

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Football season flank steak

It's fall. Who isn't a fan of crisp weather, bold colors and football? The best thing about autumn is that it's time to rally in the parking lots of your favorite stadiums! Even better, you can enjoy tasty food while cheering your team on to victory.

Tailgate

From portable grills to full-on elaborate kits, tailgating brings out the best of the pregame community. It fires things up in a low-

scale, barbecue cook-off way.

One of the best things about tailgating is the lack of rules. Keep it simple or go as extravagant as you want. Anything that can be devoured before kick-off is fair game.

If you're looking to make a statement this season, consider the flank steak. Flank steak is lean, loaded with flavor and grills up perfectly with a variety of recipes. For this one, we made sure to trim a bit of excess fat on the cut and pound it really thin for a delicious meal that could practically feed a small army with only 2 pounds (lb.) of meat. It looks pretty fancy to boot!

Save the popular plays for another day. These flank steak pinwheel recipes are guaranteed touchdowns!



Hatch Chile Flank Steak Pinwheels

Ingredients:

- 2 lb. CAB® brand flank steak
- 1 Tbs. olive oil
- 2 hatch chile peppers, stemmed, seeded and chopped
- 1 shallot, minced
- 2 garlic cloves, minced
- salt and pepper
- ¼ lb. Provolone cheese
- ¼ lb. Prosciutto, sliced thin
- 1 Tbs. fresh parsley, chopped
- Chimichurri for drizzling, if desired

Instructions:

1. Heat oil in a skillet over medium heat. Add the chopped chilis and shallot. Cook 3-5 minutes until tender. Stir in the garlic and cook 30 seconds longer. Remove from heat and allow to cool 5-10 minutes.
2. Prep charcoal grill for indirect heat. Clean and oil grill grate.
3. Pound the flank steak to ¼-inch thick between two sheets of plastic wrap. Remove the top layer of wrap and season the inside with a little salt and pepper.
4. Arrange thin slices of Prosciutto over the steak. Top with a layer of cheese. Spoon the chile mixture over the cheese and sprinkle with a little salt, pepper and parsley.
5. Starting with a long end, roll the steak tightly. Tie the steak every 2 inches with kitchen twine and shove any filling back into the edges if desired.
6. With the seam facing up, place the rolled steak on the prepped and ready grill. Cover and cook 20 minutes.
7. Open the grill and rotate 45 degrees. Cover and cook another 15-20 minutes, or until internal temperature is 150° F.
8. Remove the steak from the grill and wrap in foil. Allow to rest for 10 minutes before slicing and serving.



Pinwheel Steak Skewers

Ingredients:

- 1½ lb. CAB® top sirloin or flank steak
- 1 cup beef broth
- 2 Tbs. red wine
- 1 Tbs. Lea & Perrins® Worcestershire Sauce
- 1 Tbs. vegetable oil
- 1 tsp. Italian seasoning
- ½ cup olive oil
- 3 large ripe tomatoes, diced
- 6 oz. feta cheese
- ⅓ cup chopped fresh oregano
- rosemary as needed for garnish
- salt and pepper to taste
- 6 metal skewers

Instructions:

1. To make marinade, combine beef broth, red wine,

Worcestershire, vegetable oil and Italian seasoning. Place steak and marinade in zipper-locking plastic bag; refrigerate 2 hours.

2. Remove flank steak from bag and discard any leftover marinade. Slice steak across the grain into thin strips. Roll each beef strip and thread onto skewers. Season with salt and pepper, and grill to desired doneness.
3. To serve, combine olive oil and tomatoes. Divide tomato mixture on each plate. Top with feta cheese and oregano. Place one skewer per plate and garnish with rosemary.

Chef's Note: Serve with hearty, bakery-fresh bread.