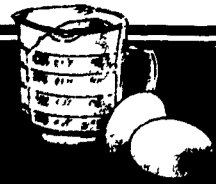




# Home on the Range



Beef Rib Roast With Mustard-Pepper Rub and Horseradish Mashed Potatoes

## Roasted Potato Crostini With Pesto Cheese

Total preparation and cooking time: 35 minutes Makes 8 servings.

- 1-1/3 pounds potatoes (about 4 medium), unpeeled, cut into 1/2-inch thick slices
  - 1/2 teaspoon garlic salt, divided
  - 3/4 cup (6 ounces) soft cream cheese
  - 1/4 cup prepared basil pesto sauce
  - 1/4 to 1/2 teaspoon red pepper sauce (optional)
  - 1/4 cup finely chopped roasted red peppers
  - Snipped fresh chives or minced green onion
- Heat oven to 400°F. Spray baking sheet with nonstick cooking spray; arrange potatoes in single layer. Spray potatoes lightly with additional cooking spray, sprinkle with 1/4 teaspoon of the garlic salt.
  - Roast in 400°F oven 20 to 25 minutes or until potatoes are tender and browned, turning potatoes over and sprinkling with remaining 1/4 teaspoon garlic salt after 10 to 12 minutes.
  - Meanwhile combine cream cheese, pesto sauce and red pepper sauce, if desired, in small bowl. Pipe or spoon about 2 teaspoons cheese mixture onto each potato slice. Top with roasted peppers; sprinkle with chives.
- Cook's Tip: To prepare up to 1 day ahead, bake potatoes and prepare cheese mixture; cover and refrigerate separately. Before serving, heat potatoes in microwave oven. Assemble as directed above.

## Horseradish Mashed Potatoes

Total preparation and cooking time: 30 minutes Makes 8 servings (3/4-cup each).

- 2-3/4 pounds potatoes (about 8 medium), peeled, cut into 1-inch pieces
  - 4 cloves garlic, peeled, whole
  - 2 teaspoons salt, divided
  - 1/2 to 3/4 cup heavy cream
  - 1/4 cup (1/2 stick) butter, cut into pieces
  - 3 to 4 tablespoons prepared horseradish
  - 3/4 teaspoon pepper
  - 1/4 cup chopped green onions or snipped chives
- Bring 2 inches of water to a boil in large saucepan. Add potatoes, garlic and 1/2 teaspoon of the salt; return to a boil. Reduce heat to medium; cover and cook 12 minutes or until potatoes are tender. Drain.
  - Cook potatoes and garlic over medium-low heat 1 minute to evaporate excess moisture, stirring occasionally. Remove from heat. Mash potatoes and garlic with electric hand mixer or manual potato masher until smooth.
  - Add 1/2 cup cream, butter, horseradish, 1-1/2 teaspoons salt, and pepper; stir until blended. Add additional cream, 1 tablespoon at a time, if necessary for desired consistency. Stir in green onions.
- Cook's Tip: Recipe may be doubled.

## Beef Rib Roast With Mustard-Pepper Rub

Total preparation and cooking time: 2-3/4 to 3-1/2 hours Makes 8 to 10 servings.

- 1 well-trimmed beef rib roast (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
  - Rub: 1/4 cup chopped fresh parsley
  - 2 tablespoons Dijon-style mustard
  - 1 tablespoon mixed black, white, green and pink peppercorns or black peppercorns, cracked
  - 2 large cloves garlic, minced
  - 1 teaspoon salt
- Heat oven to 350°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef roast.
  - 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.
  - Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium doneness. 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.) Carve roast into slices.
- Cook's Tip: Recipe makes enough rub for a 6 to 8-pound roast. Try rub on other beef roasts, roasting as directed in the chart (below).

# Simply Sensational

This is the season for celebration—and wonderful meals that are simple to prepare, sensational to eat.

When two of America's favorites—beef and potatoes—are the menu stars, simply sensational is the result. They taste great, they're easy to cook—perfect partners, holiday or any day.

For a unique menu starter, serve Roasted Potato Crostini With Pesto Cheese, a creative combination of roasted potato slices topped with a savory mixture of cream cheese, prepared pesto and colorful red peppers.

A beef rib roast is the classic holiday entrée. It's made even more delicious with a mustard-parsley-peppercorn coating. The meal wouldn't be complete without fluffy mashed potatoes. This classic side dish becomes a holiday dazzler with the simple addition of horseradish, garlic and green onions.

