

What's Cooking at CAB

With Chef Michael Ollier

Meet Chuck Denver

Allow me to make the introductions. Chuck Denver can be found in the meatcase at some grocery stores, and quite possibly at your favorite restaurant. Treat Chuck well and you may find you have a new favorite.

Underappreciated

Chuck Denver is a steak — a seldom-used, underappreciated cut that often finds its way into hamburger grinds. When prepared correctly, the Denver steak can create an eating experience that'll rival the most enjoyable cuts on any menu. It's juicy, tender and well-marbled, and it has a rich, beefy taste. For chefs, the chuck Denver represents an entirely new category of steaks — underutilized, moderately priced and crazy delicious. These steaks are packed with flavor on their own, but also perform well with marinades and rubs.

Recently, a group of chefs from across the United States and Canada visited the *Certified Angus Beef®* (CAB®) Education & Culinary Center, where they were charged with creating tasty dishes using underutilized steaks. On the menu: culotte, tri-tip, flat

iron and chuck Denver. They were given only these raw cuts of beef; a selection of vegetables; pastas and spices and a kitchen stocked with every kind of cooking toy imaginable.

One of our favorite dishes was a parsley, cilantro and ancho-chile chimichurri-marinated chuck Denver steak with grilled onion and red pepper. All of the dishes were amazingly delicious,

thanks in part to the rich flavor of these particular cuts of beef.

Get familiar with great beef

The culotte, also called a sirloin strip or sirloin top butt cap, is a versatile cut that can be prepared grilled as a steak, or roasted whole and carved. Culotte is also perfect for kabobs.

Tri-tip — an increasingly popular cut — is lean, tender and boneless, with a rich, beefy flavor. It is ideal for broiling, grilling and

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Chimichurri

1 cup virgin olive oil
1 Tbs. white wine vinegar
½ cup fresh parsley, finely chopped
¼ cup fresh oregano, finely chopped
¼ cup fresh thyme, finely chopped
¼ cup yellow onion, finely chopped
1 Tbs. chopped garlic, finely chopped

Combine all ingredients and stir. Let sit for 5-10 minutes and serve.

sautéing. The flat iron hails from the chuck and is also called top blade, petite, butler or lifter steak. Flat iron is well-marbled, tender and juicy — second in tenderness only to the tenderloin, but about half the price.

I continue to have my favorite cuts, and it's probably safe to say most carnivores appreciate a good ribeye, strip or filet. But it's always good to expand one's horizons. Give chuck Denver a try, or grill flat-iron steaks at your next gathering. It's not often you can wow your friends with amazing quality and flavor at such an economical price.

For more beef-cuts information and steak grilling tips, visit www.certifiedangusbeef.com. Here's my chimichurri recipe. Try it on your favorite steak and grill up some onions and red peppers to serve along with it. Yum!

— Chef Michael



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