

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## One nation divided

*The United States of America — a land of opportunity, independence and freedom. It's what makes this nation great, and you'll find this spirit reflected in the everyday lives and decisions of its proud citizens.*



### Free to choose

To wit: the traditional July 4 backyard celebration. No one can tell us what we have to prepare or how we must do it. Freedom is ours to enjoy, reflected in the culinary and family traditions we embrace. Of course, enjoying great beef, particularly a juicy burger or flavorful steak, is another great American summertime tradition. You could say it's the robust taste that unites us — figuratively and literally.

On the flip side, spirited and passionate debate is also a hallmark of this great land. From sea to shining sea, neighbors from all walks of life ponder the nuances of a potentially divisive, yet powerful, question: Charcoal or gas?

That's right. If you're a die-hard gas

griller, you may find it hard to understand the merits of charcoal.

"My way is so much faster! More convenient!" you exclaim.

"Grilling over charcoal tastes so much better!" is the typical passionate response. "Cooking over charcoal makes your meal taste like summertime."

### Put to the test

Who's right? Who's wrong? We decided to look to our in-house culinary experts for the answer.

They agreed to face off for a gas vs. charcoal showdown. The verdict?

Charcoal was the winner, with a unanimous approval rating from the tasters. All agreed the charcoal added another layer of flavor and aroma that complemented the richness of the meat perfectly. Of course, they also acknowledged that the victory should not be so clear-cut. The gas grill did demonstrate a clear advantage in the not-unimportant factors of speed and convenience.

Commentators, journalists and other so-called experts may continue to parse the results and interpret them as they like, but it all comes down to your values. If flavor is your thing and you're willing to sacrifice some time for your cause, then the charcoal



party welcomes your support. If, on the other hand, convenience is paramount, then you'd be more comfortable aligning with those cooking with gas.

When it comes down to it, there's room for both types of grillers in this great land of ours. After all, there's a common ground that unites us — the love of great beef.

Here's a tasty grilling recipe that's ideal for backyard barbecues or tailgates at the game.

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## Grilled Filet with Watermelon & Bibb Salad

### Ingredients:

- 4 (6-oz.) CAB® tenderloin filet steaks
- ½ Serrano chili pepper, finely diced
- 1 Tbs. balsamic vinegar
- 1 tsp. honey
- 1 tsp. finely chopped fresh mint
- 3 Tbs. olive oil
- 4 cups ½-in. diced seedless watermelon
- 1 head Bibb lettuce, cleaned
- Salt and pepper to taste

### Instructions:

1. Prepare vinaigrette by whisking together Serrano pepper, balsamic vinegar, honey, mint and olive oil.
2. Season filets and grill over medium-high heat until desired doneness. Remove from heat and allow to rest.
3. For salad, toss watermelon, lettuce and vinaigrette together. Serve with filets.

For more recipes and grilling tips, visit [www.CertifiedAngusBeef.com](http://www.CertifiedAngusBeef.com).

Original post: [www.gorare.com/2012/06/one-nation-divided/](http://www.gorare.com/2012/06/one-nation-divided/).

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