

December 2016 TV Recipes—Holiday Recipes

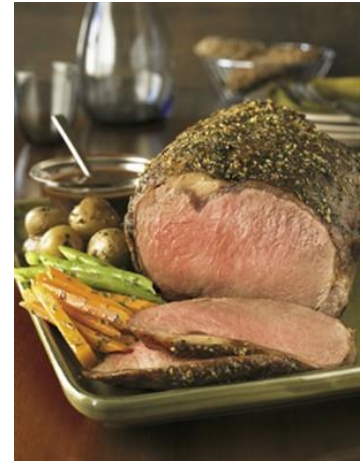
Salt-Encrusted Ribeye Roast

Total Recipe Time: 1-3/4 to 2-1/2 Hours

Makes 6 to 8 servings

- 4 to 6-pound Boneless Beef Ribeye Roast
- 1 tablespoon vegetable oil
- 2 to 3 teaspoons cracked black pepper
- 1 box coarse kosher salt (3 lb.)
- 1 to 1-1/4 cups water

1. Heat oven to 425°F. Line shallow roasting pan with heavy-duty aluminum foil. Combine salt crust ingredients; mix well. (Mixture may appear dry but do not add additional water.) In roasting pan, pat 1-1/2 cups salt mixture into a rectangular shape approximately 1/2 to 1-inch larger than the size of the beef roast.
2. Brush roast with oil; press pepper evenly into surface. Insert oven-proof meat thermometer into thickest part of roast, not resting in fat; center roast on salt layer. Starting at base of roast, pack remaining salt mixture onto sides and top of roast to encase roast in salt. (Occasionally, some salt mixture may fall off exposing small areas of the roast. This will not affect cooking.)
3. Do not add water or cover pan. Roast in a 425°F oven approximately 1-1/2 to 1-3/4 hours for medium rare; 1-3/4 to 2 hours for medium doneness. Remove from oven when meat thermometer registers 135°F for medium rare; 150°F for medium. Remove pan with roast to cooling rack; let stand 15 to 20 minutes. (Temperature will continue to rise approximately 10°F to reach desired doneness.)
4. Remove and discard salt crust from roast, brushing off any remaining salt. Carve roast into 1/2-inch thick slices.



Espresso-Crusted Beef Roast

Preparation Time: 10 Minutes

Cook Time: 2 1/4 to 3 hours

Makes 6-8 servings

- 1 beef ribeye roast, small end, 4 to 6 pounds

Espresso Rub:

- 1 tablespoon ground espresso coffee beans
- 1 tablespoon packed brown sugar
- 1 teaspoon salt
- 1 teaspoon coarse grind black pepper

Balsamic Vinegar Sauce:

- 1 cup balsamic vinegar
- 1/4 cup butter, at room temperature
- 4 teaspoons all-purpose flour
- 1 cup ready-to-serve beef broth
- 1/4 teaspoon coarse grind black pepper

1. Heat oven to 350°F. Combine rub ingredients; press evenly onto beef roast. 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. Roast in 350°F oven for 1-3/4 to 2 hours for medium rare; 2 to 2-1/2 hours for medium doneness.
2. Remove roast when meat thermometer registers 135°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 10°F to reach 145°F for medium rare; 160°F for medium.) Skim fat from drippings; reserve drippings.
3. Meanwhile bring vinegar to a boil in small nonreactive saucepan; cook over medium heat 20 minutes or until reduced to 1/4 cup. Mix butter and flour in small bowl until smooth. Add broth, reserved drippings and pepper to pan. Gradually whisk in butter mixture until smooth; bring to a boil. Reduce heat; simmer 1 minute; stirring constantly. Keep warm. Carve roast into thin slices. Serve with sauce.



Beef Tenderloin with Easy Cranberry Balsamic Sauce

Total Recipe Time: 1 to 1-1/4 hours

Makes 8 to 10 servings

- 1 center-cut Beef Tenderloin Roast (2 to 3 pounds)
- 2 tablespoons chopped fresh thyme
- 1 tablespoon pepper
- 1/3 cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce
- 1/4 teaspoon salt

1. Heat oven to 425°F. Combine thyme and pepper; reserve 1 teaspoon seasoning mixture for sauce. Press remaining seasoning mixture 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. Do not add water or cover. Roast in 425°F oven 45 to 55 minutes for medium rare; 55 to 65 minutes for medium doneness.
3. Remove Roast when meat thermometer registers 135°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 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved seasoning and salt.
5. Carve Roast into slices; serve with sauce.



Nutrition information per serving (1/8 of recipe): 441 calories; 14 g fat (5 g saturated fat; 6 g monounsaturated fat); 134 mg cholesterol; 191 mg sodium; 26 g carbohydrate; 1.1 g fiber; 5 g protein; 14.6 mg niacin; 1.1 mg vitamin B₆; 2.7 mcg vitamin B₁₂; 3.7 mg iron; 59.3 mcg selenium; 9.2 mg zinc. This recipe is an excellent source of niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of protein.

