

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Marinate that roast

Beef. Beer. Sugar. Let those words roll off the tongue. Separate, they are delightful. Together, they are splendid, a culinary trinity that fills the mind and belly with wonder and anticipation. To get started, first head over to your favorite app store and download Roast Perfect. Next, buy some beef.

What to buy?

We recommend using a ball tip roast. For years, the ball tip has been the backup dancer to better-known cuts such as the strip, ribeye and filet. Depending on where you shop, you may also find it labeled a “bottom sirloin roast,” generally sold as a 3-pound cut.

This ball tip roast can be trimmed and served as a steak, but it's best in a roasting application, especially with a proper marinade — one that includes beer and sugar.

Here's the complete recipe that can be found in the Roast Perfect app, too.

Two things to remember: Always check doneness using an instant-read thermometer. Know that once you pull the roast out, it'll read 10-15 degrees cooler than you want. That's a good thing, because once you remove it from the oven, it'll continue to cook in its own delicious juices. Be sure to tent loosely with foil and rest 10 minutes before carving to allow the juices to distribute evenly throughout the beef.

If you're one who can't wait that 10 minutes, just trim a little sliver off the outside crust. It'll blow your mind.



Beer & Brown Sugar Marinated Roast

Ingredients:

- 3-lb. CAB® ball tip (bottom sirloin) roast
- 1 cup dark beer
- ½ cup Dijon mustard
- 3 Tbs. teriyaki sauce
- 3 Tbs. brown sugar
- 1 tsp. seasoned salt
- 1 tsp. black pepper
- 1 tsp. garlic powder

Instructions:

1. Combine all ingredients. Place roast in a large plastic zippered bag, and pour marinade over roast. Close bag and marinate in refrigerator 12-14 hours.
2. Remove roast from refrigerator and pat dry with paper towels.
3. Discard marinade and preheat oven to 450° F.
4. Season roast with an additional 2 teaspoons kosher salt and 1 teaspoon black pepper, if desired, and place in a shallow roasting pan fitted with rack.
5. Roast 15 minutes in preheated oven, then reduce heat to 325° F.
6. Cook approximately 1 hour to reach medium (135°-140° F) doneness.
7. Remove roast from oven, tent loosely with foil and rest 10 minutes before carving.

Serves 6.

