

# Home for the Holidays

As loved ones gather, welcome them with the comforting aroma of a mouthwatering beef roast. Nutrient-rich beef satisfies the craving for a food that's great tasting and good for you. Warm memories of delicious food, family and friends will bring people together year after year. Create your own holiday roast tradition!



## Porcini-Dusted Tenderloin with Porcini-Wine Sauce

Total preparation and cooking time: 1-1/4 to 1-1/2 hours

- 1 center-cut beef tenderloin roast (2 to 3 pounds)
- 1 can (14 to 14-1/2 ounces) beef broth
- 1 cup dried porcini mushrooms, divided
- 2 tablespoons grated Parmesan cheese
- 3 cups finely diced fresh tomatoes
- 1 cup dry red wine



Makes 8 to 10 servings

1. Bring broth to a boil in medium saucepan; remove from heat. Stir in 3/4 cup mushrooms; let stand 10 to 15 minutes or until mushrooms are softened.
2. Meanwhile, heat oven to 425°F. Place remaining 1/4 cup mushrooms in food processor container. Cover; process until finely ground. Combine ground mushrooms, cheese and 1 teaspoon pepper; press evenly onto all surfaces of beef roast.
3. 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 35 to 40 minutes for medium rare; 45 to 50 minutes for medium doneness.
4. Meanwhile, add tomatoes and wine to mushroom mixture; bring to a boil. Reduce heat; simmer 30 to 45 minutes or until sauce is reduced to 2-1/2 cups and turned a rich, brown color, stirring occasionally. Season with salt and pepper, as desired.
5. 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.)
6. Carve roast into slices. Season with salt, as desired. Serve with Porcini-Wine Sauce.

## Oven Roasting Timetable

When deciding what size roast to purchase, think about holiday appetites and second helpings. The typical portion is 3 ounces cooked, trimmed beef. Generally, a boneless beef roast yields 3 to 4 (3-ounce) cooked, trimmed servings per pound. A bone-in roast yields about 2 to 3 (3-ounce) cooked, trimmed servings per pound.

Let roast stand 15 minutes after removing from oven.

The final temperature will rise to 145°F (medium rare); 160°F (medium)

Beef Cut	Oven Temp (preheated)	lbs.	Servings per lb.*	Approx. Total Cooking Hours	Remove roast from oven when internal temp. reaches:
Eye Round Roast	325°F	2-3	4	Medium rare 1½ to 1¾	135°F
Ribeye Roast (small end)	350°F	4-6	3	Medium rare 1¾-2/Medium 2-2½	135°F/150°F
		6-8	3	Medium rare 2-2¼/Medium 2½-2¾	135°F/150°F
	325°F	8-10**	3	Medium rare 2½-3¼/Medium 3-3¾	135°F/145°F
Ribeye Roast (large end)	350°F	4-6	1½	Medium rare 2-2½/Medium 2½-3	135°F/150°F
		6-8	1½	Medium rare 2¼-2½/Medium 2¾-3	135°F/150°F
Rib Roast (chine bone removed)	350°F	6-8	2	Medium rare 2¼-2½/Medium 2¾-3	135°F/150°F
		8-10	2	Medium rare 2½-3/Medium 3-3½	135°F/150°F
Round Tip Roast	325°F	4-6	4	Medium rare 2-2½/Medium 2½-3	140°F/155°F
		6-8	4	Medium rare 2½-3/Medium 3-3½	140°F/155°F
		8-10**	4	Medium rare 3½-3¾/Medium 3¾-4½	135°F/150°F
Top Round Roast	325°F	6-8**	4	Medium rare 2½-3	135°F
		8-10**	4	Medium rare 3-3¾	135°F
Tenderloin Roast	425°F	2-3	4	Med. rare 35-40 min./Med. 45-50 min.	135°F/150°F
		4-5	4	Med. rare 50-60 min./Med. 60-70 min.	135°F/150°F
Tri-Tip Roast	425°F	1½-2	4	Med. rare 30-40 min./Med. 40-45 min.	135°F/150°F

\* 3 oz. cooked, trimmed beef per serving.

