

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Finding balance with garlic and five-spice

Craving your favorite Asian takeout dish? Perhaps the secret to that satisfying taste is the complexity and balance of all the flavors: sweet and sour, of course, but also salty, bitter and savory (also known as umami).

Flavor balance

As convenient and delicious as takeout can be, grilling is just about as fast. This recipe for Garlic and Five-spice Strip Steak hits all the right notes in perfect harmony. A little salty from soy sauce, a little sweet from brown sugar and a little spice in the marinade all complement the big, beefy *umami*-rich steak.

If you follow that basic formula, the combinations are virtually endless — and just as tasty!

We recommend serving with rice noodles cooked in a blend of soy sauce and sesame oil, with grilled onions. Stir-fried veggies like pea pods, red peppers, mushrooms, onions or bok choy (Chinese cabbage) would be delicious too! You can even cook them in a cast-iron skillet right on your grill.



Grilled Garlic and Five-spice Strip Steaks

Ingredients:

- 4 (12-oz.) CAB® strip steaks
- ½ cup low-sodium soy sauce
- ¼ cup brown sugar
- 3-4 cloves garlic, minced (1 Tbs.)
- 2 tsp. sesame oil
- 1 Tbs. Chinese five-spice powder
- 1 tsp. black pepper
- ½ tsp. red pepper flakes

Instructions:

1. Stir together soy sauce, brown sugar, garlic, sesame oil, black pepper, red pepper flakes and the “secret” ingredient: Chinese five-spice powder. This flavorful blend is available at most large grocery stores and contains ground star anise, ginger, cinnamon, fennel and pepper. It’ll give the marinade a flavor you recognize, but probably couldn’t identify.
2. Place steaks in a plastic zipper bag, add marinade and refrigerate 4 hours or overnight for deeper marinade flavor. Since it’s not an acidic marinade, there’s no risk of over-tenderizing your steaks.
3. Preheat grill to medium high (450° F). Remove steaks from marinade, pat dry and grill to desired doneness; about 3-4 minutes per side for medium rare (around 125°-130° F internal temperature). Be sure to use an instant-read thermometer for the best results.
4. Remove steaks from grill and rest 5 minutes before serving.

Serves: 4

