

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Time to tailgate

Even if you can't tell a fumble from a field goal or a huddle from a Hail Mary pass, we're still willing to bet you're at least a little interested in the big game.

Super food

Maybe you only plan to pay attention to the commercials (well, at least those that deliver laughs). There's also the extravagant halftime show and the anticipation of hearing someone new sing our nation's national anthem.

Of course, there's the food. The delicious, we-don't-eat-like-this-every-day food, inspired by tailgates and sports bars and what we imagine the players themselves must eat to maintain their bulk

and heft. In other words, you probably aren't going to dine on a delicate plate of leafy greens come Super Bowl Sunday.

For those who are rooting for a particular team, or hail from the cities represented, it makes sense to feature regionally inspired dishes. For others, the culinary field is your kickoff.

So what will it be this year? If your mind is more set on your fantasy team and not so much on your guests expecting hors d'oeuvres, just call us your special team!

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Game-day Steak Chili

Ingredients:

3 lb. CAB® bottom round roast, cut into ½-in. cubes

Salt and pepper to taste

¼ cup canola oil

2 large onions, diced

4 cloves garlic, minced

1 Tbs. ground cumin

1 Tbs. dried oregano

3 Tbs. chili powder

2 Tbs. brown sugar

1 can (28 oz.) chopped tomatoes

1 can (15 oz.) black beans, drained and rinsed

1 can (4 oz.) chopped green chilies

3 jalapeño peppers, seeded and finely minced

Optional toppings: avocado slices, diced green peppers, shredded cheddar cheese, diced scallions or sour cream

Instructions:

1. Heat oil in a large sauté pan over high heat. Season beef with salt and pepper. Brown beef cubes in 1-pound batches for 3 to 4 minutes per batch; transfer beef to slow cooker after browning.
2. Add onions and garlic to the pan. Cook for 5 to 10 minutes over medium heat until pan comes clean from the softening onions. Transfer to a slow cooker. Stir in cumin, oregano, chili powder, sugar, tomatoes, beans, green chilies and jalapeños. Cover and cook on low for 3½ to 4 hours.
3. Serve and garnish with optional toppings. Goes great with cornbread.

Serves 8.



Black and Blue Skins

Ingredients:

¾ lb. CAB® chuck petite tender steak

6 large redskin potatoes

1 tsp. olive oil

¼ tsp. ground red chili pepper

⅔ cup Alfredo sauce

4 Tbs. crumbled blue cheese, divided

Kosher salt and pepper to taste

Instructions:

1. Heat grill on high; reduce temperature to medium.
2. Pierce potatoes once with fork and microwave 4 minutes on high. Remove potatoes from microwave and let rest. When cooled, cut in half and hollow-out with a teaspoon or melon baller. Leave about ¼-inch of

potato in skin. Lightly season with kosher salt and grill, hollow-side down, for 3 to 4 minutes

3. Season steak with olive oil, salt and chili pepper; grill to desired doneness and rest 5 to 8 minutes. Slice steak and chop into small pieces, combine with Alfredo sauce and 2 tablespoons crumbled blue cheese. Divide mixture equally between grilled potato skins.
4. Place filled skins in shallow, heat-proof dish and top with remaining blue cheese. Turn off grill; place pan inside and close lid 3 to 4 minutes to melt cheese.

Serves 4.