

What's Cooking at CAB

With Chef Michael Ollier

Before-and-after photos

When you're committed to something, there's no option for compromise. At home, I'm committed to cooking meals with the best and freshest foods I can find. My determination isn't limited to ingredients, but also to preparation. If grilling is an option, I will always choose charcoal.

Community experience

Fellow *Certified Angus Beef*® (CAB®) brand Chef Scott Popovic recently joined me for a battle of grills on a local television news show. Scott prefers gas grilling; I swear by charcoal. Admittedly, my method is more time-consuming, but I can taste the difference.

My grill of choice is a faithful Weber One-Touch® with a chimney starter.

I love to grill — any time, any place. That's probably why I stopped the car in its tracks one evening. The kids and I were driving through our neighborhood when I spied a worn-out Weber on the curb next to someone's garbage. Why was it discarded? For a newer, shinier version? A faster gas grill with all the bells and whistles?

The grill's original wood handle protruded from the surrounding piles like a flag of victory. Then and there, I determined to resuscitate the vintage treasure.



Yes. I brought the grill next door home to meet the family. Sure, she required a complete cleaning and a fresh coat of varnish on her handle. The old girl has plenty of life left in her, though. Even with shiny amenities, a new gas grill could never achieve charcoal's trademark smoky flavor.

I could say the same for beef. No matter the ploys and packaging of other brands,



there's nothing like the premium flavor of high-quality Angus beef — grilled to medium rare over charcoal, of course!

*Until next time,
— Chef Michael*



Grilled Filet with Watermelon & Bibb Salad

Ingredients:

4 (6-oz.) CAB® tenderloin filet steaks
½ serrano chili pepper, finely diced
1 Tbs. balsamic vinegar
1 tsp. honey
1 tsp. fresh mint, finely chopped
3 Tbs. olive oil
4 cups ½-in. diced seedless watermelon
1 head Bibb lettuce, cleaned
Salt and pepper to taste

Instructions:

1. Prepare vinaigrette by whisking together serrano pepper, balsamic vinegar, honey, mint and olive oil.
2. Season filets and grill over medium-high heat until desired doneness. Remove from heat and allow to rest.
3. For salad, toss watermelon, lettuce and vinaigrette together. Serve with filets.

Source: Recipe provided by the CAB® brand.