

What's Cooking at CAB

With Chef Michael Ollier

Trending techniques take it home

The atmosphere is what makes it special: the fine silver, the fresh linens, the gracious service. We go to restaurants to get an experience we can't get at home — it's all about what happens outside the kitchen that makes that experience special.

Of course, we love the idea of kicking back, enjoying great food and having someone else wait on us at a restaurant. But as we look deeper into food trends in 2012 (remember our beef cuts trends from last month?), it's clear that most consumers are looking for more ways to get back in the kitchen themselves.

More and more, we see cooking techniques like smoking and braising become a hit with at-home cooks, which tells me that more people are looking to go back to traditional cooking methods. We've found

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Barbecue Braised Brisket

Ingredients:

2 lb. CAB® brisket flat
2 cloves garlic, minced
½ tsp. fresh ground black pepper
1 large onion, peeled and cut into ¼-in. slices
6 oz. chili sauce
½ cup beer
1 Tbs. Lea & Perrins® Worcestershire Sauce
1 Tbs. packed dark brown sugar

Instructions:

Preheat oven to 350° F. Combine garlic and pepper and spread evenly over brisket. Place in a roasting pan. Separate onion into rings; arrange over brisket. Combine chili sauce, beer, Worcestershire sauce and sugar; pour over brisket and onions. Cook uncovered for 1 hour. Turn brisket over; stir onions into sauce and spoon



over brisket. Cover, reduce oven to 300° F and braise 3 hours more or until fork-tender. Transfer brisket to cutting board. Let rest 10 minutes before slicing thinly across the grain. Recipe provided by the CAB brand. Serves: 6

that people are willing to trade the experience of dining out for the experience of a slow-cooked, down-home meal that they have a little pride and joy in. If you fit this food trend, then beef braising is right up your alley.

When it comes to braising, cooking doesn't get much more comforting than brisket. I'm sharing one of my favorite barbecue braised brisket recipes, but don't let the BBQ in its name trick you into thinking that summertime picnics are all this cut is good for. While you're taking the time to prepare your brisket, make a double serving and save it for other occasions. Here are a few of my favorite uses for this slow-cooked beauty.

Brisket for breakfast: Slice it thin over an English muffin and top it with a fried egg, or

give the traditional biscuits and gravy a twist. Chop the brisket and replace the sausage in your favorite white gravy.

Ditch the lunchmeat: Add sliced brisket to any variety of your favorite sandwich or wrap fillings. Try an open-faced sandwich with Texas toast on the bottom, then a layer of chopped or sliced brisket followed by a scoop of mashed potatoes and gravy. Talk about a pile of flavor!

Americanize your dishes: Slice it thin and stir-fry leftover or fresh with rice and beans. Fill a tortilla and you're sure to have a filling crowd pleaser. Or pander to your Irish ancestry (there's got to be some left over from St. Paddy's Day!) and replace corned beef with diced brisket in your hash.

Of course, you can always just add

barbecue sauce, coleslaw and baked beans for the traditional dish. Either way, braising your brisket comes down to following two very important steps in the recipe on page 158:

► Start with the roasting pan uncovered. That will help form a good crust on the outside during the first hour of cooking.

► Cover it for the remaining time to seal the moisture in. This is when the braising magic happens.

I always say, "Embrace the fat!" when it comes to brisket. I love using whole briskets, but some of you may prefer or only have just the brisket flat. The brisket flat is a little easier to handle, but the full-fat version always comes with a little fuller flavor. If you're using a full brisket, you'll have to increase the second part of this cooking time by about an hour. Enjoy!

*Until next time,
— Chef Michael*