

What's Cooking at CAB

With Chef Michael Ollier

A stud in the kitchen

It's amazing how easily smells can evoke old memories. Especially this time of year, the aroma of pine trees, holiday baking, burning firewood and Christmas dinner can take us back to times in our past distinctly marked by those fragrances and flavors. One that always sticks in my mind is the smell of a holiday roast slow-cooking in the oven.

I've mentioned in past columns that my grandfather owned a butcher shop in Cincinnati when I was a kid. Holidays with my family always meant an oversized roast, evoking the best smells. With a young family of my own now, it's time to start making traditions my kids will remember as

fondly as I recall my mother's roasts. I want to keep that tradition alive, but I also know it's important to make it my own.

So, just like my boys have started their own distinct rituals for opening Christmas gifts, helping with holiday baking and decorating the tree, I reinvented an old kitchen favorite with new flavors to start establishing our own holiday traditions. This is the first "studded" roast we have ever developed in the CAB kitchen, and it will add a distinct difference in your holiday customs.

Never heard of a studded roast? The prickly name may sound a little intense for a quiet

family celebration, but it's really a simple roasting technique that will add great flavor and eye appeal. Filling the small incisions on the roast with garlic and rosemary permeates each bite with flavor. Trust me; this isn't grandma's traditional roast beef. But it could be yours.



► Traditions make the holidays special, but it's fun to give them your own twist.

It's critical to follow the timing instructions when you insert the seasonings in the roast. Make the incisions before applying the initial rub and wait until it has cooked 15 minutes on the high heat before taking it out and inserting the fresh garlic and rosemary. Those herbs will burn if you insert them right away, and that's one aroma you don't want your family memories to be associated with.

We recommend using a strip roast in the recipe, but you could easily substitute a rib roast, tenderloin roast or even a sirloin roast. Stick with a middle meat cut and, of course, stick with the *Certified Angus Beef*® (CAB®) brand. If you want to keep a little tradition in this meal, complement the beef by throwing potatoes, carrots or your favorite root vegetable in the roasting pan. Enjoy, and happy holidays from all of us in Wooster, Ohio.

That's what's cookin' at CAB!

Until next time,
— Chef Michael



Garlic & Rosemary Strip Roast

1 (4-lb.) CAB® strip roast
3 cloves garlic, minced
1 tsp. dried rosemary
1 tsp. kosher salt
6 cloves garlic, split in half lengthwise
8 fresh rosemary sprigs, cut about 1½-in. in length
1 Tbs. extra virgin olive oil
Additional kosher salt and freshly ground pepper to taste

Directions:

Mix minced garlic, dried rosemary and 1 tsp. salt in small mixing bowl. Cut approximately 20 slits, about 1-inch deep, evenly spaced around roast using a paring knife. Rub mixture evenly all over roast and refrigerate overnight.

Preheat oven to 500° F. Remove roast from refrigerator and wipe clean with a paper towel. Rub roast with olive oil and season all sides with additional salt and pepper to taste. Place fat side up in roasting pan fitted with rack.

Place roast in oven for about 15 minutes. Remove from oven and reduce temperature to 300° F. Insert halved garlic cloves and rosemary sprigs evenly into pre-made slits. Place roast back in oven and continue cooking about 45-60 minutes, depending on desired doneness.

Remove roast from oven, place on cutting board and loosely tent with foil. Allow to rest 15 minutes before slicing roast across the grain.

Serves 8.