

June 2024 TV —Father’s Day Steak Recipes

Give Dad what he really wants this Father’s Day—a tender, juicy steak dinner! Nothing says “I love you Dad!” like a great meal, that is easy enough to prepare for Dad. OR, if Dad is the grill master, he can tackle these recipes himself. Check out these recipes that would be perfect to make for Dad this Father’s Day or any summer day!

Espresso-Bourbon Steaks with Mashed Sweet Potatoes

Juicy Tenderloin Steaks are served with a unique espresso-bourbon sauce. To round it out, serve with mashed sweet potatoes and green beans for a delicious Southern-inspired meal.

Total Recipe Time: 45 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 4 ounces each)
- 2-1/8 to 4-1/8 teaspoons coarsely cracked black pepper, divided
- 9 ounces peeled and cubed sweet potatoes
- 1-1/8 teaspoon salt
- 2 tablespoons butter
- Steamed green beans (optional)

Espresso-Bourbon Sauce:

- 1/4 cup bourbon
- 1/4 cup maple syrup
- 1/4 cup reduced sodium soy sauce
- 1 tablespoon fresh lemon juice
- 2 teaspoons instant espresso coffee powder
- 1/8 teaspoon black pepper



1. Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat and simmer, uncovered, 12 to 15 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in 1/8 teaspoon pepper. Keep warm.
2. Press 2 to 4 teaspoons coarsely cracked pepper on both sides of beef steak. To grill, place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, prepare sweet potatoes. Place sweet potatoes and 1 teaspoon salt in large saucepan. Cover with water; bring to a boil. Cook 4 to 5 minutes or until potatoes are tender. Drain. Combine potatoes, butter, remaining 1/8 teaspoon salt and remaining 1/8 teaspoon black pepper. Beat until mashed and smooth.
4. Evenly divide sauce on to 4 plates. Place steak on top of sauce. Serve with mashed sweet potatoes and green beans.

Nutrition information per serving: 380 Calories; 108 Calories from fat; 12g Total Fat (7 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 95 mg Cholesterol; 1100 mg Sodium; 29 g Total Carbohydrate; 2 g Dietary Fiber; 28 g Protein; 4 mg Iron; 1078.5 mg Potassium; 11.1 mg NE Niacin; 0.8 mg Vitamin B₆; 3.9 mcg Vitamin B₁₂; 4.5 mg Zinc; 24.5 mcg Selenium; 76.4 mg Choline.

This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

Country Style Bourbon BBQ Short Ribs

Slow cook Country Style Short Ribs in Kentucky style BBQ sauce. Finished on the grill for that authentic BBQ taste.

Recipe time: 4 hours

Makes 4 servings

- 2 pounds Beef Country-Style Ribs
- 2 tablespoons bourbon
- 1 tablespoon vegetable oil
- 2 teaspoons minced garlic
- 1 cup diced yellow onion
- 2 tablespoons tomato paste
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- 2 teaspoons cracked black pepper
- 2 bay leaf
- 3 cups beef stock
- 2 tablespoons liquid smoke
- 2 tablespoons molasses
- 1/4 cup ketchup
- 1/4 teaspoon cayenne pepper
- 4 tablespoons pickle relish



1. Pre-heat grill to medium heat. Season ribs with salt and pepper to taste and place on pre-heated grill. Grill for 2 minutes on each side, remove and set aside. Next pre-heat skillet over medium heat. Add vegetable oil and onion to the skillet and cook until onions are golden brown about 5 minutes. Add garlic and tomato paste and combine, then add the paprika, cumin, salt and pepper and combine.

Cook's Tip: If you cannot find Country Style-Ribs, Boneless Beef Short Ribs can be substituted.

2. Deglaze skillet with the beef stock scraping the bottom of the pan. Add in the ribs, bay leaf and liquid smoke and bring to a boil. Reduce heat to simmer and cover for 2.5-3.5 hours or until fork tender.

Cook's Tip: Avoid lifting the lid, which releases valuable heat and moisture and can significantly increase cook time.

3. Once the ribs are fork-tender remove from the pan and return to the grill over low heat. Grill for 1.5 minutes on each side, remove from the grill and set aside. Meanwhile remove the bay leaf from the sauce and bring sauce to a boil. Add in the bourbon, ketchup, molasses, and cayenne pepper and continue to cook until sauce becomes thick. Plate each rib and top with 3/4 cup of BBQ sauce. Garnish with 1 tablespoon of pickle relish and serve.

