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**NEWS**

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Downloadable photos available at:

<http://www.certifiedangusbeef.com/photos/5131SteakAuPoivreB.jpg>

<http://www.certifiedangusbeef.com/photos/5116APrimePorterhouseAsparagusPotatoes.jpg>

**A Valentine's Feast for Two**

*Prepare a mouthwatering, romantic dinner your dearest will love*

Keep the romance close to home this Valentine's Day and plan an intimate meal sure to satisfy your better half.

A premium steak is a match made in heaven for a special occasion menu. Not only is it full of the robust, succulent flavor your sweetie craves, it's simple to prepare – which leaves you more time to enjoy your rendezvous.

**Try a little tenderness ... and togetherness**

Choosing the right steak is a little like meeting your true love: When it's right, you know you've found "the one." Look for generous marbling, the little white flecks that will melt into deliciously juicy flavor as your steak cooks.

Certain cuts are the perfect choice for your Valentine. A generously-cut strip steak can be shared, offering a full flavor and a firmer "bite" that is appealing to beef lovers. Prepare it in the French "au poivre" style and expect some "oh-là- là" to follow!

Or, choose a Porterhouse, which is ideal for a couple to enjoy together. On one side of the T-shaped bone is the classic, boldly flavored strip steak, while the other side is a meltingly tender, mild and buttery filet mignon. This bone-in beauty boasts balanced flavor, tenderness and juiciness to fulfill any appetite.

**The perfect pair**

Enhance the delectable flavor of your steak by pairing it with a balanced, inviting red wine, such as Chateau Ste. Michelle Cabernet Sauvignon. Propose a toast to your togetherness and the opportunity to savor a succulent, satisfying meal with your sweetheart.

-more-

### Steak Au Poivre for Two

#### Ingredients

- 1 (16-ounce) *Certified Angus Beef*<sup>®</sup> strip steak
- 2 tablespoons whole peppercorn blend (black, white, red, green)
- 1 tablespoon kosher salt
- 1 tablespoon vegetable oil
- 3 tablespoons butter (dice 2 tablespoons into small cubes and keep refrigerated)
- 1 tablespoon minced shallot
- 1/4 cup brandy
- 1/4 cup beef stock
- 1 teaspoon Dijon mustard
- 2 tablespoons sour cream



#### Instructions

1. Crack peppercorns with the back of a skillet. Cut strip steak in half. Press cracked pepper firmly into both sides of each steak. Season with salt.
2. Heat oil and 1 tablespoon butter in medium sauté pan over medium high heat. When butter foams, place steaks in pan, pressing firmly. Lower heat to medium and sear about 5 minutes on each side. Transfer steaks to a clean plate and tent with foil to keep warm.
3. Add shallots to the pan and, holding the pan away from heat, add brandy. Return pan to medium high heat. Expect a flame while the alcohol burns off. Cook a minute until brandy thickens. Add stock, bring sauce back to a boil and reduce until thickened to a sauce consistency.
4. Whisk in Dijon, sour cream and cold butter. Taste sauce and add salt to taste; remove from heat. Spoon sauce on plates and place steaks on top.

Serves 2

Nutritional Information per Serving: 616 Calories; 43g Fat; 19g Saturated Fat; 184mg Cholesterol; 5g Carbohydrate; 0g Dietary Fiber; 50g Protein; 3414mg Sodium; 28% daily value Iron (based on 2,000 calorie diet).

### Porterhouse for Two with Lemon Potatoes & Asparagus

#### Ingredients

- 1 (20-24-ounce) *Certified Angus Beef*<sup>®</sup> porterhouse steak
- 1 lemon, washed
- 12 ounces fingerling potatoes, cut in-half lengthwise
- 1 tablespoon extra virgin olive oil
- 1 teaspoon minced fresh rosemary
- 12 spears petite asparagus (or 6 normal size)
- 1 tablespoon minced flat-leaf Italian parsley
- Salt and pepper to taste



#### Instructions

1. Zest half of lemon and set lemon and zest aside. Preheat oven to 450°F.
2. In a bowl, toss together fingerlings, olive oil, rosemary, salt and pepper. Place in ovenproof casserole dish and roast until browned and softened (25-30 minutes), stirring once or twice during roasting.
3. While potatoes are roasting, season steak with salt and pepper. Sear steak on a grill pan over high heat, 2 minutes per side. Reduce oven temperature to 350°F. Add asparagus to pan and place in oven until asparagus softens and steak is at the desired doneness, approximately 5 minutes for medium rare. Remove steak from pan and allow to rest on cutting board, tented with foil.
4. Slice lemon in half; juice one half over roasted potatoes. Add asparagus, lemon zest and parsley; stir to combine and divide among two plates. Cut meat from the “t-bone” of the porterhouse. Slice if desired and serve tenderloin or strip steak cuts according to preference.

Serves 2

Nutritional Information per Serving: 735 Calories; 34g Fat; 12g Saturated Fat; 207mg Cholesterol; 29g Carbohydrate; 4g Dietary Fiber; 76g Protein; 315mg Sodium; 54% daily value Iron (based on 2,000 calorie diet).

Recipes provided by the *Certified Angus Beef*<sup>®</sup> brand

For more information on choosing the right cut of beef, delicious recipes, or cooking instructions, visit the *Certified Angus Beef*<sup>®</sup> brand website at [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com).

The *Certified Angus Beef*<sup>®</sup> brand is the best Angus beef available and a cut above USDA Prime, Choice and Select. Ten standards ensure its premium quality and incredible flavor, tenderness and juiciness in every bite. It is proudly featured by more than 12,300 restaurants and retailers around the world. For more information, visit [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com), or follow the brand on Facebook and Twitter.

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