



## DELI MEAT COMPETITION



### Junior Division

#### Beefy Pepper Cheese Rolls

2 pkg. crescent rolls	¼ cup mayonnaise or Miracle Whip®
1½ lb. CAB® deli-style roast beef, sliced thin	¼ cup prepared horseradish
1 lb. Co-Jack cheese, sliced thin	¼ to ½ cup thinly sliced pepperoncini peppers

Separate crescent rolls to form 8 rectangles; press perforations together. Mix mayonnaise and horseradish together and spread on crescent roll rectangles. Place one slice of roast beef on each rectangle; top with two slices of cheese and another slice of roast beef. Put one to two teaspoons of peppers in center of each rectangle. Roll and seal edge. Bake in 400° F oven for 12-15 minutes or until golden brown. Serve with leafy green salad and fruit or vegetable. Makes 8 servings.



► Illinois team members in the junior deli division include (from left) **Ashley McEwen**, Bushnell; **Kayla Widerman**, Good Hope; **Emily Harrell**, Roseville; and **Gabrielle Lemenager**, Clifton. They prepared “Beefy Pepper Cheese Rolls.”

#### Speedy Toasted CAB Sandwich

8 slices CAB® deli-style roast beef	1 fresh green pepper, sliced thin
8 slices CAB® deli-style pastrami	1 Tbs. butter
4 slices Provolone cheese	⅛ tsp. garlic salt
8 slices whole wheat bread	4 tsp. Thousand Island dressing
1 cup sliced fresh mushrooms	

Heat electric skillet to 300° F. Butter one side of bread, placing 4 slices, butter side down, on hot skillet. Top each with 2 slices roast beef and 2 slices pastrami, ¼ of the fresh mushrooms and ¼ of the green peppers. Sprinkle with garlic salt and top with cheese slices. Place remaining bread slices on top, butter side up. Toast until golden brown and crispy. Turn to toast other side. When toasted, open sandwich between bread and meat and spread with Thousand Island dressing.

Serve warm with chips and a pickle.



► Placing first in the recipe and showmanship in the junior deli meat division is Kansas. Team members include (from left) **Tyler Blythe**, White City; **Jake Schmalstieg**, McLouth; **Johanna Lundgren**, Ottawa; **Tyler Otensmeier**, McLouth; and **Hadley DeHoff**, Tonganoxie. They prepared “Speedy Toasted CAB Sandwich.”

### Intermediate Division

#### Western Wrap

8 oz. CAB® deli-style roast beef, thinly sliced	6-12 large iceberg lettuce leaves
8 oz. light cream cheese spread	¾ cup shredded cheddar cheese
2 Tbs. smoky barbecue sauce	3 plum tomatoes, thinly sliced
6 8-in. flour tortillas	½ small red onion, thinly sliced

Mix cream cheese and barbecue sauce together; spread 2 Tbs. on tortillas, and layer with lettuce and beef. Sprinkle with cheddar cheese and top with tomatoes and onion. Roll up tightly and serve.



► Placing first in the showmanship category of the intermediate deli meat division is Iowa. Team members are (from left) **Ashley** and **Caitlin Kuehn**, both of Durant. They prepared “Western Wrap.”

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## DELI MEAT COMPETITION



### Intermediate Division CONTINUED



► Placing first in the recipe category of the intermediate deli meat division is Kansas. Team members are (from left) **Peter Lundgren**, Ottawa; **Brooke Bergkamp**, Arlington; **Bailey Shaw**, Erie; **Tanner Rayl**, Hutchinson; and **Jacinda Dickinson**, Glasco. The team prepared “Super-Quick Beef Taco Soup.”

### Super-Quick Beef Taco Soup

½ lb. CAB® deli-style roast beef, cut into 1-in. pieces	1 can (14.5 oz.) ready-to-serve chicken broth
1 cup mild or medium salsa	1 small can corn or 1 cup frozen corn
¼ cup red or green bell pepper, chopped	corn tortilla chips
½ tsp. ground chili powder	1 small tomato, chopped
1 tsp. dried cilantro	½ cup shredded cheddar or Co-Jack cheese
1 Tbs. fresh chopped cilantro	

Mix salsa and bell pepper in a 2-quart saucepan. Heat quickly until peppers soften. Add chili powder, cilantro, corn and broth. Heat to boiling; reduce heat and simmer, uncovered, for 15 minutes.

