

December 2022 TV —Holiday Beef Recipes

Make beef the center of your holiday celebration this year—with a Ribeye Roast, Tenderloin or a more economical cut like Sirloin Tip. Let the savory aroma of a holiday roast wrap itself around you and give your family a gift they'll ask for every year. And don't forget the apps... we've got three recipes here for you to try!

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)
- Goat cheese Mashed Potatoes (recipe follows)

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) 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 surfaces 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.

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

4. About 45 minutes before serving, prepare Goat Cheese Mashed Potatoes.
5. 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.)

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

6. Carve roast into slices; season with salt, as desired. Serve with sauce and mashed potatoes. Garnish with parsley, if desired.

Goat Cheese Mashed Potatoes: Peel 3-1/2 pounds all-purpose potatoes and cut into 2-inch pieces. Place potatoes in stockpot and add enough water to cover potatoes; add salt as desired. Bring water to a boil. Reduce heat; cover and cook 25 to 30 minutes or until potatoes are tender. Drain well. Mash potatoes with 1-1/2 cups milk, 6 ounces softened goat cheese and 2 tablespoons butter in large bowl with electric mixer until smooth. Season with 1-1/2 teaspoons salt and pepper, as desired. Keep warm.

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 NE Niacin; 1.6 mg Vitamin B₆; 3.9 mcg Vitamin B₁₂; 11.4 mg Zinc; 49.1 mcg Selenium; 133.9 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Garlic Roasted Tenderloin with Gremolata Sauce

This roasted Beef Tenderloin recipe, topped with a Gremolata sauce, will be the star of any dinner celebration.

Total Recipe Time: 1 hours 10 minutes

Makes 12 servings

- 1 beef Tenderloin Roast (about 2 to 3 pounds)
- 2 Tablespoon garlic
- 1 teaspoon kosher salt
- 2 Tablespoon freshly ground black pepper

Gremolata Sauce

- 1 medium lemon
- 3 cups fresh parsley, Chopped
- 1 Tablespoon garlic
- 3 Tablespoon grated Parmesan cheese
- 1/4 teaspoon kosher salt
- 1/4 cup beef stock



1. Preheat oven to 350°F. Combine minced garlic, salt and black pepper; press 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 350°F oven 40 to 60 minutes for medium rare; 45 to 65 minutes for medium doneness.
3. Make Gremolata Sauce: In a food processor; grate lemon peel and squeeze 2 tablespoon lemon juice from lemon. Combine lemon, beef stock, chopped parsley, minced garlic, parmesan cheese, and 1/4 teaspoon salt. Blend until mixture is smooth and thick. Refrigerate until ready to serve.
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 Gremolata sauce on top.

Nutrition information per serving, 3 oz: 284 Calories; 186.3 Calories from fat; 20.7g Total Fat (8.2 g Saturated Fat; 0.1 g Trans Fat; 0.9 g Polyunsaturated Fat; 8.6 g Monounsaturated Fat;) 71 mg Cholesterol; 288 mg Sodium; 2.6 g Total Carbohydrate; 0.84 g Dietary Fiber; 0.2 g Total Sugars; 21 g Protein; 0 g Added Sugars; 48.4 mg Calcium; 3.7 mg Iron; 392 mg Potassium; 0.1 mcg Vitamin D; 0.24 mg Riboflavin; 6.6 mg NE Niacin; 0.3 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 190 mg Phosphorus; 3.6 mg Zinc; 19.7 mcg Selenium; 77.8 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₁₂, Zinc, and Selenium; and a good source of Riboflavin, Vitamin B₆, Phosphorus, and Choline.

Herb-Crusted Sirloin Tip Roast with Creamy Horseradish-Chive Sauce

Combine parsley, thyme, oil, garlic and black pepper for the Sirloin Tip Roast rub. Then serve with a delicious horseradish-chive sauce. Your table will be pleased.

