

Cooking Beef ... with Ashley



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Nothing says "I love you" like a perfectly cooked steak! Over 62% of Americans show their love on Valentine's Day with a steak dinner. Personally, I can't imagine any other way to celebrate Valentine's Day than spending time with the person or people that you care about cooking them the most incredible dinner either of you could imagine. Ladies, prove your love with steak! Men, show her that she is beautiful with beef! Two Steppin' Tenderloins give any home cook the opportunity to wow your loved one with an amazing meal you will both remember all year long.

If you are anything like me, budgeting continues to be a priority this year. While the tenderloin is one of the most expensive beef cuts, there are ways to make this delicious, lean cut budget-friendly. First, it's Valentine's Day and everyone knows that restaurants charge exorbitant prices for meals on the most romantic day of the year, so it is automatically cheaper to eat at home. Secondly, when paired with a cost-friendly bottle of wine and inexpensive, yet delicious side dishes, the cost-per-person for this meal becomes as affordable as it is delicious!

Here is a tip that never ceases to amaze me in its simplicity and effectiveness: Pat your steaks dry (I mean, really dry) with a paper towel before throwing them in a preheated pan. When excess moisture is removed from the outside of the steaks and your pan

is properly heated, the steaks will brown and caramelize perfectly instead of steaming. This tip is perfect for the beef lover who thinks that steaks can only be cooked on the grill. Try this tip and you will be surprised at the quality of steak that can come from a fry pan!

When beef is there to say "I love you", you can't help but have a Happy Valentine's Day! ☐



BEEF: It's What's
For Dinner



Two Steppin' Tenderloin

Total recipe time: 30 to 35 minutes

Makes 2 servings

Ingredients

2 beef tenderloin steaks, cut 1-1/2 inches thick (about 5 to 6 ounces each)	1 clove garlic, coarsely chopped
3 cups fresh baby spinach, divided	1 cup plus 2 tablespoons water, divided
2 tablespoons toasted sliced almonds	1 tablespoon olive oil
2 tablespoons shredded Parmesan cheese	1/2 cup uncooked brown or wild rice
	1/2 teaspoon salt
	2 tablespoons chopped dried cherries
	Toasted sliced almonds (optional)

Instructions

1. Place 2 cups spinach, almonds, cheese and garlic in food processor container. Cover; process until coarse paste forms. With motor running, slowly add 2 tablespoons water and olive oil until smooth. Season with salt, as desired. Set aside.
2. Preheat oven to 350°F. Heat ovenproof, nonstick skillet over medium heat. Place beef steaks in skillet and brown 2 minutes. Turn steaks over and place skillet into preheated oven; cook 13 to 18 minutes for medium rare to medium doneness, turning once.
3. Meanwhile, combine rice, remaining 1 cup water and salt, in medium saucepan; cook according to package directions. Chop remaining 1 cup spinach. During last 5 minutes of cooking, add chopped spinach to pan and continue to cook. Remove from heat, add cherries and 1 tablespoon pesto to rice; stir to combine.
4. Remove steaks from oven when internal temperature reaches 135°F for medium rare; 150°F for medium doneness. Remove steaks from pan; tent loosely with aluminum foil. Let stand 5 to 10 minutes. Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium doneness.
5. Serve steaks over rice with remaining pesto. Garnish rice with additional almonds, if desired.