Beef Bruschetta with Crab Fennel Slaw

Total Recipe Time: 1 Hour 15 Minutes

Makes 24 appetizers

- 1 center-cut Beef Tenderloin Roast (2 to 3 pounds)
- 3/4 teaspoon coarse grind black pepper
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon seasoned rice vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 1/4 cups fresh lump crabmeat (or 6 ounces canned, crabmeat, drained)
- 1 cup thinly sliced fennel bulb
- 1/4 cup finely shredded red cabbage
- 1 tablespoon minced green onion
- 1 baguette about (12 inches long)
- Fennel stems (optional)

1. Heat oven to 425°F. Season beef roast with coarse grind pepper.
2. Place roast on rack in shallow roasting pan. Do not add water or cover. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Roast in 425°F oven 45 to 55 minutes for medium rare to medium doneness.
3. Meanwhile whisk oil, lemon juice, vinegar, salt and ground pepper in small bowl until blended. Combine crabmeat, fennel, red cabbage and green onion in large bowl. Add 1/4 cup vinaigrette (reserve remaining vinaigrette); toss to coat slaw evenly. Cover and refrigerate until ready to use.



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° to 15°F to reach 145°F for medium rare; 160°F for medium.)
5. Decrease oven temperature to 350°F. Cut bread diagonally into 24 ¼-inch thick slices. Brush bread slices with remaining vinaigrette. Place in single layers on two 15x10x1 inch jelly-roll pans. Bake in oven 10 minutes or until lightly toasted.
6. Top each toasted bread slice evenly with beef and 1 tablespoon crab slaw. Garnish with fennel stems, if desired.

Beef Tenderloin Sandwiches with Nutty Herb-Cheese Spread and Caramelized Onions

Total Recipe Time: 1 Hour 15 Minutes

Makes 24 appetizers

- 1 center-cut Beef Tenderloin Roast (2 to 3 pounds)
- 1/3 cup sun-dried tomato spread
- 2 tablespoons fresh chopped parsley
- Assorted breads and rolls



Nutty Herb-Cheese Spread

- ½ cup salted shelled pistachios or slivered blanched almonds
- 1 container (6.5 ounces) garlic and herb cheese spread
- Half-and-half

Caramelized Onion Relish

- 2 tablespoons olive oil
- 4 cups (about 3 medium) thinly sliced onions (1/8-inch thick)
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon packed brown sugar
- 1 tablespoon balsamic vinegar

1. Heat oven to 425°F. Make horizontal cut through center of beef roast, parallel to surface of meat. Cut to, but not through, opposite side. Open meat so it lies flat.
2. Combine sun-dried tomato spread and parsley. Spread lengthwise on 1/2 of meat. Fold other 1/2 of meat over to form original shape of roast. Tie at 1-1/2 to 2-inch intervals with kitchen twine; trim off excess twine.
3. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in sun-dried tomato filling. Roast in 425°F oven 35 to 40 minutes for medium rare.
4. Remove roast when meat thermometer registers 135°F. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.) Refrigerate roast for several hours or until chilled. If desired, roast can be wrapped tightly in aluminum foil and refrigerated up to 2 days. Carve roast into 1/4-inch thick slices.
5. To make **Nutty Herb-Cheese Spread**: Heat oven to 350°F. Spread nuts in single layer in baking pan. Bake in 350°F oven for about 5 minutes for pistachios or 8 minutes for almonds or until lightly toasted; cool slightly. Coarsely chop. Combine cheese spread and nuts. Stir in enough half-and-half to thin to spreading consistency. Makes 1 cup.
6. To make **Caramelized Onion Relish**: Heat oil in large nonstick skillet over medium heat until hot. Add onions, garlic, salt and pepper; cook 30 minutes, stirring occasionally. Stir in brown sugar and vinegar; cook and stir until liquid has evaporated. Makes 3/4 cup.
7. Assemble sandwiches as desired with breads, spread and relish.

Beef and Asparagus Spears

Total Recipe Time: 1 Hour 15 Minutes

Makes 24 appetizers

- 1 center-cut Beef Tenderloin Roast (2 to 3 pounds)
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic, minced
- 8 ounces Ricotta part skim milk cheese
- 1 tablespoon parsley, minced
- 1 small scallion, minced
- Juice and zest from 1/2 lemon
- 1/4 teaspoon ground white pepper
- 24 asparagus spears
- 1 bunch chives or thin scallions



1. Heat oven to 425°F. Season beef with oil, salt, pepper and garlic. Insert meat thermometer into tenderloin. Place roast on rack in shallow roasting pan. Do not add water or cover. Insert ovenproof meat thermometer so tip is centered in thickest part of beef.
2. Roast in 425°F oven 45 to 55 minutes for medium rare to medium doneness. Remove roast when meat thermometer registers 135°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 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
3. Combine ricotta cheese with parsley, minced scallion, lemon juice and zest, and white pepper. Refrigerate overnight for flavors to blend.
4. Trim asparagus and blanch spears in boiling salted water for one minute; cool. Slice tenderloin into thin slices and spread with cheese mixture. Lay asparagus spear near one end of beef slice. Roll up in jelly roll manner, leaving tip and stalk exposed. Secure each roll with scallion or chive tie.

Cook's Tips: Frozen asparagus spears may be used. Allow them to defrost and omit the blanching step.

Cook's Tip: Each roll may be secured with a frilly toothpick.

Cook's Tip: A purchased herbed cream cheese spread could be substituted to cut preparation time.

 Wisconsin Beef Council		Wisconsin Beef Council
 @WIBeefTips		632 Grand Canyon Drive
 Wisconsin Beef Council		Madison, WI 53719
		BeefTips.com