Divide beef and place 4-6 broken tortilla chips among 4 soup bowls. Pour soup over beef and tortilla pieces. Top with tomatoes and cheese.

Serve with tortilla chips, salsa, guacamole and tortilla rollups.



► Maryland team members in the intermediate deli division include (from left) **Jessica Clarke**, Rocky Ridge; **Emily Velisek**, Gaithersburg; **Candace Howard**, Keymar; **Shelby Stabler** and **Kelsey Stabler**, both of Laytonsville; and **Tyler Donnelly**, Emmitsburg. They prepared “CAB Deli Wrap.”

### CAB Deli Wrap

3 slices any CAB® deli-style meat	herbed cream cheese
1 chopped spring onion	baby salad greens
¼ cup chopped fresh tomato	seasoned flour tortilla

To prepare one serving, spread tortilla with cream cheese. Layer deli meat, greens, tomato and onion. Roll tortilla. Enjoy.



► Michigan team members in the intermediate deli division include (from left) **Drew Bordner**, Sturgis; **Justin Kennedy**, Nashville; **Hope Bordner**, Sturgis; and **Jeannine Wilson**, Gregory. They prepared “CAB Orange Barrel Hoagies.”

### CAB Orange Barrel Hoagies

3-4 lb. CAB® deli-style roast beef	1 lb. fresh mushrooms
Mozzarella, Provolone, Cheddar or other cheese	hoagie buns or Texas toast
1 large vidalia onion, sliced in thin wedges	butter

Toast buttered hoagie bun in toaster oven. Sauté onions and mushrooms, heat the meat and place on hoagie bun. Top meat with onions and mushrooms, then cheese. Return to oven and warm.







## DELI MEAT COMPETITION



►Above: If it walks like a chicken ...

►Right: Nebraska teammates answer questions from the judges during the deli meat competition.

CANDID PHOTOS BY MICKY WILSON



### Intermediate Division CONTINUED

#### Nebraska Beef Taco Wraps

¾ lb. CAB® deli-style roast beef, thinly sliced  
½ cup black bean dip  
4 large flour tortillas  
1 cup thinly sliced lettuce

¾ cup chopped tomato  
1 cup (4 oz.) shredded taco seasoned cheese  
salsa (optional)

Spread black bean dip evenly over one side of each tortilla. Layer deli roast beef over bean dip, leaving ½-in. border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up over filling and roll closed.

Cut each roll in half. Serve with salsa, if desired.

Makes 4 servings.

**Nutritional information per serving:** 455 calories; 39 g protein; 41 g carbohydrates; 15 g fat; 1,497 mg sodium; 94 mg cholesterol; 3.5 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.7 mcg vitamin B<sub>12</sub>; 4.7 mg iron; 7.3 mg zinc.



►Nebraska team members in the intermediate deli division include (from left) **Jara Settles**, Hoskins; **Kourtney Nelson**, Crete; **Mercedie Weber**, Albion; and **Jessica Clowser**, Milford. They prepared “Nebraska Beef Taco Wraps.”

#### Beef Taco Wraps Oklahoma Style

¾ lb. CAB® deli-style roast beef, thinly sliced  
½ cup fat-free black bean dip  
4 large (about 10-in. diameter) flour tortillas  
1 cup thinly sliced lettuce  
¾ cup chopped tomato

1 cup (4 oz.) shredded reduced-fat taco seasoned cheese  
1 cup (8 oz.) sour cream  
salsa and guacamole dip

Spread black bean dip evenly over one side of heated tortilla. Layer deli roast beef over bean dip, leaving ½-in. border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up and over filling and roll closed.

Cut each roll in half. Serve with salsa, sour cream and guacamole dip.



