

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Giving thanks

It's the season for counting our blessings; remembering friends, family and neighbors; and pondering life with a thankful heart.

Perfect pies

Whether apple, cherry, pecan or blackberry, one of the greatest mysteries of the holiday is that we all seem to have room for pie after Thanksgiving dinner. Flaky crust and sweet filling, gently warmed and served *a la mode*. To many, a slice of pie — warm, sweet and baked with love — evokes everything that's wonderful about family and holiday gatherings.

As avid dessert lovers ourselves, we're proud to say pie is enjoying a much-deserved renaissance. That's not to say beef won't forever be our No. 1, though,

so here's the cool part — pie isn't just for dessert anymore!

Chefs across the nation are offering hungry patrons a chance to enjoy a truly upper-crust meal. For those of us looking to whip up a "pie de resistance" at home, our own *Certified Angus Beef*® (CAB®) brand Chef Michael Ollier is on top of this trend. He recently developed new recipes for deep-dish comfort-food classics. They're perfect as the weather turns colder and you want to gather to share a hearty, flavorful meal.

Each of us has many somethings for which to be grateful. From all of us here at the *Certified Angus Beef* brand, we wish you much feasting on Thanksgiving — not just of food and flavors, but a feast of family time, friendly memories and special moments to cherish always.

Happy Thanksgiving, friends.



Shepherd's Pie

Shepherd's Pie features a flavorful beef filling, topped with a thick layer of mashed potatoes. Baked in the oven until it's bubbly on the inside and creamy-crunchy on top, it's going to leave you pie-eyed with delight.

Ingredients:

- 1¼ lb. CAB® ground beef, 90% lean
- 1½ lb. Idaho® potatoes
- 2 medium parsnips (1 lb.)
- 1 Tbs. rendered bacon fat or butter
- 1 onion, small dice
- 1 carrot, small dice
- 2 cloves garlic, minced
- 1 tsp. dried rosemary
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- 2 Tbs. tomato paste
- 2 Tbs. Lea & Perrins® Worcestershire Sauce
- 1 tsp. kosher salt
- 1 tsp. red pepper flakes
- ¼ cup flour
- 2 Tbs. medium-ground yellow cornmeal
- 4 Tbs. butter
- 2 Tbs. sour cream

- ⅛ tsp. ground nutmeg
- 10-in. cast-iron skillet

Instructions:

1. Peel potatoes and parsnips. Cut into 1-inch chunks, cover with salted water in a pot and boil until tender.
2. In a cast-iron skillet, simmer bacon fat, onion, carrot, garlic, rosemary, thyme and oregano for 5 minutes. Add ground beef, increase heat to medium and brown until no pink remains, stirring occasionally. Stir in tomato paste, Worcestershire sauce, salt, red pepper, flour and cornmeal; remove from heat and set aside.
3. Preheat oven to 400° F. Pass potatoes through a food mill or mash with a potato masher. Stir in butter, sour cream and nutmeg. Add salt and pepper to taste if desired. Top beef mixture with mashed potatoes, spreading evenly and to the edges. Bake until potatoes are golden, about 25 minutes.

Serves 4-6.

Beef, Shiitake & Sweet Potato Pot Pies

Beef, Shiitake and Sweet Potato Pot Pies pack a lot of flavor under a flaky puff-pastry top. Chunky vegetables and protein-packed beef combine to deliver a nutritious, delicious upper-crust dinner.

Ingredients:

- 1 lb. CAB® leftover roast, cut into ½-in. cubes
- 2½ cups beef stock
- 1 oz. dried shiitake mushrooms (18-20), cut in ¼-in. slices
- 6 Tbs. butter
- 1 onion, small dice
- 1 sweet potato, small dice
- ⅔ cup frozen peas
- 1 sheet frozen puff pastry, thawed
- ⅓ cup flour
- 2 Tbs. sour cream
- ¼ cup plus 2 Tbs. grated parmesan
- 2 tsp. coarsely cracked black pepper
- 2 tsp. kosher salt
- 1 Tbs. fresh sage, minced
- 1 tsp. fresh rosemary, minced
- 6 (8-oz.) ramekins

Instructions:

1. Bring beef broth and shiitake mushrooms to a boil in a small saucepan. Turn off heat, cover and set aside to steep.
2. Preheat oven to 375° F. Unfold puff pastry and roll out to about 10×15 inches. Cut six 5-inch circles, lay on a cookie sheet and refrigerate.
3. Melt 3 tablespoons butter in a large saucepan and simmer onions and sweet potato for 3-4 minutes. Stir in beef and peas. Remove from heat and transfer mixture to a mixing bowl and set aside.
4. Place saucepan back on stove over medium heat. Melt remaining butter, add flour and whisk for 2 minutes. In half-cup increments, whisk in stock with mushrooms. Simmer for two minutes while continually whisking. Stir in sour cream, ¼ cup parmesan, pepper, sage and rosemary.
5. Combine reserved beef mixture with sauce and divide among ramekins. Top with pastry circles, pressing firmly on sides. Cut five vent slits on each and top with remaining parmesan. Place pot pies on cookie sheet and bake until golden, 20-25 minutes.

Serves 6.