

What's Cooking at CAB

With Chef Michael Ollier

Brand offers cooking class

Cooking shows are all the rage, and it seems only natural that the Certified Angus Beef® (CAB®) brand should pursue a similar path. In May, we hosted our first public cooking class at the Education & Culinary Center (ECC) in Wooster, Ohio. The “Beef 101” experience was attended by locals, as well as journalists and editors from Food Channel, Better Homes & Gardens, Taste of Home and Midwest Living. There were cooking demonstrations and samplings from yours truly, and editorial participants enjoyed lessons in butchery from in-house meat scientist Phil Bass. The event was designed to share the ECC with the Wooster community and to highlight the area’s unique attractions.

An affair to remember

Wooster offers hometown hospitality with a charming main street and downtown area. There are unique shopping opportunities, and a thriving arts scene and culinary community. It’s home to the College of Wooster, the Ohio State University’s Ohio Agricultural Research and Development Center, Agricultural Technical Institute, and, of course, CAB corporate headquarters.

The “Small Town, Big Flavors” experience began with CAB President John Stika sharing our mission and vision — the story of our founding fathers’ ideal: great steaks, every time, brought to the table by America’s Angus producers. Their lofty goal continues to be accomplished, thanks to your hard work, 35 years later. We’re determined to share our love of Angus beef with the rest of the world. A public cooking class is another way to do it. It’s proof a little “grill talk” brings carnivores together!

Scene is set

We showcased our favorite beef cuts and highlighted several preferred cooking methods, from pan-frying to grilling. It wasn’t all demonstration, though. I was able to mingle with our guests and answer questions — everything from how to tell when a steak is done to how to choose the best cut in the grocery store. Food is the best part of any cooking class, and this meal was no exception.

Our talented team, including senior corporate chef Scott Popovic and executive chef Donna Hann, worked behind the scenes to serve an amazing meal.

Dinner included local wines and a variety of beef dishes, including a main course strip filet over spinach and parmesan risotto. The appetizers — warm, spicy Sirloin Empanadas and flat-iron with charred Vidalia onions, arugula and red chimichurri sauce — were just as delicious. See recipes, below.

It was an amazing event. Additional classes will be offered in coming months. All proceeds will go to a local charity. Visit www.GoRare.com and search for “cooking class” for more details and photos from the May event.

Editor’s Note: Michael Ollier is a corporate chef for Certified Angus Beef LLC.

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Editorial participants Hannah Agran (left), *Midwest Living*, and Kathryn Conrad (right), *Reader’s Digest*, enjoyed lessons in butchery from in-house meat scientist Phil Bass of CAB.

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Sirloin Empanadas

Ingredients:

- 1 lb. CAB® top sirloin or tri-tip steak, diced in 1/8-in. pieces
- 1 Tbs. olive oil
- 1/4 cup butter
- 1 large onion, diced (2 cups)
- 3 cloves garlic, minced
- 2 tsp. ground cumin
- 2 tsp. cumin seeds
- 1 tsp. red pepper flakes
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 (4-oz.) can green chilies
- 1/4 cup fresh chopped cilantro or flat leaf Italian parsley
- 2 (11-oz.) tubes raw pizza dough, thin crust
- 1/4 cup flour, for work surface
- 4-in. cookie cutter (large drinking cup works well, too)

Instructions:

1. In a large sauté pan, sear beef in a single layer with olive oil on medium high heat. Sear in batches to avoid steaming, stirring occasionally. Transfer to a medium mixing bowl.
2. Add butter and onion to pan; simmer for 3 minutes until onions become transparent. Add garlic, cumin, cumin seeds, pepper flakes, salt and pepper. Simmer an additional 3 to 4 minutes.
3. Combine beef with onion mixture. Stir in green chilies and cilantro. Refrigerate.
4. Preheat oven to 375° F. Using a rolling pin, roll dough into 2 large rectangles; dust with flour as needed. Cut eight 4-in. circles from each half.
5. Put 1/3 cup of empanada mixture in each



half-circle. Use water on the edge as needed to seal. Line empanadas on a sheet tray. Bake approximately 25 minutes until golden brown.

Yields 16.

Sirloin Burritos with Red Chimichurri Sauce

Ingredients:

3 lb. CAB® sirloin flap or skirt steak
1 large onion, finely diced
6 garlic cloves, minced
1 cup chopped fresh cilantro
2 Tbs. smoked paprika
1 Tbs. red pepper flakes
1 cup sherry or red wine vinegar
1 cup olive oil
Coarse kosher salt to taste
12 large soft flour tortillas
Iceberg lettuce, finely sliced
Optional toppings: warm pinto or black beans, sour cream, finely shredded cheddar or Monterey jack cheese, cooked corn, guacamole

Instructions:

1. Cut sirloin flap into 3-in.-wide pieces, ½-inch thick, cutting with the grain. Pieces will vary in length from 4 to 6 in. Place in a shallow baking dish.
2. In a food processor or blender combine onion, garlic, cilantro, paprika, red pepper flakes, vinegar and oil by pulsing to a finely chopped consistency. Coat sirloin slabs evenly with two cups of sauce, cover tightly with plastic wrap and refrigerate overnight. Reserve remaining sauce in a serving bowl.
3. Preheat grill. Mark tortillas on hot grill 15 seconds per side; keep covered and warm. Pat beef dry with paper towels, season with salt and grill over



high heat to medium. Slice thinly against the grain and serve rolled in warm tortillas with chimichurri and optional toppings.