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NEWS

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Downloadable, print-quality photos are available at:

http://www.certifiedangusbeef.com/photos/1027_PretzelCrustedSchnitzel.jpg

<http://www.certifiedangusbeef.com/photos/GermanPotRoastwithIngredients.jpg>

Wunderbar! Enjoy robust German flavors during Oktoberfest
Premium Certified Angus Beef® dishes make you the flavor-meister

For some, German dishes represent hearty family favorites that evoke the old country and their European heritage. Many others become “adopted” Germans during Oktoberfest, the autumn celebration that famously pairs the best Bavarian dishes with beers renowned worldwide. No matter your reason to get in the Oktoberfest spirit, you’ll find the fare is über-delicious.

Combine some of Germany’s favorite ingredients in Pretzel Dusted Schnitzel, a simple dish with great crunch. *Certified Angus Beef®* shoulder tender medallions deliver extra flavor – or substitute equally-tasty sirloin steak. Serve sweet onion and caraway noodles on the side for a satisfying finish.

German Pot Roast features melt-in-your-mouth tenderness and the soothing warmth you don’t need to be in the Alps to appreciate. Slowly cooked in brown ale, with a combination of savory spices and root vegetables, this braised dish is European comfort food at its best.

Roll out the barrel!

The right beverage will complement your Oktoberfest feast and enhance the celebration. When matching beer with your favorite cut of beef, factor in the qualities of the cut and the cooking method to create a match made in heaven.

A quick rule of thumb: robust cuts, and those with more marbling, pair best with full-bodied beers. Leaner, “delicate” cuts go great with lighter beers.

- *Lager* – A great match for char-grilled beef. The lager offers maltiness with a hint of smoke, but it won’t overpower the beef flavor.
- *Stouts and Porters* – With these full-bodied beers, think braised meats with richly flavored sauces. The deep savoriness of the porter perfectly complements braised beef. It’s a great choice for fall and winter.

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- *Pale Ales and Pilsners* – Perfect for tender, mild-flavored cuts of beef, such as the tenderloin, particularly when prepared on the grill.

Pairing tips provided by Sommelier Manuel Nieves.

Pretzel Dusted Schnitzel with Sweet Onion Caraway Noodles

Suggested beer pairing: Brooklyn IPA (recommended by Sommelier Manuel Nieves)

Ingredients

8 (3-4 ounce) *Certified Angus Beef*[®] shoulder tender medallions
2 cups crushed pretzels
1 tablespoon fresh thyme, chopped fine
2 tablespoon Italian parsley, chopped fine
1/4 cup Dijon mustard
Oil for pan frying
2 tablespoons butter, unsalted
1 large yellow onion, peeled and thinly sliced
1 teaspoon caraway seeds, toasted and chopped
8 ounces egg noodles, cooked al dente
1/4 cup beef stock
Salt and pepper to taste



Instructions

1. Preheat oven to 350° F.
2. In a shallow bowl combine pretzels, thyme, 1 tablespoon parsley, salt and pepper together; mix thoroughly.
3. Brush medallions lightly with mustard and coat heavily with pretzel mixture.
4. Heat oil in a skillet on medium-high heat. Sauté medallions for 3 minutes per side. Remove from pan and place on baking tray; place in oven for 10 minutes or till outside is crisp.
5. Melt butter in a large sauté pan, add onion and cook until translucent. Add caraway, cooked noodles, stock and salt and pepper. Continue to cook for 5 minutes stirring continuously.
6. Add remaining parsley to noodles, season to taste and serve with schnitzel.

Serves 4

Nutritional Information per Serving: 944 Calories; 31g Fat; 11g Saturated Fat; 242mg Cholesterol; 90g Carbohydrate; 4g Dietary Fiber; 61g Protein; 1443mg Sodium; 57% daily value Iron (based on 2,000 calorie diet).

German Pot Roast

Suggested beer pairing: Brooklyn Brown Ale (recommended by Sommelier Manuel Nieves)

Ingredients

4 pounds *Certified Angus Beef*[®] chuck roast
2 tablespoons vegetable oil
1 large yellow onion, peeled and cut into large pieces
3 large carrots, peeled and cut into chunks
1 large turnip, peeled and cut into chunks
4 sprigs thyme
2 bay leaves
8 black peppercorns
8 juniper berries
1 teaspoon horseradish
1 (6-ounce) can tomato paste
2 (12-ounce) bottles brown ale beer (Brooklyn Brown Ale works well)
4 cups beef stock
Salt and freshly ground pepper to taste



Instructions

1. Preheat oven to 175° F.
2. Heat oil in heavy-bottom pan. Season roast with salt and freshly ground black pepper. Sear on all sides until brown.
3. Remove roast from pan and set aside. Add onions, carrots, turnips, thyme, bay leaves, juniper berries, horseradish and peppercorns to pan; allow vegetables to caramelize.
4. Add tomato paste and cook 2 to 3 minutes. Deglaze pan with beer and cook another 2 to 3 minutes.
5. Return roast to pan, add beef stock and bring to a low simmer. Place in oven or transfer all ingredients to a slow cooker.
6. Cook for 8 to 10 hours, until fork tender. Remove roast from oven and let rest 10 to 15 minutes. Strain vegetables, reserving liquid for sauce.

Serves 8

Nutritional Information per Serving: 583 Calories; 21g Fat; 8g Saturated Fat; 172mg Cholesterol; 29g Carbohydrate; 9g Dietary Fiber; 50g Protein; 1427mg Sodium; 73% daily value Iron (based on 2,000 calorie diet).

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

For more than 30 years, the *Certified Angus Beef*[®] brand has been world-famous for its exceptional quality and generous marbling. Ten strict scientific standards ensure each bite is full of mouthwatering flavor, tenderness and juiciness. The *Certified Angus Beef*[®] brand is a cut above USDA Prime, Choice and Select. It has offered consumers quality, consistency and integrity since the first pound was sold in 1978 and is proudly featured by more than 13,600 restaurants and retailers around the world. For more information or to order, visit www.certifiedangusbeef.com. Follow the brand on Twitter: www.twitter.com/CertAngusBeef or become a fan of: “*Certified Angus Beef*[®] brand” on Facebook.

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