

# What's Cooking at CAB

With Chef Michael Ollier

## Making memories one bite at a time

*We all have our own ideas of what Christmastime should be. Some of you probably spend the season baking and shopping for presents. Others may decorate with strands of colorful lights, attend church services or deliver goodies to friends and neighbors.*

### Establishing traditions

My wife, Anne Marie, was a professional ballet dancer. For years, our holidays were filled with *The Nutcracker*. That changed when we added children to the mix. I remember one Christmas, especially. We were preparing to head south to my parents' home with our new family in tow when my mom called.

"Michael, you have young children," she said. "It's time for you to start your own family traditions."

What do you mean, Mom? I can't come home for Christmas?

She was right, though. To this day, my wife and I have a rule: no travel allowed. We spend Christmas day at our house. It's a tradition we observe as a family with two young boys.

Speaking of children, I sometimes wonder what Christmas is like through their eyes. Are we making memories they will someday hold sacred? Time will tell. For now, though, the best I can do is make things memorable. For me, traditions often begin in the kitchen.

My mom always kept a glass jar on the countertop during the holidays. It was filled with apricots soaked in brandy. She also made amazing bourbon balls. At my house, we've started our own meaty tradition — I make an amazingly delicious strip roast for Christmas dinner.

Slightly less expensive than the more fanciful rib roast, the strip makes an elegant entrée for any holiday feast. You may hear it called a New York strip roast or a strip loin roast. By any name, it's lean, tender and full of flavor. It also has a firmer "bite" that you steak lovers will appreciate. In fact, this cut is often sliced and sold as strip steaks for grilling.

Don't worry about spending all day in the kitchen. Roasting is a simple technique and one of the easiest cooking methods. After seasoning your roast, place it on a rack in a roasting pan and cook at high heat for about 15 minutes to develop a nicely browned crust. Reduce the oven temperature and continue roasting until beef reaches your desired doneness. Allow approximately 12-15 minutes per pound for medium rare. Garlic and rosemary make this cut particularly tasty (see recipe), or season with your own blend of herbs and spices for a signature flavor.

Whatever your traditions, wherever you celebrate, I wish you and your family a very happy and memorable holiday season. Greetings from all of us at Certified Angus Beef LLC (CAB)!

— Chef Michael



### Garlic & Rosemary Strip Roast

#### Ingredients

1 (4-lb.) CAB® strip roast  
3 cloves garlic, minced  
1 tsp. dried rosemary  
1 tsp. kosher salt  
6 cloves garlic, split in half lengthwise  
8 fresh rosemary sprigs, cut about 1½-in. in length  
1 Tbs. extra virgin olive oil  
Additional kosher salt and freshly ground pepper to taste

#### Instructions

Mix minced garlic, dried rosemary and 1 tsp. salt in small mixing bowl. Cut approximately 20 slits evenly spaced around roast, about 1-in. deep using a paring knife. Rub mixture evenly all over roast and refrigerate overnight.

Preheat oven to 500° F. Remove roast from refrigerator and wipe clean with a paper towel. Rub roast with olive oil and season all sides with additional salt and pepper to taste. Place fat side up, in roasting pan fitted with rack.

Place roast in oven for about 15 minutes. Remove from oven and reduce temperature to 300° F. Insert halved garlic cloves and rosemary sprigs evenly into premade slits. Place roast back in oven and continue cooking about 45-60 minutes, depending on desired doneness.

Remove roast from oven, place on cutting board and loosely tent with foil. Allow to rest 15 minutes before slicing roast across the grain.

Serves 8

Source: Recipe provided by the CAB® brand.

P.S.: In case you'd like to try Mom's bourbon balls, here's her "secret" recipe:

### Bourbon Balls

#### Ingredients

2 cups crushed vanilla wafers  
1 cup confectioner's sugar (plus more for later)  
2 Tbs. cocoa powder  
¼ tsp. salt  
1 cup finely chopped pecans  
3 Tbs. corn syrup  
¼ cup Bourbon, whiskey or rum  
Extra confectioner's sugar

Combine ingredients and form into 1-in. balls, roll in confectioner's sugar and store in refrigerator for up to two weeks (if they last that long).