

What's Cooking at CAB

by Jennifer Kiko, Certified Angus Beef LLC

Steak — what all the sweethearts want

After years of research, I have determined the ideal Valentine's Day offering is not a box of chocolates, nor a perfectly composed poem — or even a new power tool. My beloved would be over the moon if, instead of platitudes, I served him a sizzling hunk o' beef.

At home or out

There are a couple of ways to do that. You could click through the Web at www.certifiedangusbeef.com to find an esteemed steak house nearby, then take your darling to dinner. If you prefer a cozier setting or (let's be practical) you can't get a babysitter on Valentine's Day, prepare a romantic dinner in the serene surroundings of your very own kitchen. Think of it as date night, domesticated.

Step No. 1: Choose the right steak. It's a little like meeting your true love: When it's right, you know you've found the one. If there's one thing our chefs mention time and again, it's this: Look for generous marbling — the little white flecks that melt into deliciously juicy flavor as your steak cooks.

A strip steak offers full flavor and a firmer

bite. Prepare it in the French *au poivre* style (see recipe) and expect some *oh-là-là* to follow.

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bone is the classic, boldly flavored strip steak. The other side offers a meltingly tender, mild and buttery filet mignon. This bone-in beauty boasts balanced flavor, tenderness and juiciness. It's the best of both worlds for any lovesick and ravenous carnivore.

Dining and wining your beloved

To enhance the delectable flavor of your scrumptious steak dinner, pair it with a balanced red wine. We've talked to the wine experts and they assure us there is no "right" or "perfect" wine choice when pairing

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Steak Au Poivre for Two

Ingredients:

- 1 (16-oz.) CAB® strip steak
- 2 Tbs. whole peppercorn blend (black, white, red, green)
- 1 tsp. kosher salt
- 1 Tbs. vegetable oil
- 3 Tbs. butter (dice 2 Tbs. into small cubes and keep refrigerated)
- 1 Tbs. minced shallot
- ¼ cup brandy
- ¼ cup beef stock
- 1 tsp. Dijon mustard
- 2 Tbs. sour cream

Instructions:

1. Crack peppercorns with the back of a skillet. Cut strip steak in half. Press cracked pepper firmly into both sides of each steak. Season with salt.
2. Heat oil and 1 Tbs. butter in medium sauté pan over medium-high heat. When butter foams, place steaks in pan, pressing firmly. Lower heat to medium and sear about 5 minutes on each side. Transfer steaks to a clean plate and tent with foil to keep warm.
3. Add shallots to the pan and, holding the pan away from heat, add brandy. Return pan to medium high heat. Expect a flame while the alcohol burns off. Cook a minute until brandy thickens. Add stock, bring sauce back to a boil and reduce until thickened to a sauce consistency.
4. Whisk in Dijon, sour cream and cold butter. Taste sauce and add salt to taste; remove from heat. Spoon sauce on plates and place steaks on top.

Serves 2.

Source: Recipe provided by the Certified Angus Beef® brand.



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with food. The main goal should always be to enhance your eating experience. Just remember this rule of thumb: The food should not overpower the wine, and the wine should not overpower the food.

Ideally, the pairings should complement one another — the food and wine together should be more enjoyable than either would be alone. Awww, like sweethearts!

- ▶ One obvious pairing is when a specific varietal wine is used in the preparation of the dish, such as in a reduction. If a particular wine is used in the dish, then it will complement the dish on its own, as well.
- ▶ Identify the “weights” of the food and the wine. Is a food’s body light and crisp, such as a salad, or robust and rich, like a well-marbled steak? “Lighter” foods pair better with light wines, and hearty foods pair better with full-bodied wines.
- ▶ Wines from light to heavy include: Sauvignon Blanc, Pinot Gris, Chardonnay, Pinot Noir, Merlot, Shiraz/Syrah, Zinfandel, Cabernet Sauvignon.

Well ... there you have it. A winning recipe

for a successful Valentine’s Day dinner. If you dine out, no one has to do the dishes. Dine in and you can give the gift of good taste prepared by you. Just don’t forget the flowers and maybe even candles.

Steak dinners are amazing. Steak dinners by candlelight? Sizzling.



Editor’s Note: *Jennifer Kiko is the communications manager at CAB.*

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Porterhouse for Two with Lemon Potatoes & Asparagus

Ingredients:

- 1 (20- to 24-oz.) CAB® porterhouse steak
- 1 lemon, washed
- 12 oz. fingerling potatoes, cut in half lengthwise
- 1 Tbs. extra virgin olive oil
- 1 tsp. minced fresh rosemary
- 12 spears petite asparagus (or six normal size)
- 1 Tbs. minced flat-leaf Italian parsley
- Salt and pepper to taste

Instructions:

1. Zest half of lemon and set lemon and zest aside. Preheat oven to 450° F.
2. In a bowl, toss together fingerlings, olive oil, rosemary, salt and pepper. Place in ovenproof casserole dish and roast until browned and softened (25-30 minutes), stirring once or twice during roasting.
3. While potatoes are roasting, season steak with salt and pepper. Sear steak on a grill pan over high heat, 2 minutes per side. Reduce oven temperature to 350°. Add asparagus to pan and place in oven until asparagus softens and steak is at the desired doneness, approximately 5 minutes for medium rare. Remove steak from pan and allow to rest on cutting board, tented with foil.
4. Slice lemon in half; juice one half over roasted potatoes. Add asparagus, lemon zest and parsley; stir to combine and divide among two plates. Cut meat from the “T-bone” of the porterhouse. Slice if desired and serve tenderloin or strip steak cuts according to preference.

Serves 2.

Source: Recipe provided by the *Certified Angus Beef®* brand.