Remember, simple and sensational. The holidays happen but once a year!

## MARVELOUS MASHED POTATOES

Everybody loves mashed potatoes! For fluffier potatoes, return drained, cooked potatoes to the pot and heat them briefly to dry out. For country-style potatoes, mash them with the skins on. To mash potatoes, use a hand-held potato masher, ricer, food mill or electric mixer. Avoid the food processor which can make them gummy. In a time crunch? Use convenience potato products, such as frozen, refrigerated or instant mashed potatoes.

Try some of the seasoning suggestions below.

- **Olive Oil Mashed Potatoes**—For a fruity flavor, try adding a little extra-virgin olive oil in place of some of the butter.
- **Pesto Swirled Potatoes**—Spoon freshly made mashed potatoes into a large serving bowl. Using a spoon, partially stir in prepared pesto to create a swirl design.
- **Cheddar Mashed Potatoes**—Stir sour cream and shredded Cheddar cheese into hot mashed potatoes.
- **Balsamic Mashed Potatoes**—Drizzle a little balsamic vinegar into your mashed potatoes for a little zip—a perfect match for a juicy beef steak!

For more tips and recipes, visit [www.potatohelp.com](http://www.potatohelp.com) and [www.beef.org/kitchen](http://www.beef.org/kitchen)

## BEEF ROAST BASICS

This holiday season, follow these tips to a perfect roast.

**What size beef roast?** Call your meat retailer in advance and order the type and size holiday roast you need. Plan 4 to 6 ounces of cooked beef per serving for "holiday helpings" rather than the traditional 3-ounce cooked, trimmed portion. (See roasting chart to determine size.)

**How to select?** Look for a bright cherry-red color. If vacuum-packaged, the beef has a darker, more purplish-red color, when exposed to air, it turns a bright red color. Beef should be firm to the touch, in cold packages without holes or tears.

**How to store?** Store roasts unopened in the coldest part of the refrigerator, up to 3 to 4 days. For longer storage, freeze 6 to 12 months at 0°F or colder, wrapped in heavy-duty aluminum foil or placed in freezer bags.

**Baffled by doneness?** Cooking times are only a guide. Use a thermometer for accuracy.

**Carving tip.** Let roasts stand 15 to 20 minutes before carving; during standing the roast firms up making carving easier.

## 1-2-3 EASY HOLIDAY BEEF ROASTS

There's a beef roast to fit every size gathering and every palate. The roasts below are popular holiday choices.

To ensure a perfect roast, follow these three easy steps:

- Heat oven to temperature specified in chart.
- Place roast, fat-side up, on rack in shallow roasting pan. Season as desired. Insert ovenproof meat thermometer

- so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
- Roast according to chart. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise 5° to 10°F to reach desired doneness.)

BEEF CUT	Oven Temperature (preheated)	Weight (pounds)	Approx Total Cooking Time (based on meat removed directly from refrigerator)	Remove roast from oven when internal temperature reaches:
<b>RIBEYE ROAST, small end</b> Yields 3 (3-ounce) servings of cooked, trimmed beef per pound	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 150°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/2 hours	135°F 150°F
<b>RIB ROAST, chine bone removed</b> Yields 2-1/2 (3-ounce) servings of cooked, trimmed beef per pound	350°F	4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours	135°F 150°F
		6 to 8 (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F
<b>TENDERLOIN ROAST, well-trimmed</b> Yields 4 (3-ounce) servings of cooked, trimmed beef per pound.	425°F	2 to 3 (center-cut)	Medium Rare: 35 to 40 minutes Medium: 45 to 50 minutes	135°F 150°F
		4 to 5 (whole)	Medium Rare: 50 to 60 minutes Medium: 60 to 70 minutes	135°F 150°F
<b>ROUND TIP ROAST, cap off</b> Yields 4 (3-ounce) servings of cooked, trimmed beef per pound	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours	140°F 155°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	140°F 155°F
<b>EYE ROUND ROAST</b> Yields 4 (3-ounce) servings of cooked, trimmed beef per pound.	325°F	2 to 3	Medium Rare: 1-1/2 to 1-3/4 hours	135°F

- Medium rare doneness = 145°F final meat temperature after standing time. ■
- Medium doneness = 160°F final meat temperature after standing time. ■