

What's Cooking at CAB

With featured chef partners



A Stark reality check

Chef Mark Stark opened a restaurant in late 2007 not far from the epicenter of the technology boom's bubble-burst. He and wife Terri chose Silicon Valley to weather the storm. What has blossomed since those difficult, early days is one of the most acclaimed steak houses in the country: Stark's Steak & Seafood — the flagship of the couple's Stark Reality Restaurant Group — in Santa Rosa, Calif. It offers customers a classic steak-house feel, with rich flavors and traditional cuisine.

"I'd always wanted to open a restaurant in Sonoma wine country," says Stark, a Chesapeake Bay-area native. "It was difficult at the start, but we've now been up 25% year-over-year for three years in a row. From where we started in such a terrible economy, by being consistent all the way with our service and our meat program, we've really been able to build on things."

That program includes *Certified Angus Beef*® (CAB®)-brand Prime steaks, an on-premise dry-aging cooler, and the precision and imagination of Stark and his culinary staff.

The chef is a poster child for CAB, featured in the brand's culinary calendar with a dish he prepared at the renowned James Beard House in New York City last year. His entrée featured a CAB Prime Natural filet with bone-marrow dumpling.

"The idea for marrow dumpling came from a very old European dumpling dough," Stark says. "In the old days, when people would run out of butter, the next best thing was bone marrow. It's a very traditional-style dish — basically a mix of marrow, bread crumbs, parsley, shallots and a couple of eggs to bring it together. We make it with the idea of mimicking a marrow bone, so we roll it out, add a little braised short-rib meat and red onion marmalade, a little sweet acid. Then we roll it into a log, wrap it in plastic and steam it. After chilling, it's cut to size and quickly roasted in the oven for color."

To borrow a quote from CAB meat scientist Phil Bass, "Holy cows!"

Next time you find yourself on the West Coast, head to Santa Rosa's Stark Steak & Seafood. In the meantime, visit online: www.starkrestaurants.com.

For those cooking at home, here's a recipe from the CAB chefs for a filet sandwich served on a buttermilk biscuit. Enjoy!

VIP Filet Sandwich

Ingredients:

- 1¼ lb. CAB® tenderloin roast
- 4 buttermilk biscuits, cut in half
- 4 Tbs. whole-grain mustard
- 16 spinach leaves
- 1 (1½-oz.) jar roasted red peppers, thinly sliced
- 3 Tbs. olive tapenade
- 1 tomato, thinly sliced
- Salt and pepper to taste

Instructions:

- Season filet with salt and pepper on all sides and grill over medium-high heat to desired doneness. Let rest 5 minutes and slice thinly.
- To create sandwich, spread mustard on bottom half of biscuits. Top with sliced beef, 4 spinach leaves, red pepper and tomato slices. Spread tapenade on biscuit top to complete sandwich.

Serves 4

Source: Certified Angus Beef LLC.



