

# What's Cooking at CAB

With Chef Michael Ollier

## Plan the party

*Some say this is the most wonderful time of year. Whether or not you subscribe to that theory, you have to admit this is the time for parties and get-togethers. Planning an event during the holidays can be tricky, and I like to plan my food strategy ahead of time — especially when there are guests of all ages to consider.*

### Food-focused and guest-inspired

A full-on multi-course spread makes sense for two or three couples intent on a sit-down meal. When it comes to the hustle and bustle of family affairs, I'm a big fan of the high-end potluck. One or two main dishes offer a hearty element that can be balanced with plenty of appetizer options. Most of the smaller dishes can be made ahead of time or brought by guests.

If you're making a roast that can be sliced and served, preparation is pretty simple. My favorite main dish for the holidays is still the Garlic and Rosemary Strip Roast. You can find the recipe and roasting tips on [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com) (or dig out last year's December *Angus Journal!*).

Appetizers are tasty and usually easy to prepare. You can't go wrong with a variety of small bites served with tasty dips and sauces. A couple of my favorites are meatballs, and sirloin steak skewers with chipotle dipping sauce. Meatballs can be served in a large pot



with a spoon, or arranged on a platter with toothpicks inserted. Just remember, when serving these tasty little morsels, allow for multiple servings per person, especially if the party will continue into the wee hours.

No matter what holiday you're celebrating, your party should be food-focused and guest-inspired. Try candles all over the house for an adults-only gathering. If there will be little ones afoot, create a kid zone. Cover the table with paper, and provide crayons or markers for easy entertainment. Allow the little folks to use special plates or offer party hats for more fun factor. You can't go wrong with finger foods — miniature sirloin empanadas or frankfurters wrapped in crescent roll dough are a hit with kids.

See more appetizer and entrée recipe ideas at [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com). From all of us at Certified Angus Beef LLC, we wish you and your family the happiest of holidays.

— Chef Michael



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### Classic Meatballs

#### Ingredients:

- 3/4 lb. CAB® ground chuck
- 1/4 lb. bulk sweet Italian sausage (skin removed)
- 1/2 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 large egg
- 2 Tbs. minced fresh flat-leaf Italian parsley
- 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1/2 tsp. freshly ground pepper
- 1 cup tomato sauce

#### Instructions

1. Preheat oven to 350° F.
2. In a large mixing bowl combine beef, sausage, breadcrumbs, Parmesan, garlic, egg, parsley, oregano, salt and pepper by hand.
3. Form into 16 meatballs approximately 1 1/2-in. in diameter (can be made a day ahead, stored in refrigerator). Coat bottom of a 9 x 12-in. baking dish with tomato sauce. Line with meatballs.
4. Bake uncovered for 20 minutes. Turn each meatball upside down and bake an additional 10-15 minutes. Use an instant-read thermometer to confirm meatballs are fully cooked (160° F internal temperature).

Serves 4.

Source: Certified Angus Beef LLC.

### Sirloin Skewers with Chipotle Dipping Sauce

#### Ingredients:

- 1 lb. CAB® sirloin steaks, cut into 1-in. cubes
- 8 bamboo skewers, soaked in water
- Juice of 1 lime
- 1 tsp. chipotle in adobo
- 1/4 cup mayonnaise
- 1 Tbs. buttermilk

#### Instructions:

1. Place beef cubes on skewers and season with salt and pepper. Grill to desired doneness.
2. Combine lime juice, chipotle in adobo, mayonnaise and buttermilk in blender. Serve with skewers.

Makes 8 skewers.

Source: Certified Angus Beef LLC.



