

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

New Year's revolution

It's a new year, bringing the likelihood that many will make weight reduction among their resolutions. It's a noble goal, but anyone who's been there and tried knows it doesn't always go as planned. How about focusing on a different type of reduction this year?

Reduce, reduce

Consider making a “reduction” in the culinary sense. A reduction is made by boiling a liquid to thicken its consistency and intensify flavor. Often used as a sauce, reductions can be very simple to make, but have a huge impact on overall flavor. The best part? They don't need to be calorie rich or include a lot of ingredients. The flavor of most reductions is so intense that a little goes a long way.

Your taste buds — as well as the scales — will thank you when you pair a robust, flavorful reduction with a lean cut of beef. We

suggest several savory and satisfying recipes that offer the best of both worlds — great flavor that fits into your healthful eating plan.

Try flank steak with a beer reduction for a tasty Asian flair.

A red-wine reduction is the perfect complement to a lean roasted strip loin.

Or, resolve to sample a balsamic-vinegar reduction on a pan-roasted top sirloin steak.

Forget resolutions ... start a flavor revolution!

By the way, did you know beef fits in any balanced meal plan? It is an excellent source of many essential nutrients, including

protein, iron and zinc. Beef is also a great source of B vitamins, including riboflavin and thiamine.

There are nearly 30 lean cuts of beef. Select those with “round” or “loin” in the name. Even steak house favorites like tenderloin and New York strip (which comes from the loin) count. Flank, top sirloin and T-bone steaks are all lean cuts, too.

According to government standards, “lean” cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 100-gram (3.5 oz.) serving.

So there you have it ... New Year's revolutions. We resolve to settle for nothing less than the best — the *Certified Angus Beef*[®] (CAB[®]) brand. How about you?

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