

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC



A Thanksgiving two-step

Let's talk turkey beef for Thanksgiving.

Add something extra

We all know the classic holiday table includes a fowl centerpiece that has been lovingly roasted for hours and hours by whomever holds the honored position in your family. Uncle [insert name here] has perfected the art of bird carving. Aunts arrive with steaming pans of stuffing, green bean casserole, baked corn and sweet potato soufflé. The infamous cranberry salad appears.

We know you love tradition and thrive on holiday favorites. We do, too.

However, if you'd oblige us just this once, may we suggest a bit of shake, rattle and rolling.

Flank steak roulade is an option if you want a second, main-course protein on your Thanksgiving table. It's a show-stopping sort of dish and the taste is just as delightful.

Roulade, put simply, is to roll. This recipe calls for marinating — a good thing since you'll need time on the big day to whip potatoes or smother innocent green beans in cream of mushroom soup (shudder). Preparation is relatively simple, and you'll be rouling in no time (pun intended)! Family members may be surprised if you beef up their Thanksgiving feast, but they certainly won't be disappointed by dinner with a twist!

Boneless rib roast is delicious and adds decadence to the table. Roasting couldn't be simpler — perfect for a busy day with too many cooks in your kitchen. All you need is a little salt and pepper and it — and you — are good to go.

If your family requests a mix of meats for an otherwise traditional feast, we say fine, just as long as there's beef on the table, too. Roll into the meal with flank steak roulade. Add a tasty twist and serve a boneless rib roast. Either way, be sure to savor familiar faces, cherished relationships and bountiful blessings.

Happy Thanksgiving to you and yours! We wish you a day of fabulous food, abundant laughter and the blessing of family and friends!



Flank Steak Roulade

Ingredients:

- 2-2½ lb. CAB® flank steak
- ½ cup balsamic vinegar
- 8 oz. chopped walnuts, about 1¾ cups
- 5 Tbs. grated parmesan cheese
- 1 Tbs. minced garlic (2 cloves)
- 1 tsp. red pepper flakes
- 2 tsp. coarse kosher salt
- ½ cup olive oil
- 2 cups loosely packed baby arugula
- 8 oz. jar sun-dried tomatoes, packed in olive oil
- 2 tsp. dried rosemary, hand-crushed
- ½ tsp. freshly ground pepper
- Butcher's twine

Instructions:

1. Butterfly flank with the grain to ¼-inch thick, yielding about an 11×14-inch rectangle. Place in a shallow baking dish with balsamic vinegar. Cover with plastic wrap and refrigerate.
2. In a food processor, pulse together walnuts, 3 Tbs. parmesan, garlic, red pepper flakes and 1 tsp. salt to the consistency of coarse cornmeal. Add olive oil while blending to make a paste; set aside.
3. Preheat oven to 450° F. Remove flank, pat dry and lay flat on a cutting board. Layer with walnut paste, arugula and sun-dried tomatoes. Roll and tie roast to the 11-inch length. Season the exterior evenly with remaining 2 Tbs. parmesan, 1 tsp. salt, rosemary and pepper. Set in roasting pan with rack, uncovered.
4. Roast for 10 minutes. Reduce heat to 325° F and roast an additional 60 minutes for medium rare. Allow to rest 10 minutes before slicing, two slices per person.

Serves: 4-6

Boneless Rib Roast

Ingredients:

- 1 (8-lb.) CAB® rib roast
- ¼ cup kosher salt
- 2 Tbs. freshly ground pepper

Instructions:

1. Preheat oven to 500° F. Season roast on all sides with salt and pepper.
2. Place on a roasting rack, fat side up, and roast for 10 minutes. Turn heat down to 350° and continue roasting about 2 hours for medium (when thermometer registers 140° before resting) or until desired doneness. Because roast sizes vary, figure 12-15 minutes of roasting time per pound after initial sear.
3. Transfer roast to cutting board, loosely tent with foil and let stand 15 minutes. Slice roast across the grain.

Serves: 10-12

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