

# What's Cooking at CAB

With Chef Michael Ollier

## The science of sizzle

If you've ever had the opportunity to stop by our Wooster, Ohio, office, you've probably heard "The Science Behind the Sizzle" presentation. If you haven't, there's always an open invitation to do so; we love meeting and visiting with the cattlemen who support the brand.

In the event that you do stop by and you do hear this presentation by our own enthusiastic meat scientist Phil Bass, get ready. It's an action-packed crash course in the *Certified Angus Beef*<sup>®</sup> (CAB<sup>®</sup>) brand specifications, complete with molecular meat science, plenty of charts and graphs, and the ways we assure the beef that gets our logo is consistently the best. We pride ourselves on being the experts in this field.

This spring, we met our match. Bass, my fellow Chef Scott Popovic and I traveled to the Weber Grill headquarters in Chicago.

### Braised Chuck Short Ribs in BBQ Bourbon Sauce, modified for the grill

#### Ingredients:

3 lb. CAB<sup>®</sup> chuck boneless short ribs, cut in 1- to 2-in. chunks  
2 Tbs. vegetable oil  
1/3 cup bourbon  
1/4 cup white vinegar  
1/3 cup ketchup  
1/4 cup brown sugar  
2 Tbs. soy sauce  
1 clove garlic, minced  
1 cup chicken stock  
1 1/2 Tbs. cornstarch  
1/4 cup water

#### Instructions:

1. Build a fire on one side of the grill to reach a high heat (450° F-550° F). In heavy Dutch oven (or comparable ovenproof pan with tight-fitting lid), heat

oil and brown meat on all sides.  
2. Combine bourbon, vinegar, ketchup, brown sugar, soy sauce, garlic and chicken stock; pour over roast. Bring to a boil, move pan to cooler side of grill. Simmer covered two to three hours over low heat (250° F-350° F) until fork tender. Tend and add coals as needed every half hour to maintain a constant low heat.  
3. Remove beef to a platter, cover with foil and let rest 10-15 minutes.  
4. Mix cornstarch with water. Bring pan juices to a boil over stovetop and quickly whisk in cornstarch paste. Boil for two minutes. Serve warm bourbon sauce over short ribs.

Recipe provided by the CAB<sup>®</sup> brand.  
Serves 6-8.

## ▣ WHAT'S COOKING

There, we enrolled in their prestigious Grill Academy to learn the science behind their sizzling success. We've found a kindred spirit in the heart of the grilling world at Weber.

Kevin Kolman is not just a self-proclaimed grill master; he's Weber's Grilling Expert — and it shows. We spent the day learning from the man who works with engineers and developers to create the latest and greatest in grilling experiences. We learned more about the finer points of heat travel and transfer, how to pick heat sources, and grilling methods that I never imagined even existed.

For us, it was all about learning new and exciting techniques that our team can share with beef lovers. We all love throwing a steak on the grill in the summer, but have you ever considered grilling your holiday roast? We hadn't, either! We were looking for new ways to respect and utilize the beef you all work so hard to grow, and we found it there.

On the flip side, we brought the beef expertise. The Weber team has the science of grilling, and we were able to share some new ideas on what they could add to the grates to make it great. Unique beef cuts, the science of cooking the perfect steak and letting the best brand of beef take center stage on the grill were all items of discussion that day.

At the top of the grilling business, Weber is no stranger to our ideals of utmost quality and brand value. We're looking forward to working more with this elite brand to empower our mutual customers with grilling success.

From the discussion of two chefs, a meat scientist and a grilling expert, we know it all comes back to all of you and your ability to get that great product to us so we can create happy customers. It was never more evident to me than at the Grill Academy how much more powerful two brands were than one.

It made me think of the ranch and feedlot tours I've been on with CAB. I hope you find equally symbiotic relationships in your cattle business that help you all keep producing the best beef. Just as we keep building bridges with consumers, chefs and grilling kings, I know your relationships with commercial cattlemen, feedlots and beef marketing venues play into all of our combined success.

So, in the spirit of that combined success, here's a recipe for a crowd to enjoy. Take that typical roast out of the Crock-pot® and give it a whirl on the grill!

*Until next time,  
— Chef Michael*

