

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Celebrating heritage and spring

March is the bridge month between winter and spring, often associated with a certain Emerald Isle. Now, you can search family records or ancestry.com in vain for a scrap of Irish heritage, but that's no barrier to partaking in the delicious dishes that tempt our palates this time of year.

### Tasty celebrations

Corned beef and cabbage may be a St. Patrick's Day tradition, but it's not your only option. Celebrate with a hearty breakfast, tasty lunch sandwich like a Reuben, or a more traditional Irish stew for dinner. Great food and fresh ingredients will have your

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**Craic** — an enjoyable time spent with other people, especially when the conversation is entertaining and funny.



## Irish Pot Roast Stew Recipe

### Ingredients:

4 lb. CAB® chuck roast

### Day 1 ingredients:

2 Tbs. coarse kosher salt  
2 Tbs. freshly ground black pepper  
2 Tbs. vegetable or canola oil  
1 large onion, chopped  
2 carrots, chopped  
2 stalks celery, chopped  
4 sprigs fresh thyme  
2 bay leaves  
1 (6-oz.) can tomato paste  
1 (12-oz.) bottle Guinness® beer (or comparable stout)  
2 cups beef stock

### Day 2 ingredients:

2 Tbs. butter  
2 onions, large dice  
2 carrots, large dice  
2 cloves garlic, minced

¼ tsp. ground allspice  
2 Tbs. caraway seeds  
½ head cabbage, cored and thinly sliced  
1 (12-oz.) bottle Guinness beer  
2 large Idaho® potatoes, peeled and cut in large dice  
1½ cups apple butter (11-oz. jar)  
¼ cup minced fresh flat-leaf Italian parsley

### Instructions:

**Day 1** — Season roast on all sides with salt and pepper. Put oil in a large heavy-bottom pan on stovetop over medium-high heat. When oil is hot, just as it begins to smoke, add the chuck roast to the pan. Sear for 3-5 minutes on each side; remove from pan.

Add onion, carrot, celery, thyme and bay leaves and sear for 1 minute. Add tomato paste and beer and bring to a boil, scraping brown bits from bottom and sides of pan. Transfer to a slow cooker

(Crock-Pot®), add roast and beef stock, cover and braise on low until roast is fork tender, about 5 hours.

**Day 2** — Remove roast from gelatinous liquid. Discard fat, bay leaves and thyme sprigs while reserving roasted vegetables and cooking liquid. Cut roast into ¾-inch cubes and set aside. In a blender puree roasted vegetables with liquid until smooth; set aside.

In a large pot (at least 6 quart), add butter, onions, carrots, garlic, allspice, caraway and cabbage. Stir over medium heat for 3-5 minutes. Add beer and bring to a boil. Stir in potatoes, reserved vegetable puree, apple butter and beef. Return to a boil, reduce heat to low and simmer 30 minutes, until potatoes become soft. Serve in large bowls garnished with fresh parsley.

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



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friends and family enjoying the *craic* in no time.

If you're planning to celebrate the high holiday with a crowd of close friends and green beer, it's a good idea to fortify yourself first.

If you're looking to stay true to tradition, try a simmering pot of Irish Pot Roast Stew. It's perfect for late-day festivities. This savory comfort food combines *Certified Angus Beef*® (CAB®) brand chuck roast with Guinness® beer and a secret (until now) ingredient: apple butter.

### Spring freshness

As the dust settles after those shenanigans, the time many of us look forward to in eager anticipation will be upon us: Spring. For many it could be the heart of or beginning of calving season; but for us, it's the idea of gardening and cultivating fresh herbs to accentuate new dishes.

Here in Ohio, signs of spring have most definitely arrived (though you never know when snow flurries will fly). There are buds, blooms and vibrant daffodils every which way you turn. Time to plant the annual herb garden!

You don't have to be an avid gardener or even much of a green thumb to succeed. Small potted herbs can be found at your local grocer or home-and-garden center. A few small pots in a sunny windowsill are all you need to get growing. Try basil, thyme, rosemary, parsley or sage for the ultimate flavor factor. These herbs

will enhance your dishes, plus chefs often find that seasoning with herbs helps reduce the need for salt in recipes.

Steak is an ideal candidate for fresh herb accents. As with any recipe, take care to choose herbs that complement the ingredients, not overwhelm them. Try one of these classic pairings:

▶ Tarragon or parsley complement the

subtle, "light" flavor of a tender filet mignon.

- ▶ Chives, cilantro or thyme are in perfect balance with a classic strip steak.
- ▶ Go bold with rosemary or sage for a beefy, robust ribeye.
- ▶ Sage, rosemary or thyme will enhance a slow-cooked, braised beef dish like pot roast.



## CHEFS' TIPS

If you have extra herbs in your garden and you're looking for more herb-infused flavor in grilled steaks and vegetables, try this for even more flavor: Dampen several sprigs of fresh herbs such as sage, rosemary and thyme and place directly on the coals of your grill. Flavorful and aromatic. Enjoy!