

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## You're a peach

*"Do I dare to eat a peach?"*

*With apologies to T.S. Eliot — and English majors and teachers everywhere — for our (mis)appropriation of a line from The Love Song of J. Alfred Prufrock, we say the answer to his eternal question should be a resounding, "Yes."*

### Peaches and beef?

Yes, you should eat a peach. You should eat lots of them. You should grab this moment to enjoy the sweet, juicy taste that evokes the essence of summertime. You should eat them out of hand, and bake them in a cobbler, and steep them into iced tea — and pair them with steak for an incredible warm-weather meal!

What? Steak and peaches? That sounds ... crazy. Trust us — it can be crazy delicious! Take, for example, our "Steak & Peach Salad with Lemon Dressing" recipe. Savory steak, sweet peaches, a tangy lemon-yogurt dressing over crisp greens — it's a beautifully balanced combination of flavors and textures.

More the meat-and-potatoes type? You can still enjoy a big, brawny, beefy meal with some sweet peach accents with the "Smoked Brisket with Spicy Peach Sauce" recipe. As the name implies, it's a mélange of smoky and sweet notes, with a little habanero and ginger thrown in for some tongue-tingling heat.

It's peachy keen!



**Original Post:** <http://www.gorare.com/2013/08/youre-a-peach/>

### Smoked Brisket with Spicy Peach Sauce

#### Ingredients:

4½ lb. CAB® brisket  
2 habanero peppers, seeded  
2 Tbs. chopped ginger  
1 shallot  
2 Tbs. unsalted butter  
¼ cup Lea & Perrins® Worcestershire Sauce  
2 lb. peaches, peeled and pitted  
¼ cup stone-ground mustard  
½ cup sugar  
salt and pepper to taste

#### Instructions:

1. Prepare smoker or grill to smoke brisket.
2. To make peach sauce: sweat habanero peppers, ginger and shallot in butter until tender. Add Worcestershire sauce to deglaze pan. Add peaches and mustard, cook for 10 minutes over low heat. Purée in blender. Add sugar; season with salt and pepper to taste.
3. Season brisket with salt and pepper; cook for about 30 minutes turning once. Brush with peach sauce about every 30 minutes. Smoke brisket for 7 to 8 hours.

Serves: 10-12

### Steak & Peach Salad with Lemon Dressing

#### Ingredients:

1½ lb. CAB® shoulder center steak  
2 tsp. olive oil  
1 cup low-fat lemon yogurt  
¼ cup lemon juice  
¼ cup green onion, thinly sliced  
½ tsp. poppy seeds  
5 peaches, washed and sliced  
mixed salad greens  
salt and pepper to taste

#### Instructions:

1. Rub steak with oil, salt and pepper. Grill over medium heat for 12-16 minutes to desired doneness, leaving grill lid open. Transfer steak to cutting board, tent with foil and let rest for 10 minutes.
2. Combine yogurt, lemon juice, onion and poppy seeds in a bowl. Cut steak across the grain into thin slices. Arrange steak and peach slices on salad greens. Drizzle dressing over top.

Serves: 6

