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<http://www.certifiedangusbeef.com/photos/2015BStuffedFlankSteak.jpg>

Get stuffed!

Celebrate the season with flavorful fillings

November is infamous for stuffing — whether we're fluffing our nest in anticipation of winter or filling our bellies with a harvest of savory flavors. Beef isn't typically associated with stuffing, but *Certified Angus Beef*® brand Chef Michael Ollier has created several rich and tasty beef dishes that will have you stuffing steak – and yourself – in no time.

Flank Steak Roulade features an economical cut spread with a mixture of walnuts, parmesan cheese, garlic and herbs, sun-dried tomatoes and arugula. It's then rolled and tied with butcher twine before roasting in the oven. Roulade makes for an elegant presentation and the flavors of this roasted beef are sure to wow the taste buds of everyone at your table.

Yes, they'll stuff themselves with seconds!

Hit harvest meals out of the park with **Short Rib Stuffed Squash**. Savory and satisfying, it's the ideal solution for pot roast leftovers. Just add vegetables and rice to beef, then stuff into seasonal acorn squash. Garam masala curry gives the dish a distinctly pleasing flavor.

- Garam Masala is a Northern Indian-style curry powder based not on turmeric – as are other curry powders, but on a mixture of cardamom, coriander and black pepper.

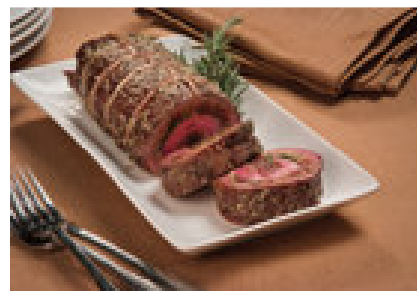
Add Italian flair to any autumn meal with **Stuffed Manicotti and Red Pepper Sauce**. A blend of parmesan, Asiago and mozzarella cheeses add just the right balance to this beefy, pepper- and tomato-based dish.

Flank Steak Roulade

Ingredients

- 2 to 2 1/2 pound *Certified Angus Beef*® flank steak
- 1/2 cup balsamic vinegar
- 8 ounces chopped walnuts, about 1 3/4 cups
- 5 tablespoons grated parmesan cheese
- 1 tablespoon minced garlic (2 cloves)
- 1 teaspoon red pepper flakes
- 2 teaspoons coarse kosher salt

-more-



- 1/2 cup olive oil
- 2 cups loosely packed baby arugula
- 8 ounce jar sun-dried tomatoes, packed in olive oil
- 2 teaspoons dried rosemary, hand crushed
- 1/2 teaspoon freshly ground pepper
- Butcher's twine

Instructions

1. Butterfly flank with the grain to 1/4-inch thick, yielding about an eleven by fourteen inch rectangle. Place in a shallow baking dish with balsamic vinegar. Cover with plastic wrap and refrigerate.
2. In a food processor, pulse together walnuts, 3 tablespoons parmesan, garlic, red pepper flakes and one teaspoon salt to the consistency of coarse cornmeal. Add olive oil while blending to make a paste; set aside.
3. Preheat oven to 450° F. Remove flank, pat dry & lay flat on a cutting board. Layer with walnut paste, arugula and sun dried tomatoes. Roll and tie roast to the 11-inch length. Season the exterior evenly with remaining 2 tablespoons parmesan, 1 teaspoon salt, rosemary and pepper. Set in roasting pan with rack, uncovered.
4. Roast for ten minutes. Reduce heat to 325° F and roast an additional sixty minutes for medium rare. Allow to rest ten minutes before slicing, two slices per person.

Serves 4-6

Nutritional Information per Serving: 748 Calories; 54g Fat; 9g Saturated Fat; 110mg Cholesterol; 18g Carbohydrate; 2g Dietary Fiber; 48g Protein; 926mg Sodium; 24% daily value Iron (based on 2,000 calorie diet).