Nutrition information per serving, 4 Ribs: 580 Calories; 297 Calories from fat; 33g Total Fat (13.2 g Saturated Fat; 1.9 g Trans Fat; 3.4 g Polyunsaturated Fat; 14.9 g Monounsaturated Fat;) 135 mg Cholesterol; 1781 mg Sodium; 26.6 g Total Carbohydrate; 2.1 g Dietary Fiber; 19 g Total Sugars; 43 g Protein; 11 g Added Sugars; 77.7 mg Calcium; 5.3 mg Iron; 734 mg Potassium; 0.1 mcg Vitamin D; 0.4 mg Riboflavin; 13.7 mg NE Niacin; 0.6 mg Vitamin B₆; 4.4 mcg Vitamin B₁₂; 278 mg Phosphorus; 12.8 mg Zinc; 45.9 mcg Selenium; 135.4 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.

Beef Steaks with Mustard-Bourbon Sauce

Tender Flat Iron Steaks are quickly cooked and topped with creamy mustard bourbon sauce – all prepared in the same skillet.

Recipe time: 30 minutes

Makes 4 servings

- 2 beef Flat Iron Steaks (about 8 ounces each)
- 1/2 teaspoon pepper
- 1/2 cup whipping cream
- 1/4 cup country Dijon-style mustard
- 2 tablespoons bourbon
- 1 tablespoon finely chopped fresh chives or green onions



1. Press pepper evenly onto beef Flat Iron steaks. Heat a large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 11 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.
2. Combine cream, mustard and bourbon in a small bowl. Add to skillet; cook and stir 1 to 2 minutes or until browned bits attached to bottom of skillet are dissolved. Season with salt, as desired.
3. Carve steaks into slices; season with salt, as desired. Spoon sauce over steaks; sprinkle with chives.

Nutrition information per serving: 326 Calories; 198 Calories from fat; 22g Total Fat (11 g Saturated Fat; 8 g Monounsaturated Fat;) 111 mg Cholesterol; 437 mg Sodium; 4 g Total Carbohydrate; 0.1 g Dietary Fiber; 25 g Protein; 2.5 mg Iron; 3.3 mg NE Niacin; 0.3 mg Vitamin B₆; 5.1 mcg Vitamin B₁₂; 7.8 mg Zinc; 32.3 mcg Selenium.

This recipe is an excellent source of Protein, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Iron, and Vitamin B6.

Beef Bites with Peanut-Whiskey Sauce

Tasty cubes of Top Sirloin Steak and peppers are served with a flavorful peanut-whiskey sauce in this delicious Southern-style recipe.

Recipe time: 45 minutes

Makes 24 skewers

- 1-1/2 pounds beef Top Sirloin Steak Boneless, cut 3/4-inch thick
- 1 medium red bell pepper, cut into 1-inch pieces
- 1/2 to 3/4 teaspoons ground black pepper
- Chopped fresh parsley (optional)

Peanut-Whiskey Sauce:

- 3/4 cup whipping cream
- 1/2 cup creamy peanut butter
- 1/2 cup water
- 1/4 cup whiskey or apple cider
- 2 tablespoons molasses
- 2 tablespoons soy sauce
- 2 teaspoons minced garlic
- 1/4 to 1/2 teaspoon crushed red pepper



1. Soak twenty-four 6-inch bamboo skewers in water 10 minutes; drain.
2. Cut beef steak into 1-inch pieces. Alternately thread 2 beef pieces and 1 bell pepper piece evenly onto each skewer. Season beef with black pepper.

3. Combine sauce ingredients in medium saucepan, stirring until smooth. Bring just to a boil. Reduce heat; simmer 12 minutes or until thickened, stirring frequently. Keep warm.

Cook's Tip: 1/4 cup Bourbon may also be used.

4. Meanwhile, place 1/2 of skewers on grid over medium heat of gas grill. Grill, covered, 6 to 8 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Repeat with remaining skewers.

Cook's Tip: To broil, place 1/2 of skewers on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil about 6 to 9 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Repeat with remaining skewers.

5. Serve with peanut sauce. Garnish with parsley, if desired.

Nutrition information per serving: 136 Calories; 77.4 Calories from fat; 8.6g Total Fat (3.5 g Saturated Fat; 0.1 g Trans Fat; 1.1 g Polyunsaturated Fat; 3.3 g Monounsaturated Fat;) 30 mg Cholesterol; 147 mg Sodium; 4 g Total Carbohydrate; 0.5 g Dietary Fiber; 9.1 g Protein; 0.8 mg Iron; 196 mg Potassium; 3.1 mg NE Niacin; 0.2 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 1.6 mg Zinc; 9.2 mcg Selenium; 33.7 mg Choline.

This recipe is a good source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium.

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