\*\* Tent loosely with aluminum foil halfway through roasting time.

## Four Easy Steps to a Perfect Beef Roast!



**Step 1:** Heat oven (see Oven Roasting Timetable for temperature). Place roast, straight from refrigerator, fat side up, on rack in shallow roasting pan. Insert meat thermometer into thickest part, not touching bone or fat.



**Step 2:** Season beef before roasting as desired. Do not add water or cover roast. Roast according to Oven Roasting Timetable above.



**Step 3:** Remove roast when thermometer registers 135°F to 140°F (medium rare) or 150°F to 155°F (medium). This is 5 to 10°F below final desired doneness. Tent roast loosely with aluminum foil. Let stand 15 minutes.



**Step 4:** Roast temperature will continue to rise about 5° to 10°F to final desired doneness and will be easier to carve. Carve across the grain, when possible. Garnish and enjoy!

## Simple Savory Beef Pot Roast

Total Recipe Time: 2-3/4 to 3 hours

- 1 boneless beef chuck blade pot roast (2-1/2 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup Burgundy or dry red wine
- 2 tablespoons minced garlic
- 3 cups frozen vegetable blend (any variety)
- 1 tablespoon chopped fresh thyme
- Salt
- Prepared mashed potatoes (optional)
- Additional fresh thyme (optional)



Makes 6 servings

1. Spray stockpot with cooking spray; heat over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper.
2. Add wine and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.
3. Remove pot roast; keep warm. Skim fat from cooking liquid; bring to a boil. Reduce heat to medium; cook 5 minutes. Add frozen vegetables to stockpot; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are tender and liquid is reduced slightly. Stir in 1 tablespoon thyme. Season with salt, as desired.
4. Carve pot roast into thin slices; serve with vegetable mixture and mashed potatoes, if desired. Garnish with additional thyme, if desired.

## Garlic-Herb Crusted Beef Roast

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

- 1 boneless beef round rump roast or beef bottom round roast (3 to 4 pounds)
- Salt and ground black pepper

### Rub:

- 2 teaspoons garlic-pepper seasoning
- 2 teaspoons dried basil leaves, crushed
- 2 teaspoons dried thyme leaves, crushed
- 1 teaspoon dried parsley leaves, crushed



Makes 6 to 8 servings

1. Heat oven to 325°F. Combine rub ingredients in small bowl; 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, not resting in fat. Do not add water or cover. Roast in 325°F oven 1-1/2 to 2 hours for medium rare doneness.
3. Remove roast when meat thermometer registers 135°F for medium rare. 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.)
4. Carve roast into thin slices; season with salt and black pepper, as desired.

## Rib Roast with Horseradish Sauce

Total preparation and cooking time: 2-1/2 to 3 hours

- 1 well-trimmed beef rib roast (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
- Salt

### Seasoning:

- 2 tablespoons coarsely ground mixed peppercorns (black, white, green and pink)
- 1 tablespoon minced garlic
- 2 teaspoons vegetable oil

### Horseradish Sauce:

- 1/2 cup whipping cream
  - 3 tablespoons finely chopped fresh fennel bulb
  - 3 tablespoons finely grated fresh horseradish
  - 1 teaspoon finely chopped fresh fennel fronds
  - 1/8 teaspoon salt
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; 2-3/4 to 3 hours for medium doneness.
  3. Meanwhile, prepare Horseradish Sauce. Beat cream in medium bowl just until soft peaks form; do not overbeat. Add fennel bulb, horseradish, fennel fronds and salt; mix well. Cover and refrigerate until ready to serve.
  4. 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.)
  5. Carve roast into slices; season with salt, as desired. Serve with horseradish sauce.



Makes 8 to 10 servings



For more information  
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For nutrition information on these recipes, please visit:  
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