Recipe provided by the *Certified Angus Beef*[®] brand

Short Rib Stuffed Squash

Prep time 45 minutes

Cook time 75 minutes

Ingredients

- 1 pound *Certified Angus Beef*[®] precooked boneless short rib or leftover pot roast, shredded (2 cups packed)
- 6 small acorn squash (1 1/4 - 1 1/2 pound each)
- 2 tablespoons butter
- 1/2 onion, 1/4-inch dice
- 1 small carrot, 1/4-inch dice
- 1 stalk celery, 1/4-inch dice
- 4 ounces wild rice
- 1 tablespoon garam masala curry
- 1/2 cup red wine
- 1/2 cup beef stock
- 1 tablespoon minced fresh sage (or 1 teaspoon dried)
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon freshly ground pepper
- 6 ounces sliced almonds

Instructions

1. Remove tops from squash by cutting an inch from the top, parallel to the bottom. Remove seeds (An ice cream scooper works well for this).
2. Preheat oven to 350° F. Simmer butter with onion, carrot and celery in a medium saucepan for 2-3 minutes. Stir in rice and curry and simmer an additional 2 minutes. Increase heat to high, add red wine and stock. Bring to a boil. Remove from heat and stir in beef, sage, salt and pepper.
3. Fill each squash with rice mixture and space evenly in a large casserole pan. Cover with foil and bake for an hour and fifteen minutes until rice is cooked and squash is soft.
4. While squash are roasting, toast almonds in a large sauté pan until golden; set aside. Allow cooked squash to sit 5 minutes before serving, topped with toasted almonds.

Serves 6

Nutritional Information per Serving: 601 Calories; 25g Fat; 6g Saturated Fat; 85mg Cholesterol; 62g Carbohydrate; 4g Dietary Fiber; 37g Protein; 1033mg Sodium; 21% daily value Iron (based on 2,000 calorie diet).

Recipes provided by *Certified Angus Beef*® brand

Stuffed Manicotti with Red Pepper Sauce

Prep Time 45 minutes

Cook Time 45 minutes

Ingredients

- 1 1/2 pounds *Certified Angus Beef*® 80/20 ground chuck
- 8-ounces manicotti (14 pieces), cooked 2 minutes less than package directions
- 3 red bell peppers
- 15-ounce can tomato sauce
- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 banana peppers, seeded and diced
- 8 ounces (approximately 2 cups) shredded asiago & mozzarella cheese blend
- 1 teaspoon coarse kosher salt
- 1/4 cup chopped fresh parsley
- 1/3 cup chopped calamata olives (optional)

Instructions

1. Using tongs, char red peppers over open stove flame. Turn frequently to get a uniform blackened and blistered skin. Allow to cool, remove stem and seeds and place in a blender, leaving skins on. Add tomato sauce, puree and set aside.
2. Simmer onions in olive oil until soft, 2-3 minutes. Add ground beef and simmer until no pink remains, breaking to small pieces as it cooks, about 3 minutes. Transfer to a mixing bowl. Stir in banana peppers, 1 1/2 cups of cheese, salt, parsley and olives.
3. Preheat oven to 350° F. Spread a third of sauce in a large rectangular baking pan. Stuff each manicotti with beef mixture, line in pan and cover with remaining sauce. Cover with aluminum foil and bake for thirty minutes. Remove foil, top with remaining 1/2 cup cheese and bake an additional twenty minutes until bubbly. Allow to set for five minutes before serving.

Roasted Pepper tip: Another way to roast peppers is to seed and quarter, place skin-side up under broiler until charred. Make ahead tip: Assemble up to two days before. Bake the day of, adding ten minutes to cook time.

Serves 6

Nutritional Information per Serving: 575 Calories; 29g Fat; 12g Saturated Fat; 106mg Cholesterol; 42g Carbohydrate; 4g Dietary Fiber; 38g Protein; 12396mg Sodium; 32% daily value Iron (based on 2,000 calorie diet).

Recipes provided by the *Certified Angus Beef*[®] brand

The *Certified Angus Beef*[®] 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, follow the brand on Facebook and Twitter, or read the brand's blog at www.gorare.com/.

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