

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Staying with the season

Do you follow the seasons when you eat? What we mean is, do you enjoy fresh produce in its prime, or do you want what you want when you want it, perhaps sacrificing premium flavor and overall quality?

Winter vegetables

Imagine slicing into a juicy, red tomato on a steamy July evening. Summer squash sizzles on the grill, and watermelon chills on ice. Summer is peak season for these fruits and vegetables — their flavors are never better.

It's January. Sure, you can buy tomatoes now, but they don't have a rich, red color or the garden-fresh flavor of deep summer. We

can purchase fresh green beans, but their best flavor occurs in warmer weather — when they're in season. Vegetables are best when grown and harvested during certain times of year.

For peak flavor, eat what's in season. It sounds challenging; we get it. Much of the

country has dipped into single digits or subzero temperatures. Snow is threatening southern states, and we're here telling you to eat fresh veggies? Yes. You might be surprised at the goodness winter has to offer!

A favorite winter comfort food is pot roast. You can roast it in the oven, braise it on the stove, or fix it and forget it all day in a slow cooker. Essentially, you put a juicy hunk of beef in a pot, toss in

some stock and chunky vegetables, then simmer until everything is tender, juicy and absolutely delicious. Here's a favorite recipe that includes tasty winter veggies like potatoes, parsnips, carrots, onion, celery, squash and mushrooms.



Braised Pot Roast with Root Vegetables

Ingredients:

- 1 (3-lb.) CAB® English roast or chuck arm roast
- 3 Tbs. canola oil
- 3 medium Yukon Gold potatoes, peeled and quartered
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 1 medium onion, peeled and chopped
- 2 stalks celery, chopped
- ½ butternut squash (1-1½ lb.), seeded and cut into 1-in. chunks
- 8 oz. crimini mushrooms (baby portabellas)
- 1 Tbs. fresh sage, chopped
- 1 Tbs. fresh oregano, chopped
- 5 bay leaves
- 2 tsp. ground pepper
- 3 Tbs. honey
- ½ bottle red wine
- 1 can (11-oz.) condensed cream of chicken and mushroom soup
- 16 oz. beef broth

- 1 apple, quartered and cored
- Kosher salt and pepper to taste

Instructions:

1. Preheat oven to 250° F.
2. Season roast generously with salt and pepper. Heat oil in large roasting pan over high heat. Brown roast on all sides, remove from pan and place on a clean plate.
3. Add potatoes, parsnips, carrots, onion, celery, squash, mushrooms, sage, oregano, bay leaves and pepper. Cook over medium heat for 3 minutes. Add honey and wine; reduce liquid by half. Return roast to pan. Add soup, beef broth and apple. Bring to a low simmer.
4. Place in oven and cook for 4 hours, until fork tender. Remove roast and strained vegetables from pan. Cook remaining liquid on stovetop over high heat, stirring occasionally to thicken to a sauce consistency.
5. Serve sauce over roast and vegetables.