Total Recipe Time: 2 hours

Makes 6 servings

- 1 beef Sirloin Tip Roast Boneless (2 to 2-1/2 pounds)
- 1 tablespoon minced fresh parsley
- 1 teaspoon dried thyme leaves, crushed
- 1 teaspoon vegetable oil
- 1 teaspoon minced garlic
- 1/2 teaspoon cracked black pepper

Sauce:

- 1 cup dairy sour cream
- 1/2 cup prepared horseradish
- 2 tablespoons milk
- 1 tablespoon snipped fresh chives
- 1/8 teaspoon ground white pepper



1. Preheat oven to 325°F. Combine parsley, thyme, oil, garlic and black pepper; press 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 325°F oven 1-1/4 to 1-1/2 hours for medium rare doneness.
3. Meanwhile combine sauce ingredients in small bowl; cover and refrigerate.
4. Remove roast when meat thermometer registers 135°F for medium rare. (Do not overcook.) Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.) Carve roast into thin slices; season with salt, as desired. Serve with sauce.

Nutrition information per serving, Based on 5 ounce cooked beef serving: 386 Calories; 207.9 Calories from fat; 23.1g Total Fat (3.5 g Saturated Fat; 0.3 g Trans Fat; 0.8 g Polyunsaturated Fat; 1.7 g Monounsaturated Fat;) 138 mg Cholesterol; 173 mg Sodium; 4.5 g Total Carbohydrate; 0.8 g Dietary Fiber; 39 g Protein; 2.8 mg Iron; 446 mg Potassium; 10 mg NE Niacin; 0.8 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 7 mg Zinc; 42 mcg Selenium; 150 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Iron.

Steak Crostini with Horseradish Whip

This Steak Crostini recipe is a perfect appetizer or side dish to share. Although we wouldn't blame you if you wanted to eat them all yourself.

Total Recipe Time: 45 minutes

Makes 12 servings

- 1 beef Strip Steak, Boneless
- 1 tablespoon olive oil
- 1-1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt
- 12 slices French bread, cut 1 inch thick
- 12 arugula leaves



Horseradish Whip

- 2 teaspoon horseradish
- 3/4 cup heavy cream
- 3 tablespoons fresh chives
- 2 tablespoon grated Parmesan cheese

1. Preheat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Season steak evenly on both sides with salt and pepper. Add olive oil and place steak in skillet; cook strip steak 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steak and set aside to rest.

Cook's Tip: Use leftover strip roast instead of steaks. Slice roast into 1/4 pieces. Reheat in a covered medium skillet over low heat for about 4 to 6 minutes.

2. Place sliced bread in a single layer on baking sheet. Bake in 350°F oven for about 10 minutes or until lightly toasted but not brown. Set aside.
3. Horseradish Whip—Combine horseradish and heavy cream in a medium size mixing bowl. Mix over medium speed for about 5 minutes or until you form whip cream. Once formed remove bowl from mixer and fold in fresh chives and parmesan cheese.
4. Spread 2 teaspoons horseradish whip onto each bread piece. Slice steak in 12 equal size pieces; top with steak and fresh arugula.

Nutrition information per serving, 1oz: 187 Calories; 63 Calories from fat; 7g Total Fat (3.1 g Saturated Fat; 0.2 g Trans Fat; 0.6 g Polyunsaturated Fat; 2.7 g Monounsaturated Fat;) 33 mg Cholesterol; 322 mg Sodium; 18.5 g Total Carbohydrate; 0.1 g Dietary Fiber; 1.3 g Total Sugars; 12 g Protein; 0 g Added Sugars; 38.2 mg Calcium; 2.2 mg Iron; 161 mg Potassium; 0.2 mcg Vitamin D; 0.3 mg Riboflavin; 5.4 mg NE Niacin; 0.3 mg Vitamin B₆; 1.2 mcg Vitamin B₁₂; 122 mg Phosphorus; 1.6 mg Zinc; 16.2 mcg Selenium; 26.5 mg Choline. This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B12, and Selenium; and a good source of Iron, Vitamin B6, and Zinc.

Mini Meatballs with Apricot Dipping Sauce

Bump up your meatball mojo. Gently form this tried-and-true blend into bite-sized balls, then broil and slather in a spicy, sweet and too-good-to-be-so-simple sauce.

