

What's Cooking at CAB

With Chef Michael Ollier

Back to basics

With the modern-day life comprised of busy schedules, rules and guidelines, sometimes it's nice to take a step back and smell the roses (or steaks). I think our ancestors had something going for them! Every once in awhile, I like to get back to the basics.

Keys to survival

With my boys out of school, I've been keeping myself busy between summer activities and work travel. While I have an appreciation for technological advancements and the drive from the younger generations to improve things, I do enjoy some of the old ways of life. There's something special about churning your own homemade ice cream or cooking biscuits over a campfire. It's simple, it's peaceful, and it's rare.

We recently hosted the 2013 Chef Summit at the Certified Angus Beef LLC (CAB) headquarters in Wooster, Ohio. We invited chefs from different culinary backgrounds to join us for a few days at the Education & Culinary Center and out in the field, literally. It was dinner for 40 on a hillside, chuck-wagon style. This event, together with the summer grilling season and my primordial instincts, has made open-fire cooking one of my favorite pastimes. It's almost like a TV episode of *Survivorman*.

So let's follow through with this whole *Survivorman* idea, if you will. When dropped out in the woods or some unknown terrain, Les Stroud is left with only necessary supplies, like a knife and rope. From there, his challenge is to make it out alive and healthy, using only what he has been given or can find in the woods. Now I don't want to take it that far and have you searching for ingredients in your neighbor's backyard, but I do want to provide you with a few necessary ingredients for a tasty, simple, open-flame grilling experience.

Essential tools:

- ▶ Fire
- ▶ Certified Angus Beef® steaks
- ▶ Red chimichurri sauce
- ▶ People

You can't go wrong with this recipe for my red chimichurri sauce (you will have to prepare it prior to grilling). I'm hooked on it, and I bet you will be, too!

— Chef Michael

Red Chimichurri Sauce

Ingredients:

½ cup fresh cilantro, chopped
½ onion, finely diced
3 garlic cloves, minced
1 Tbs. smoked paprika
1 tsp. red pepper flakes
½ cup sherry or red wine vinegar
½ cup olive oil
coarse kosher salt and fresh cracked pepper to taste

Instructions:

In a food processor or blender combine cilantro, onion, garlic, paprika, red pepper flakes, vinegar and oil by pulsing to a finely chopped consistency. Transfer to a serving bowl.

Preheat grill or broiler. Season beef evenly with salt and pepper. Grill over high heat to medium doneness. Remove from heat and serve with chimichurri sauce.

Makes 2 cups sauce, enough for 16 steaks.

Recipe provided by Certified Angus Beef LLC.



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