

What's Cooking at CAB

by Chef Michael Ollier

Creating traditions with Chef Michael Ollier

We all have ideas of what Christmastime should be. Some of you probably spend the season baking and shopping for presents. Others may decorate with strands of colorful lights, attend church services, or deliver goodies to friends and neighbors.

Starting in the kitchen

My wife, Anne Marie, was a professional ballet dancer. For years, our holidays were filled with *The Nutcracker*.

That changed when we added children to the mix — two boys. Sometimes I wonder what Christmas is like through their eyes. Are we making memories they will someday hold sacred? Time will tell. For now, though, the best I can do is make things memorable.

For me, traditions often begin in the kitchen. My mom always kept a glass jar on the countertop during the holidays. It was filled with apricots soaked in brandy. She also made amazing bourbon balls.

I've started a meatier tradition at my



house. I make an amazingly delicious strip roast for Christmas dinner. Slightly less expensive than the more fanciful rib roast, the strip makes an elegant entrée for any holiday feast.

You may hear it called a New York strip roast or a strip loin roast — by any name, it's lean, tender and full of flavor. It also has a firmer "bite" that you steak lovers will appreciate. In fact, this cut is often sliced and sold as strip steaks for grilling.

Don't worry about spending all day in the kitchen. Roasting is a simple technique and one of the easiest cooking methods. This roast will be a true holiday gift your family will savor!

Whatever your traditions, wherever you celebrate, I wish you and your family a very happy and memorable holiday season.

Greetings from all of us at Certified Angus Beef LLC.

Cheers,
Chef Michael



Editor's Note: Chef Michael's original post is available at www.gorare.com/2012/12/creating-traditions-with-chef-michael-ollier/.



New York Strip Roast

Ingredients:

- 1 (approx. 2½ lb.) CAB® New York strip roast
- 1 Tbs. extra virgin olive oil
- 1 Tbs. kosher salt
- ½ Tbs. freshly ground pepper

Instructions:

1. Preheat oven to 500° F. Place roast, fat side up, in roasting pan fitted with rack. Rub roast with olive oil and season all sides with salt and pepper.
2. Place in oven for about 12 minutes. Reduce oven temperature to 300° and continue cooking about 15 to 20 minutes per pound depending on desired doneness.
3. Loosely tent roast with foil and let stand 15 minutes. Slice roast across the grain.

Serves: 6

Irresistible Sirloin Roast with Blue Cheese Sauce

Ingredients:

- 1 (2½-lb.) CAB® sirloin tip center roast
- 1 tsp. kosher salt
- 1½ tsp. coarsely ground black pepper
- ¾ tsp. dried oregano leaves
- ½ tsp. crushed dried rosemary
- ¾ tsp. dried thyme leaves
- ¼ tsp. dry mustard
- ¼ cup balsamic vinegar
- ½ cup blue cheese, crumbled
- 1¼ cups sour cream
- 2 tsp. Lea & Perrins® Worcestershire sauce
- ½ Tbs. chopped fresh chives
- ½ tsp. celery salt



Instructions:

1. Preheat oven to 325° F. In a small mixing bowl combine salt, ½ teaspoon pepper, oregano, rosemary, thyme and dry mustard.
2. Brush roast with vinegar and rub with herb mixture. Roast uncovered for 1 hour and 10 minutes for medium doneness. Remove from oven and let rest, covered, 10 to 15 minutes.
3. Blend or whisk together blue cheese, sour cream, Worcestershire sauce, remaining pepper, chives and celery salt.
4. Slice roast and serve with blue cheese sauce.

Serves: 6-8