

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Grab a tomahawk

The “Tomahawk Steak” is a rare find, but totally worth the hunt! Take what Chef Michael Ollier and our in-house meat scientist Phil “Dr. Phil” Bass have to say about the cut that makes mouths water at first sight. As it turns out, the old-fashioned isn't the only thing that's been around for ages.

Uniquely delicious

“The tomahawk comes from a classical rib primal that is essentially antiquated,” Dr. Phil says. “It's produced by special order at the packer or processor level. It's a specialty cut that's nearly impossible to find in a retail store. Unless you have a relationship with a specialty butcher shop, tomahawk steaks can't be had these days.”

Just so everybody's on the same page: The tomahawk is a ribeye with the rib bone still attached. That tomahawk bone is about 20 inches long because it includes the length of bone all the way to the navel. It is then “Frenched,” meaning meat is cut away to expose the bone. Tomahawk is a highly impressive technique that's neither standard nor common in modern retail society. It takes a great deal of skill and a lot of time. It can also cost quite a bit extra. All that, fellow carnivores, is why you'll only find *Certified Angus Beef*® (CAB®) tomahawk steaks in the world's finest signature steak houses.

As any true seeker of ultimate steaks can attest, unavailable isn't a palatable option. We're here to tell you that you can savor the sizzle of your own tomahawk steak — of sorts — the cowboy way.

Most commonly known as a cowboy steak, this tomahawk alternative will impress every guest at your dinner party. Request CAB bone-in rib steaks from your local licensed meatcase manager or butcher. Ask them to “French” the bone.

The cowboy or bone-in ribeye offers the visual appeal of the bone — just not as much as that of a tomahawk. Cowboys ... tomahawks ... don't you wonder who named these mouthwatering beef cuts in the first place?

Happy trails!



'Cowboy' Ribeyes with Steamed Guinness® French Onion Green Beans

Ingredients:

- 4 (18-oz.) CAB® bone-in “cowboy” ribeye steaks
- 12 oz. red skin potatoes, cut in 1-in. chunks
- ½ lb. green beans, cleaned
- 2 cloves garlic, minced
- 1 shallot, peeled and minced
- 5 Tbs. unsalted butter, cut in ½-in. cubes
- ¾ cup canned French onion soup
- ½ cup Guinness beer
- ¼ cup french-fried onions
- salt and pepper to taste

Instructions:

1. Preheat grill to medium high. Assemble aluminum foil pouch; add potatoes, beans, garlic, shallot, butter, soup and beer. Seal pouch and grill to steam.
2. Season steaks and grill over medium-high heat to medium rare (145° F internal temperature) or desired doneness. Remove steaks and let rest for 4 minutes.
3. Remove foil pouch, salt and pepper vegetables to taste and top with french-fried onions.

Serves 4