

What's Cooking at CAB

With featured chef partners



Continuing education

Executive Chef Michelle Brown has awed the community of West Chester, Ohio, since Jag's Steak & Seafood opened its doors in 2003. The Ohio native attended the University of Cincinnati and planned to become a teacher, but she discovered a flair for cooking. She changed course and spent three years in San Francisco honing her skills. Today, Chef Michelle says she has the best of both worlds: creating amazing food and mentoring future chefs.

Managing chaos

Ask a chef, and they're likely to admit cooking professionally is hard work. Guys and gals who wield the whisks value the long hours of challenge, creativity and camaraderie their calling provides. The incredible food they conjure and the satisfaction it brings to guests is the real reward at the end of the day.

"The chaos and excitement in the kitchen is very calming for me, believe it or not," Brown says. "We work together. And it's so much fun to work with the [culinary] students — one, because they're learning and it's great to mentor them; two, the other chefs you learn from and become friends with. The whole package is a great thing!"

Brown says chefs are constantly thinking about food.

"My husband and I joke that it's really hard to diet because, as chefs, we're always thinking while we're eating, 'What's my next meal going to be?'"

If her exquisite foods are any indication, Brown thinks about meals a lot. Her restaurant serves Certified Angus Beef® (CAB®) brand steak entrées that prompt rave reviews from customers. At the grand opening of Certified Angus Beef LLC's (CAB) Education & Culinary Center, she prepared mushroom ravioli in a sherry cream sauce. It was served in a stemless martini glass beside a morel-encrusted spinalis medallion topped with bourbon-caramelized onions and gourmet cheese. The crowning touch: baby corn shoots and a delicate, colorful viola blossom. Edible blossoms are Chef Michelle's signature flourish.

Few of us have access to fresh corn shoots, viola blossoms and morel mushrooms in February. A Chef Michelle-inspired meal is still possible, though, with the ingredients in the recipe at right and a simple recipe from CAB chefs.

Cheese Ravioli with Beef and Mushroom Alfredo

Ingredients:

- 2 cups leftover CAB® pot roast, shredded in small chunks
- 2 Tbs. butter
- 2 shallots, chopped
- 2 cloves garlic, chopped
- 8 oz. baby portabella mushrooms, diced
- 1 (9-oz.) pkg. refrigerated cheese-filled ravioli, cooked according to pkg. instructions
- 1 (15-oz.) jar Alfredo sauce
- 1 Tbs. chopped fresh rosemary
- 1 tsp. chopped fresh sage
- Fresh ground pepper to taste
- Parmesan cheese

Instructions:

1. In medium skillet, melt butter. Add shallots and garlic. Sauté over medium heat 1-2 minutes. Add mushrooms and sauté 3-4 minutes.
2. Add beef and cook for 4-5 minutes.
3. Stir in Alfredo sauce and prepared ravioli; heat through. Add herbs and season with pepper. Garnish with Parmesan cheese before serving.

Serves 4.

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



