 g Protein; 2.6 mg Iron; 11.4 mg NE Niacin; 0.8 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 6.4 mg Zinc; 44.4 mcg Selenium; 136.9 mg Choline.

Classic Beef Bourguignonne

A classic never goes out of style. The same is true with this traditional stew made with Shoulder Roast, bacon, red wine and lots of hearty vegetables.

Total Recipe Time: 3 hours

Makes 8 servings

- 1 beef Shoulder Roast Boneless (2-1/2 to 3-1/2 pounds)
- 4 slices bacon, chopped (about 4 ounces)
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup beef broth
- 2 cups Burgundy or other dry red wine
- 2 tablespoons tomato paste
- 1 tablespoon minced garlic
- 2 teaspoons dried marjoram leaves
- 8 ounces baby carrots (about 1-3/4 cups)
- 8 ounces fresh pearl onions, peeled or frozen pearl onions
- 8 ounces mushrooms, cut in half if large
- Chopped fresh parsley leaves (optional)



1. Cook bacon in stockpot over medium heat 8 to 10 minutes or until crisp, stirring frequently. Remove with slotted spoon to paper towel-lined plate. Set aside. Reserve drippings.
2. Meanwhile, cut beef roast into 1-inch pieces. Lightly coat beef with flour. Heat 2 tablespoons reserved bacon drippings in same stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with remaining beef, adding bacon drippings or oil as needed. Remove beef from stockpot; season with salt and pepper. Pour off drippings.

Cook's Tip: *The dark brown crust that forms on the bottom of the stockpot during step 2 dissolves when liquid is added and gives the stew a rich flavor.*

3. Add broth to stockpot. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in wine, tomato paste, garlic and marjoram. Return beef and bacon to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1 hour.
4. Add carrots, onions, and mushrooms to stockpot; stir until all vegetables are coated with sauce. Bring to a boil. Reduce heat; simmer, covered, 30 minutes or until beef and vegetables are fork-tender.
5. Remove from heat. Skim fat from cooking liquid, if necessary. Garnish with parsley, if desired.

Nutrition information per serving: 328 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 89 mg Cholesterol; 661 mg Sodium; 16 g Total Carbohydrate; 2.6 g Dietary Fiber; 32 g Protein; 4.3 mg Iron; 6.7 mg NE Niacin; 0.6 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 8.5 mg Zinc; 41.7 mcg Selenium; 117.5 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.

Dijon Beef Rolls

This expertly tested meal is sure to impress. Steak pinwheels are filled with parmesan, lemon, and herbs.

Prepare your guests for a tender, juicy, and different kind of meal.

Total Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Top Round Steak, sliced thin, pounded 1/4 inch thick (about 1 pound)
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1 tablespoon butter

Seasoning Mixture

- 1/3 cup grated Parmesan cheese
- 1/3 cup sliced green onions
- 1/3 cup chopped fresh parsley leaves
- 1 teaspoon freshly grated lemon peel
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Sauce

- 1 cup dry white wine
- 1 tablespoon Dijon-style mustard
- 1/3 cup half-and-half
- 1 tablespoon chopped fresh parsley leaves
- 1 teaspoon grated lemon peel
- 1/4 teaspoon sugar
- 1/4 teaspoon pepper

Garnish:

- 1 lemon, cut into 4 wedges (optional)

1. Combine Seasoning Mixture in small bowl; mixing thoroughly. Cover beef Top Round with parmesan mixture. Roll beef, jelly roll-style starting at narrow end, to enclose filling. Tie at 1/2-inch intervals. Cut between string into pieces. You should have 8 pieces of rolled beef.
2. Place flour in shallow baking pan. Coat each beef roll in flour. Heat oil and butter in medium nonstick skillet over medium heat. Brown beef rolls evenly on both sides, cooking 4 to 5 minutes until instant-read thermometer inserted horizontally into center reaches 145°F. Remove rolls from skillet and remove butchers twine. Keep warm.
3. Add wine to same skillet; cook 1 to 2 minutes until browned bits attached to skillet are dissolved. Whisk in mustard, let cook 1 minute. Whisk in half-and-half and blend thoroughly. Stir in parsley, lemon peel, sugar and pepper.
4. Serve Beef Rolls with sauce, as desired. Garnish with lemon.

Nutrition information per serving: 314 Calories; 117.9 Calories from fat; 13.1g Total Fat (5.7 g Saturated Fat; 0.4 g Trans Fat; 0.9 g Polyunsaturated Fat; 5.8 g Monounsaturated Fat;) 92 mg Cholesterol; 571 mg Sodium; 7.4 g Total Carbohydrate; 0.8 g Dietary Fiber; 28.6 g Protein; 3.5 mg Iron; 468 mg Potassium; 8 mg NE Niacin; 0.8 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 4.8 mg Zinc; 30.3 mcg Selenium; 83 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

