

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Tri-tips for outdoor dining

*Good food brings people together like nothing else we know, but there's something special about an outdoor meal.*

### Easy entertaining

It's food served with an extra helping of atmosphere, flavor and natural fun. We love a good backyard barbecue. Throw in fresh flowers on tabletops, glistening strands of white lights overhead, candles and perhaps a crackling fire for atmosphere and you'll hear no complaining here.

When planning a more elegant affair, your first thought may be to serve sizzling steaks, but the number of guests on your list may make that cost-prohibitive. Burgers are an alternative, but they don't always create the elegant presentation you imagine. What's the solution? Grilled tri-tip.

Easily recognized by its triangular shape, the tri-tip is a lean, tender and boneless cut of beef. It has a rich meaty flavor that's great with only salt and pepper, but you can add even more flavor factor with a spice rub. You can cook it whole, or cut it into individual steaks and grill. Our preference is to grill the roast, then slice thin and pile beef on a platter for buffet-style serving.

A standard rule of thumb is to plan on a pound of roast for every two guests and a half pound per two children. Then, go ahead and add an extra pound just in case.

**Example serving size:** Six adults (3 lb.) plus four children (1 lb.) = 3 lb. for adults plus 1 lb. for children plus 1 lb. extra = 5-lb. roast

In this scenario, you would probably purchase up to three tri-tips because they usually weigh 2-3 lb. each. Have leftovers? Slice and serve atop salad. It's a great way to beef up your lighter side with extra protein.

While tri-tip is popular in some sections of the country, you may not find it readily available in your grocer's meatcase. Ask for it by name. Ask your butcher or meat manager for a bag of them if it's in your budget, and then freeze for use later. The flavor factor, cooking ease and crowd-feeding characteristics of this cut make bulk purchases worth it. Think of your freezer stash of tri-tip roasts as your secret ingredient to spur-of-the-moment entertaining — that is, after you thaw the beef.



## Tri-tip Soft Tacos with Peruvian-style Hot Sauce

### Ingredients:

2 lb. CAB® tri-tip roast, cut in half with the grain (or culotte steak)  
1 Tbs. fresh-cracked black pepper  
1 Tbs. plus ½ tsp. kosher salt  
2 tsp. garlic powder  
¼ cup raw shelled pumpkin seeds  
2 Tbs. raw sesame seeds  
4 cloves garlic, chopped  
1 Tbs. ancho chili powder  
2 tsp. red pepper flakes  
1 tsp. dried oregano  
1 tsp. ground cumin  
½ tsp. ground allspice  
½ tsp. ground clove  
1 cup cider vinegar  
12 small soft taco shells  
Optional toppings: finely sliced lettuce, diced avocado, diced red pepper, sour cream, cooked corn

### Instructions:

1. Combine black pepper, 1 tablespoon salt and garlic powder. Season roast evenly, cover with plastic wrap and refrigerate for 2 hours.
2. Toast pumpkin seeds in a hot skillet until they begin to pop and are golden and fragrant, 1-2 minutes; transfer to a blender. Add sesame seeds to the hot pan and toast the same way for less than a minute; add to the blender.
3. Add minced garlic, ancho powder, red pepper flakes, oregano, cumin, allspice, clove, ½ teaspoon salt and vinegar. Puree until smooth. Pour into a serving bowl. Likewise, put optional toppings in serving bowls.
4. Preheat grill to high. Reduce grill to medium and warm taco shells directly on the grate only until grill marks appear, 30 seconds per side. Transfer to a towel; keep covered and warm.
5. Grill roast over medium-high heat, turning only a couple times to develop a uniform crisp exterior, 5-10 minutes. Cook to medium, remove from grill and let rest 5 minutes before slicing super thin against the grain. Serve with taco shells and prepared toppings.

Serves 4

## Stuffed Tri-tip Roast

### Ingredients:

2 lb. CAB® tri-tip roast  
3 oz. goat cheese  
1 Portobello mushroom, chopped  
3 Tbs. chopped kalamata olives  
1 Tbs. chopped capers  
4 basil leaves, sliced thin  
1 tsp. chopped oregano  
2 Tbs. canola oil  
Salt and pepper to taste

### Instructions:

1. Cut a pocket in the tri-tip roast.
2. Combine goat cheese, mushrooms, olives, capers, basil and oregano; stuff into roast pocket and tie with butcher's string. Season to taste.
3. Heat oil in large nonstick skillet over medium-high heat and sear steak. Lower temp to medium and cook to desired doneness. Let rest 5 minutes and slice.

Serves 4