

What's Cooking at CAB

With Chef Michael Ollier

The flavors of fall

A hearty beef roast with rosemary and thyme in the oven. Savory scents filtering through the house on a cool, crisp autumn day. Those are the things that take me back to childhood. I had the opportunity to share those memories — and cooking methods — at a recent class hosted at the Certified Angus Beef® (CAB®) Education & Culinary Center. Cooking class students were eager to learn the finer points of braising and slow-cooking, and to taste the finished dishes.

Underappreciated

Autumn is the perfect time of year for slow- and low-cooking methods. In our family, the oven is in the center of the house. Just like the center fireplaces featured in Frank Lloyd Wright architecture, I consider our beast of an oven to be the center hearth from which intoxicating aromas fill the house.

Braised dishes have a “homey” element that can't be denied. Because of the long cook time with low heat, beef develops a deeper, richer flavor. Braising can take an otherwise tough cut and, with time, break down collagen around the muscle fibers for a moist, tender and extremely delicious dish.

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Try braising chuck roasts and short ribs for truly phenomenal meals. You can find step-by-step braising instructions — and even a video, at www.certifiedangusbeef.com. Be sure to click on the Recipes section for inspiration and ideas.

I think you'll love braised dishes, including the short ribs recipe included here. It's wonderful when served over mashed potatoes, and it's an ideal recipe to prepare ahead of time. Just proceed through step six and refrigerate for up to three days. When ready to serve, warm cooked short ribs in a casserole pan with a little sauce in a 225° F oven until hot. Heat the sauce in a small saucepan.

Enjoy and happy autumn!

— Chef Michael



► Certified Angus Beef LLC Corporate Chef Michael Ollier explains the steps to braising a fork-tender roast in a video available at www.certifiedangusbeef.com/kitchen/videos/vlibrary.php. Readers of the digital *Angus Journal* can click on the photo above to access the video.



Beer-braised Short Ribs

Ingredients:

- 4 lb. CAB® boneless short ribs, cut 1½-2 in. thick
- 2 Tbs. vegetable oil
- 1 large yellow onion, peeled and cut in large pieces
- 2 large carrots, peeled and cut in chunks
- 2 stalks celery, cut in chunks
- 5 cloves fresh garlic, chopped
- 4 sprigs fresh thyme
- 3 dried bay leaves
- 1 (6-oz.) can tomato paste
- 12 oz. porter-style beer
- 2 cups beef stock
- ½ cup maple syrup
- Salt and pepper to taste

Instructions:

1. Preheat oven to 175° F.
2. Preheat French oven on stovetop at medium-high heat. Season short ribs generously with salt and freshly ground black pepper. Add oil to pan until hot.
3. In two batches, sear short ribs on all sides until brown and crispy; remove from pan. Add onion, carrots, celery and garlic to pan; allow vegetables to caramelize.
4. Add thyme, bay leaves and tomato paste and cook 2-3 minutes. Deglaze pan with beer and cook another 2-3 minutes.
5. Add short ribs back to pan and add beef stock and maple syrup. Place pan in oven and braise for approximately 6 hours, until fork tender.
6. Transfer short ribs to a platter. Discard thyme, bay leaves and half of the vegetables. Ladle excess fat from surface of sauce. Purée remaining vegetables and sauce until smooth; pass thru a screen.
7. Serve over mashed potatoes with heated sauce poured on top of warm short ribs.

Serves 6.

Source: Certified Angus Beef LLC.

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