

# What's Cooking at CAB

With featured chef partners



PHOTO BY LESLIE RYANN

## Steak and eggs from Bacon

*Jeremiah Bacon spent 10 years away from Charleston, S.C., honing his craft and (literally) sharpening his knife in some of the toughest, most intense kitchens in New York City. In 2010, he had the opportunity to return to his beloved hometown and take over an elegant, fine-dining restaurant, Oak Steakhouse. One year later, he and a business partner opened a hip, casual pub dubbed The Macintosh.*

*Thanks to these two eateries, Bacon has found the sweet spot on his culinary voyage — one that pushes him to create classic cuisine and another that flexes his cooking creativity — all while showcasing high-quality, local ingredients and premium Angus beef.*

### Quality and comfort

When it comes to meat dishes, Bacon says his preferred *Certified Angus Beef®* (CAB®) cuts fit right into the restaurants' local and sustainable model.

"I visited Yon Family Farms (Ridge Spring, S.C.) a while back," he notes. "To meet the family, see how they operate — to know them, it gives us confidence that our beef offerings are definitely in the same spirit of everything else we're doing at the restaurants."

Last fall, Bacon was featured as "Mr. October" in the CAB brand calendar, which showcases the chef and his unique take on steak and eggs. He says the dish features tenderloin, potato hash with caramelized shallots and a "fried egg sauce."

"We fry an egg, and then purée it with champagne vinegar and herbs," Bacon says.

That's right. Melt-in-your-mouth tenderloin, a fried egg and champagne at brunch.

Bacon really does make everything better!

## Grilled Sirloin 'Steak and Eggs'

Although Chef Jeremiah goes for the ultimate with CAB tenderloin and shallots, here is a recipe for your guests or any hearty breakfast at home.

### Ingredients:

1 lb. CAB® sirloin steak  
1 chipotle pepper, seeded and puréed  
5 Tbs. mayonnaise  
8 slices of your favorite bread, toasted  
4 eggs  
2 cups mixed greens  
Salt and pepper to taste

### Nutritional information:

Calories: 524  
Fat: 28 g  
Saturated Fat: 6 g  
Cholesterol: 294 mg  
Carbohydrate: 32 g  
Dietary Fiber: 3 g  
Protein: 38 g  
Sodium: 601 mg  
Iron: 34% of daily value

### Instructions:

1. Season steak with salt and pepper and grill over medium-high heat to medium rare (145° F internal temperature) or desired doneness.
2. Remove steak from grill and allow to rest 4-6 minutes; slice across the grain.
3. Purée chipotle peppers with mayonnaise and spread on toast.
4. Cook eggs to your liking (sunny side up or scrambled).
5. Top toast with steak, eggs and greens. Serve with fresh fruit.

Serves 4

Source: Recipe provided by the *Certified Angus Beef®* brand.



