

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Chef Michael's top five grill tips

Maintain your grill, use the best beef and pay attention to degrees of doneness. Never stab or poke your steak with a fork. And quit turning it over and over and over. What else do you need to know for a great grilling season? Chef Michael Ollier's tips will elevate your technique from good to gourmet.

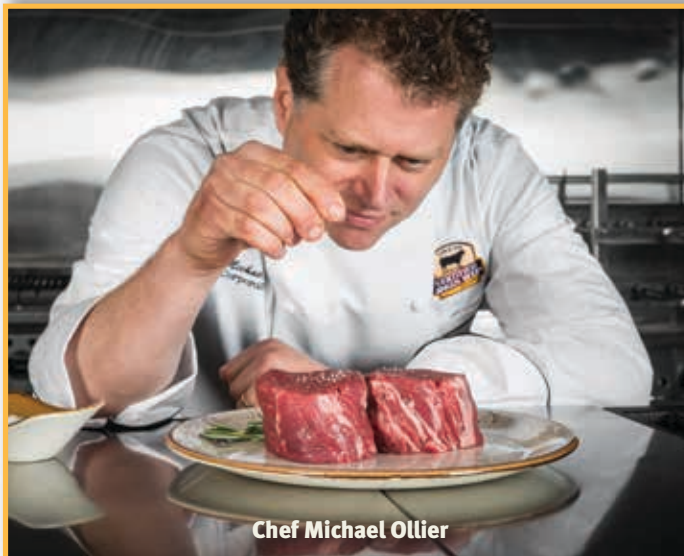
Steaks from good to great

1. Make it and baste it. One of my favorite tips is an idea borrowed from *Serious Barbecue* expert, Chef Adam Perry Lang. When grilling, gather your favorite fresh herbs (like rosemary or parsley), tie to the end of a stick with kitchen twine, and use his featured "brush" to baste the meat with a favorite sauce or garlic butter. This rustic technique lends a gentle herb taste that will enhance, rather than overpower, the beef.

2. Don't cook off the benefits of extra virgin olive oil. I prefer to use regular cooking oils like canola or peanut oil on steaks when grilling. The smoke point is lower on olive oil, and it burns away more quickly. Canola can handle the higher heat much better.

3. Fix the burger. To maintain a round burger when grilling, create a "well" in the middle when forming the patty. Ground beef puffs up in the center when it cooks, because juices rush to the middle and the outside retracts. For even patties that maintain a large, round shape, create an indentation in the center before you grill.

4. Keep it clean. Save time and additional work by using crumpled aluminum foil to clean the grates of your grill. In between grilling sessions, just grab



Chef Michael Ollier

the tongs and a crumpled ball of foil. Use it just like a grill brush and then toss the foil when finished. Simple.

4. Keep it clean.



5. Cast-iron cooking. Cast iron holds heat, so it's great for the grill. Put the pan on when you're preheating the grill. It's great for containing things that would fall through the grates — potatoes, onions or other vegetables. You can also cook steaks in this manner. Why would you do such a thing? Because grill marks are nice, but a great crust will always trump cosmetic effect. The crust on the outside of the steak ensures the flavorful juices are sealed inside.

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Grilled Ribeye Steak with Classic Steak Butter

Ingredients:

- 4 (10-oz.) CAB® ribeye steaks
- ½ lb. unsalted butter, softened
- 1 Tbs. roasted garlic
- 1 Tbs. kosher salt
- 1 tsp. freshly ground black pepper
- 1 tsp. finely chopped shallots
- 1 tsp. finely chopped fresh parsley
- 1 tsp. finely chopped fresh sage
- 1 tsp. finely chopped fresh rosemary
- Salt and freshly ground pepper to taste

Instructions:

1. Thoroughly combine softened butter with garlic, salt, pepper, shallots, parsley, sage and rosemary. Roll with plastic wrap into a log shape 1 inch in diameter. Refrigerate 2 hours or until butter is solid. (Note: Recipe will yield 16 butter servings; reserve 12 for later use.)
 2. Season steaks with salt and pepper. Grill to desired doneness. Cut butter into ¼-inch slices and serve over steaks.
- Serves 4.



Grilled ribeye steak with classic steak butter