



“CHB Bites” is a column designed to keep you in-the-know about the Certified Hereford Beef® (CHB) program. To get involved with CHB on social media, search *Certified Hereford Beef* on Facebook and Pinterest, @certifiedherefordbeef on Instagram and @crtherefordbeef on Twitter.



Beef Tenderloin with Cranberry Sauce

Recipe from [CertifiedHerefordBeef.com/recipe/beef-tenderloin-with-cranberry-sauce/](https://www.certifiedherefordbeef.com/recipe/beef-tenderloin-with-cranberry-sauce/)

Cook time: 60 minutes
Protein: 26 grams
Servings: 8

Ingredients:

- 1 whole Certified Hereford Beef® tenderloin roast (about 4 to 5 pounds)
- 2 tablespoons chopped fresh thyme
- 1 tablespoon pepper
- ½ cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce
- ¼ teaspoon salt

Instructions:

- 1) Heat oven to 425 F. Combine thyme and pepper; reserve 1 teaspoon seasoning mixture for sauce. Press remaining seasoning mixture evenly onto all surfaces of beef roast.
- 2) Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 425 F oven 50-60 minutes for medium rare; 60-70 minutes for medium doneness.
- 3) Remove roast when meat thermometer registers 135 F for medium rare; 150 F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15-20 minutes. (Temperature will continue to rise about 10 F to reach 145 F for medium rare; 160 F for medium.)
- 4) Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved seasoning and salt.
- 5) Carve roast into slices; serve with sauce.

All about the apps

Curb your guests' hunger with this delightful appetizer.



Beef Pinwheels

Recipe from [CertifiedHerefordBeef.com/recipe/beef-pinwheels/](https://www.certifiedherefordbeef.com/recipe/beef-pinwheels/)

Cook time: 30 minutes
Protein: 2 grams
Servings: 72

Ingredients:

- 24 ounces cooked *Certified Hereford Beef* pot roast
- ½ cup shredded asiago cheese
- 1 package (17.3 ounces) frozen puff pastry (2 sheets), defrosted
- 4 green onions, cut in half lengthwise, then cut into thin long strips

Instructions:

- 1) Shred warmed pot roast in large bowl with 2 forks; stir in cheese. Set aside.
- 2) Heat oven to 400 F. Spray 2 metal baking sheets with nonstick cooking spray. Unfold each puff pastry sheet onto lightly floured surface.
- 3) Cut in half with sharp knife or pizza cutter to make four 10 x 4¾-inch rectangles.
Working with 1 rectangle at time, place a long side in front of you. Place 1/4 of the beef mixture onto pastry, leaving a ½-inch border on the long side closest to you. Lay 1/4 of the green onion strips lengthwise over beef mixture. Roll up pastry jelly-roll fashion starting with long side opposite you. Brush water along border and seal pastry. Repeat with remaining pastry, beef mixture and green onions.
- 4) Cut pastry rolls crosswise into ½-inch thick slices, forming pinwheels. Arrange 1 inch apart on prepared baking sheets. Bake in 400 F oven 15-17 minutes or until golden brown, rotating pans halfway through baking. Transfer pinwheels to wire rack; cool slightly. Serve warm. **HW**

For more information about Certified Hereford Beef, visit [CertifiedHerefordBeef.com](https://www.CertifiedHerefordBeef.com) or email info@herefordbeef.org.