

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC



Holiday help

Christmas dinner is just around the corner.

How much?

You've decided on side dishes, dessert and drinks. Place settings have been counted, napkins folded, stemware polished. The only thing left to do is head to the grocery store to purchase ingredients. You've made your list and checked it twice, but there's still a looming question in your mind: "How do I know which beef roast to buy, and how much do I need?" We've got you covered.

Base pounds on number of guests.

When buying a roast, plan on a pound (lb.) for every two guests, and a half-pound per two children. Then, add an extra pound because leftover roast makes for delicious future meals!

Six adults (3 lb.) + four kids (1 lb.) + extra (1 lb.) = 5-lb. roast

Marbling matters

The amount of marbling plays a huge role in the tenderness, juiciness and flavor of a beef roast, whether you're choosing one for a special occasion or everyday dinner. Those little flecks of fat melt during cooking, and, in the process, they baste the beef on the inside. No matter which cut you choose, look for a roast with lots of white flecks.

It's also good to have some fat on the outside of the roast. It conducts heat as it cooks, and also helps to develop a

wonderful crust while basting the roast with flavor. An 1/8-inch to 1/4-inch fat cover is ideal. You may choose to remove it from the slices before serving, but your roast will be more flavorful for having been cooked with the fat still in place.

Season it simply

It doesn't take much to enhance the naturally delicious flavor of a premium beef roast — just some kosher salt and freshly cracked black pepper. Rub oil all over the roast, especially if it's a lean cut with little fat cover (think tenderloin roast). The oil helps to develop that great crust, and it also helps your seasonings adhere to the beef.

Just the right temperature

When it comes to temperature, it's best to begin (usually) or end (sometimes) with high heat, but mostly cooking it low and slow. "High heat creates a crunchy, flavorful brown crust on the outside of the roast. The contrast of a crisp exterior to a tender, mouthwatering interior is what our palates crave," says *Certified Angus Beef*[®] (CAB[®]) brand Chef Michael Ollier.

His favorite recipe this Christmas season is the delicious "Perfect Pepper and Herb-crusted Prime Rib."

For more on roasting, check out www.CertifiedAngusBeef.com.



Perfect Pepper and Herb-crusted Prime Rib

Ingredients

- 1 (12-15 lb.) CAB[®] ribeye roast (bone-in or boneless)
- 1/4 cup coarse cracked black pepper
- 3 Tbs. coarse kosher salt
- 2 Tbs. granulated garlic
- 1 Tbs. cornstarch
- 2 tsp. dry rosemary
- 2 tsp. dry oregano
- 2 tsp. dry thyme leaves

Instructions

1. Combine pepper, salt, garlic, cornstarch and dried herbs. Tie the roast every 1 1/2-2 inches with butcher's twine. Rub the entire roast with seasoning blend and refrigerate overnight, wrapped tightly in plastic wrap on a sheet pan.
2. Preheat oven to 275° F. Place roast on a rack lined with foil in a shallow roasting pan, fat-side down. Roast, uncovered, for 120 minutes.
3. Flip roast so that fat side is now up; discard foil. Insert an ovenproof meat thermometer into thickest part of the eye, avoiding bone or fat. Continue roasting approximately 60 minutes, depending on weight. Look for 120°-125° F on thermometer.
4. Rotate roasting pan and increase oven temperature to 450° F. Roast on high for 10-15 minutes to deepen crust. Final internal temperature should be 130°-135° F when pulling from oven for a perfect deep pink interior.
5. Transfer roast to a cutting board and let rest 10-15 minutes before removing twine and carving.

Serves: 16-20