

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Secrets to great steaks

Imagine the sizzling aroma of beef meeting flame when you toss a T-bone on the grill. Rich beef flavor, a satisfying bite and mouthwatering juiciness are the reasons classic steaks like ribeye, strip and filet mignon are so popular. In addition to familiar favorites, though, consider a few new favorites that are not only delicious, but wallet-friendly.

### The flat iron

Also known as top blade, the flat iron is a relatively inexpensive steak that is well-marbled, tender and juicy. The only steak that is more tender than this chuck cut is the tenderloin (filet mignon).

### Center-cut sirloin

Lean and juicy, and full of intense beef flavor, the center-cut sirloin is a reasonably priced choice. A center-cut sirloin steak is great for the grill.

### Secret weapons for great steaks

Before you make your final selection, keep this one thing in mind. Regardless of which cut you choose, there's one secret to the perfect steak: marbling. Look for a steak that's full of small white flecks of flavor within the meat. Ample marbling helps ensure every bite will be full of flavor and juiciness.

Want an extra layer of rich, robust flavor? Worcestershire sauce pairs beautifully with beef. Try this simple marinade — ideal for flat iron, chuck eye, flank and top round steak — at your next cookout.



## Fresh Herb Marinated Steak

### Ingredients:

- 2 (12-16 oz.) CAB® flat-iron or sirloin steaks
- 1 cup white wine
- ¼ cup olive oil
- 1 Tbs. Lea & Perrins® Worcestershire Sauce
- 4 cloves garlic, minced
- 1 Tbs. chopped fresh rosemary (or 1 tsp. dried, hand-crushed)
- 1 Tbs. chopped fresh sage (or 1 tsp. dried)
- 1 Tbs. chopped fresh thyme (or 1 tsp. dried)
- 1 Tbs. minced shallots
- 1 Tbs. kosher salt
- 1 tsp. freshly ground black pepper

### Instructions:

1. Combine all marinade ingredients and selected CAB brand cut in a zipper-locking, plastic bag. Squeeze air out of bag and seal. Refrigerate for 2 hours.
2. Discard all marinade ingredients and pat steaks dry. Grill or broil steaks to desired doneness. Allow to rest 5-10 minutes and slice thinly across the grain.
3. Serving suggestion: Serve over a salad of mixed spring greens, grape tomatoes, cucumbers, kalamata olives and chives.

Serves 4

## Signature Steak Marinade

### Ingredients:

- ½ cup Lea & Perrins® Worcestershire Sauce
- 3 Tbs. balsamic vinegar
- 1½ Tbs. Dijon mustard
- ½ tsp. pepper

### Instructions:

Combine all ingredients. In large, shallow, non-aluminum baking dish or plastic bag, pour marinade over steaks; turn to coat. Marinate in refrigerator for 30 minutes. Remove steaks; discard marinade. Grill to preferred doneness.