

What's Cooking at CAB

With featured chef partners



Designer's eye on beautiful food

Chef Keoni Chang's journey didn't begin in a kitchen. Instead, his interest in cooking began in a classroom at the University of Hawaii.

"I was studying graphic design, and I wasn't really connecting to the curriculum," said Chang, the multi-faceted chef from Foodland grocery stores located on the Hawaiian Islands. "I read an article about the chef as a profession and realized it was more than slinging hash. I decided that art with food as the medium sounded like a way to do something with my art background. It was something I could immerse myself in."

An art in cooking

Eventually, Chang graduated from the Culinary Institute of America and did an apprenticeship at The Greenbrier Resort in West Virginia. In fact, he was one of the featured chefs at the CAB brand's 2012 annual conference, also convened at the resort. Early in his career, Chang spent a winter in New York at Windows on the

World, which was located on the top two floors (106 & 107) of the north tower in the World Trade Center. He later worked at the famous Eiffel Tower Restaurant in Las Vegas before returning home and embracing his present career at Foodland. He says it allows him to bring his passion for quality ingredients into the homes of shoppers.

"I think there are quite a few ways I'm

able to impact people," he said. "I can help them decide what to buy and how to pick items. I can then show them how to make tasty dishes. I work with the different buying departments, and we collectively continue to improve and seek out new items."

But just what are Hawaiian consumers looking for, as opposed to shoppers on the mainland? The distinction isn't as clear as it once was due to globalization, Chang says, but there is still a strong Asian influence on the islands. Steamed white rice, soy sauce, ginger, garlic and scallions are prevalent in many dishes.

"One thing I think makes Hawaiians who we are is the plate lunch," Chang said. "Two scoops of rice with a mayonnaise-based macaroni or potato salad, and a main item, like a barbecue chicken, teriyaki steak or even a beef stew."

While Chang is Hawaiian through-and-through, he goes straight to hearty, middle-American classics when he names his favorites.

"My favorite dishes are braises and stews," he said. "I love them because you can usually take a less expensive cut of meat and create something extremely flavorful. That being said, I've had my share of hankering for a 1-inch *Certified Angus Beef*® (CAB®) brand ribeye, seasoned with Hawaiian salt and dry seared in a screaming-hot cast-iron skillet."

The ribeye is certainly an enviable option. Try your hand at pan-searing this fabled cut — and for more recipes — like Chang's favorite braises and stews, visit www.certifiedangusbeef.com.

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Classic Pan-Seared Ribeye Steak

Ingredients:

1 (16-oz.) CAB® brand ribeye steak
Le Creuset® cast-iron signature skillet
1 tsp. peanut or canola oil
½ tsp. coarse kosher salt
¼ tsp. freshly cracked black pepper
3-4 thyme sprigs
2 garlic cloves, partially crushed
2 Tbs. butter

Instructions:

1. Place skillet in oven and preheat oven to 450° F. Brush both sides of steak with oil, and season with salt and pepper.

When oven is heated, carefully remove pan and place on stovetop over medium heat.

2. Place steak in skillet and sear for 2 minutes. Flip, top with garlic and thyme and place skillet back in oven for 6-7 minutes.
3. Put skillet back on stovetop over low heat. Flip steak, top with butter and carefully tilt pan while scooping melted butter, garlic and thyme to continually coat steak for 1-3 minutes. Confirm doneness with an instant-read thermometer and pull from skillet at



120°-125° F for medium rare. Let rest 5 minutes and coat with browned butter before serving.

Serves 2.

Note: This technique creates a great mouth-watering charred steak using a very hot skillet while emitting a great deal of smoke. Be prepared with potholders and proper ventilation.