Total Recipe Time: 45 minutes

Makes 24 servings

- 1 pound Ground Beef (96% lean)
- 1/4 cup seasoned dry breadcrumbs
- 2 egg whites or 1 egg, beaten
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



Apricot Dipping Sauce:

- 3/4 cup apricot preserves
- 3/4 cup barbecue sauce
- 2 tablespoons Dijon-style mustard

1. Heat oven to 400°F. Combine Ground Beef, breadcrumbs, egg whites, water, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into 24 1-inch meatballs. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in 400°F oven 18 to 20 minutes.

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.

2. Meanwhile, heat preserves, barbecue sauce and mustard in medium saucepan over medium heat. Bring to a boil; reduce heat; simmer, uncovered, 3 to 5 minutes, stirring occasionally or until sauce thickens slightly.

Cook's Tip: Red or black raspberry, fig, peach, current or pineapple preserves, and orange marmalade may be substituted for apricot preserves.

3. Add cooked meatballs and continue to cook for 2 to 3 minutes or until meatballs are heated through, stirring occasionally. Serve warm.

Cook's Tip: To keep meatballs warm, place in 2-1/2-quart slow cooker set on LOW. Keep covered to maintain heat. Meatballs can be held up to 2-1/2 hours, stirring occasionally.

Nutrition information per serving: 74 Calories; 11.7 Calories from fat; 1.3g Total Fat (0.5 g Saturated Fat; 0 g Trans Fat; 0.1 g Polyunsaturated Fat; 0.5 g Monounsaturated Fat;) 20 mg Cholesterol; 177 mg Sodium; 11 g Total Carbohydrate; 0 g Dietary Fiber; 7 g Total Sugars; 5 g Protein; 0 g Added Sugars; 10 mg Calcium; 0.7 mg Iron; 99 mg Potassium; 0 mcg Vitamin D; 0.1 mg Riboflavin; 1.2 mg NE Niacin; 0.1 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 46 mg Phosphorus; 1.1 mg Zinc; 4.3 mcg Selenium; 20.2 mg Choline. This recipe is a good source of Protein, Vitamin B12, and Zinc.

Cheesy Beef Artichoke Dip

Use leftover Beef Pot Roast to take this classic cheesy artichoke dip recipe to the next level.

Total Recipe Time: 40 minutes

Makes 10 servings

- 12 ounces Cooked (Leftover) Beef Pot Roast, chopped
- 1 (12oz) can artichoke hearts, drained
- 8 ounces cream cheese, softened
- 1 teaspoon freshly ground black pepper
- 2 teaspoon granulated garlic
- 3/4 cup reduced-fat dairy sour cream
- 1/2 cup shredded Parmesan cheese
- 1 cup reduced-fat mozzarella cheese
- 5 ounces fresh spinach, chopped



Serving Suggestion:

- Celery sticks, Carrots sticks, Pepper slices, Tortilla chips, Crackers

1. Preheat oven to 375°F. In a large bowl mix together cream cheese, sour cream, parmesan cheese, mozzarella cheese, pepper, and garlic. Once smooth add in spinach, chopped Beef, and artichoke hearts; combine.
2. Coat a 9 X 9 baking dish with non-stick spray. Place mixture into baking dish and bake for 20 to 30 minutes or until mixture is bubbling and golden brown. Serve warm alongside fresh vegetables and tortilla chips.

Nutrition information per serving, 3 oz: 250 Calories; 151.2 Calories from fat; 16.8g Total Fat (9.1 g Saturated Fat; 0.4 g Trans Fat; 0.9 g Polyunsaturated Fat; 3.8 g Monounsaturated Fat;) 75 mg Cholesterol; 315 mg Sodium; 8 g Total Carbohydrate; 2.3 g Dietary Fiber; 2.5 g Total Sugars; 19 g Protein; 0 g Added Sugars; 289.2 mg Calcium; 2 mg Iron; 379 mg Potassium; 0.1 mcg Vitamin D; 0.2 mg Riboflavin; 4.8 mg NE Niacin; 0.3 mg Vitamin B₆; 1.3 mcg Vitamin B₁₂; 188 mg Phosphorus; 3.7 mg Zinc; 16.2 mcg Selenium; 55.8 mg Choline. This recipe is an excellent source of Protein, Calcium, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Riboflavin, Vitamin B₆, Phosphorus, and Choline.

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