

# What's Cooking at CAB

With Chef Michael Ollier

## Recipes for the cook at home

*I'm a stickler for knowing exactly what's in the food I'm eating and serving to my family. I'm also proud of the fact that until around age 6, my oldest son still didn't know what the "golden arches" looming over highway exits represented.*

### Home cooking

I'm sure it's because we've always endeavored to cook as much as we could as a family, and that includes my sons. If we eat out, it's usually something like pizza night at a local restaurant. We tend to make a lot of home-cooked, quick meals that are high in quality. If we're cooking something like pasta or rice, we make the full pound so we have a healthy leftover option that can be easily reheated.

Cooking at home is a way of life I recommend for everyone — and it's part of the reason I do what I do. I love to create recipes that give home cooks achievable meals they can pull off in their own kitchens. People genuinely want to cook more, but may not have a strong culinary skill set.

Many people today didn't learn to cook like the generations before them, and that's where I come in. Sure, the *Certified Angus Beef*<sup>®</sup> (CAB<sup>®</sup>) brand's recipes are beef-centric, but our recipes, cooking tips and video instructions are tools that can make cooking less intimidating. Teaching people to enjoy food and making a connection with someone in the kitchen really gets me jazzed!

This "Shredded Beef Frittata" recipe is a great one for the whole family — just double the recipe (and the size of your skillet!) as needed. You'll need volunteers to crack and whisk the eggs, someone to slice peppers and mushrooms, and an adult to carry the cast-iron skillet. Make it a family affair or feed the whole family, it's your choice. Either way, you will all enjoy a delicious, nutritious, homemade meal.

For more recipes and helpful cooking instructions, follow the "Get Cooking" tab at [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com) or the blog, <http://gorare.com>.

— Chef Michael



► **Above:** Certified Angus Beef LLC provides several instructional videos online. In this video, Chef Michael Ollier gives instruction on braising beef and cooking it low and slow to provide the shredable beef used in this month's recipe.



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### Shredded Beef Frittata

#### Ingredients:

12 oz. CAB<sup>®</sup> leftover pot roast, shredded  
4 eggs, whisked  
1 roasted red pepper, seeded and thinly sliced  
¼ cup (2 oz.) fresh goat cheese or soft cheese of choice  
¼ tsp. salt  
¼ tsp. pepper  
1 Tbs. butter  
½ cup sliced cremini mushrooms  
1 cup chopped baby spinach, loosely packed

#### Instructions

1. Preheat oven to 325° F. Combine eggs,

peppers, goat cheese, salt and pepper in a mixing bowl.

2. Melt butter in small cast-iron skillet over medium heat.
3. Add mushrooms and sear until browned, 3-5 minutes. Add pot roast and spinach, toss and turn off heat. Remove from pan and add to egg mixture.
4. Pour egg mixture into skillet, place in oven and cook until top is browned and a toothpick comes out clean, approximately 30 minutes.

Serves 2.

Source: Certified Angus Beef LLC.

