

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Five tips for ordering a perfect steak

*Quick — what's the name of your favorite steak house?*

### Tips for perfection

Restaurants are as unique as the chefs in their kitchens. Our biggest challenge, dear steak lover, is to find one that suits our personal dining habits, expectations and — most importantly — our taste buds. When you have a hankering for the perfect steak, remember these tips when you order.

#### Tip No. 1: When ordering, be specific.

Explain your expectations to the server. If you prefer medium rare, give the description of a warm center with bright red color. If you opt for medium, tell the server you want a hot center with medium-pink throughout. When you don't know the chef, be explicit about temperature and seasoning. If you're dining at a restaurant renowned for its fine food, let the chef work his or her magic.

#### Tip No. 2: Order your favorite steak cut.

Do you love a beefy ribeye or a tender filet mignon? Try a variety of steak cuts and determine your favorite. When ordering, aim for that experience every time. You won't be disappointed.

#### Tip No. 3: Don't be afraid to send it back.

If you get a less than stellar steak, kindly let your server know. The chef's goal is to make you happy, so if you send it back, no problem. Just be patient while they make it right.

#### Tip No. 4: Consider ordering the special.

Many times, daily specials are an opportunity for chefs to "play" or be creative with ingredients. It's their time to shine. Chefs often test new menu items in the form of nightly specials, and they appreciate your feedback.

#### Tip No. 5: Ask to speak to the chef.

Think of the restaurant like a home. The chef has invited you in. Seeing you smile and knowing you enjoyed an excellent meal is what his or her job is all about, so let 'em know! A word of caution, though: It's extremely difficult for a chef to leave the kitchen during dinner service. In that case, leave a note. You'll make their night.

Ready to test your steak-ordering prowess? Find an elite steak house serving the *Certified Angus Beef*® (CAB®) brand in your area by checking out [www.certifiedangusbeef.com/buy/](http://www.certifiedangusbeef.com/buy/).

In the meantime, or while you're staying in for a night, try our recipe for Boneless Short Rib Skewers with BBQ Sauce and Creamed Corn.

## Boneless Short Rib Skewers with BBQ Sauce & Creamed Corn

### Ingredients:

- 2 lb. CAB® chuck short ribs, cut into strips 1 × 3/8 × 6-in. (24 pieces)
- 1 1/2 tsp. garlic salt
- 24 (9-in.) bamboo skewers, soaked in water

### BBQ sauce:

- 1 (6-oz.) can tomato paste
- 1 cup apple cider vinegar
- 1/2 cup no-sodium-added chicken broth
- 1/2 cup honey
- 3 Tbs. low-sodium Worcestershire sauce
- 3 Tbs. Dijon mustard
- 1 Tbs. granulated or powdered garlic
- 1 Tbs. granulated or powdered onion
- 2 Tbs. liquid smoke
- 1 1/2 tsp. ground cayenne pepper

### Corn:

- 1 Tbs. butter
- 1/2 cup finely minced onion
- 1 (16-oz.) package frozen baby white corn kernels, thawed
- 1 bay leaf
- 2 cups 1% low-fat milk
- 1/2 tsp. kosher salt

- 1 tsp. freshly ground pepper
- 1/2 tsp. fresh thyme leaves, chopped

### Instructions:

- Whisk together tomato paste, cider vinegar, chicken broth, honey, Worcestershire, Dijon, granulated garlic, granulated onion, liquid smoke and cayenne pepper in pan and bring to a boil. Reduce to a simmer and slowly cook 20 minutes, until thickened. Divide sauce, using half to baste skewers and half to serve for dipping at the table.
- While sauce is simmering, heat grill to high, or heat stovetop grill pan on high.
- Heat a large (4-quart) pot on medium heat. Add butter; when melted, add onion and sweat for 2 minutes. Stir in corn. Add bay leaf, 1 cup milk, salt and pepper. Cook for 10 minutes.
- Transfer half of corn mixture to blender or food processor. Pulse corn until broken up and creamy, but still slightly chunky. Return blended corn



to pot with whole corn. Add remaining milk and thyme. Cook for 2 minutes to incorporate flavors.

- Season boneless short ribs with garlic salt, and skewer (one beef strip per skewer).
- Place skewers on hot grill, cleaned and sprayed lightly with nonflammable nonstick spray, and baste with BBQ sauce. Cook for 2 minutes, then turn and baste with additional sauce. Cook for 2 more minutes on the other side. Continue to turn skewers and baste until sauce thickens on the beef and the desired doneness is achieved.
- Serve four skewers per person with creamed corn on the side and extra BBQ sauce.

Serves 6.