►Oklahoma team members in the intermediate deli division include (from left) **Brooklynn Bell**, Delaware; **Mae-gan Nunley**, Marlow; **Jacee May**, Stillwater; **Justin Strate**, Enid; **Kass Pfeiffer**, Orlando; and **Colton Henricks**, Anadarko. They prepared “Beef Taco Wraps Oklahoma Style.”

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# DELI MEAT COMPETITION



## Senior Division CONTINUED

### Cajun Roast Beef with Pasta & Veggies

- 1 lb. CAB® deli-style roast beef
- 12 oz. of your favorite pasta
- 2 Tbs. olive oil
- ½ tsp. bottled minced garlic (or fresh)
- 1 small onion, sliced into rings
- 1 each — small green, red and orange bell peppers, thinly sliced
- ½ cup chopped fresh mushrooms
- 2 Tbs. Cajun seasoning, or to taste
- 1 cup dried tomato vinaigrette dressing
- 1 cup shredded Mozzarella cheese (optional)

Cook pasta according to package directions and drain. Sauté garlic, peppers, onions, mushrooms and 2 tsp. Cajun seasoning in olive oil until veggies are tender.

Cut roast beef into strips and sprinkle with Cajun seasoning. Combine veggies, roast beef, pasta and dressing, tossing to coat. Garnish with Mozzarella cheese, if desired.



► Placing first in recipe, showmanship and overall in the senior deli meat division is Kansas. Team members are (from left) **David Lundgren** and **Kristen Lundgren**, both of Ottawa; **Courtney Rump**, Galva; **Kyleigh Santee**, Langdon; **Tess Ludwick**, Ottawa; and **Chelsea Dickson**, Glasco. They prepared “Cajun Roast Beef with Pasta and Veggies.”

## ANGUS BEEF CHART

### CHUCK

#### BONELESS TOP BLADE STEAK

Braise, Panfry

#### ARM POT ROAST

Braise

#### BONELESS CHUCK POT ROAST

Braise

#### CROSS RIB POT ROAST

Braise

#### MOCK TENDER

Braise

#### 7-BONE POT ROAST

Braise

#### BLADE ROAST

Braise

#### UNDER BLADE POT ROAST

Braise, Roast

#### SHORT RIBS

Braise, Cook in Liquid

#### FLANKEN-STYLE RIBS

Braise, Cook in Liquid

### BRISKET & FORE SHANK

#### SHANK CROSS CUT

Braise, Cook in Liquid

#### BRISKET, WHOLE

Braise, Cook in Liquid

#### CORNED BRISKET, POINT HALF

Braise, Cook in Liquid

#### BRISKET, FLAT HALF

Braise

### RIB

#### RIB STEAK, SMALL END

Broil, Panbroil, Panfry

#### RIBEYE ROAST

Roast

#### RIBEYE STEAK

Broil, Panbroil, Panfry

#### BACK RIBS

Braise, Cook in Liquid, Roast

### SHORT LOIN

#### PORTERHOUSE STEAK

Broil, Panbroil, Panfry

#### TENDERLOIN ROAST

Roast, Broil

#### TENDERLOIN STEAK

Broil, Panbroil, Panfry

### SHORT PLATE & FLANK

#### FLANK STEAK

Broil, Braise, Panfry

#### FLANK STEAK ROLLS

Braise, Broil, Panbroil, Panfry

#### SKIRT STEAK (FAJITA MEAT)

Braise, Broil, Panbroil, Panfry

### SIRLOIN

#### SIRLOIN STEAK, ROUND BONE

Broil, Panbroil, Panfry

#### TOP SIRLOIN STEAK

Broil, Panbroil, Panfry

### ROUND

#### TOP ROUND STEAK

Broil, Panbroil, Panfry

#### BONELESS RUMP ROAST

Roast, Braise

#### BOTTOM ROUND ROAST

Braise, Roast

#### TIP ROAST, CAP OFF

Roast, Braise

#### EYE ROUND ROAST

Braise, Roast

#### TIP STEAK

Broil, Panbroil, Panfry

### OTHER CUTS

#### GROUND BEEF

Broil, Panfry, Panbroil, Roast

#### CUBED STEAK

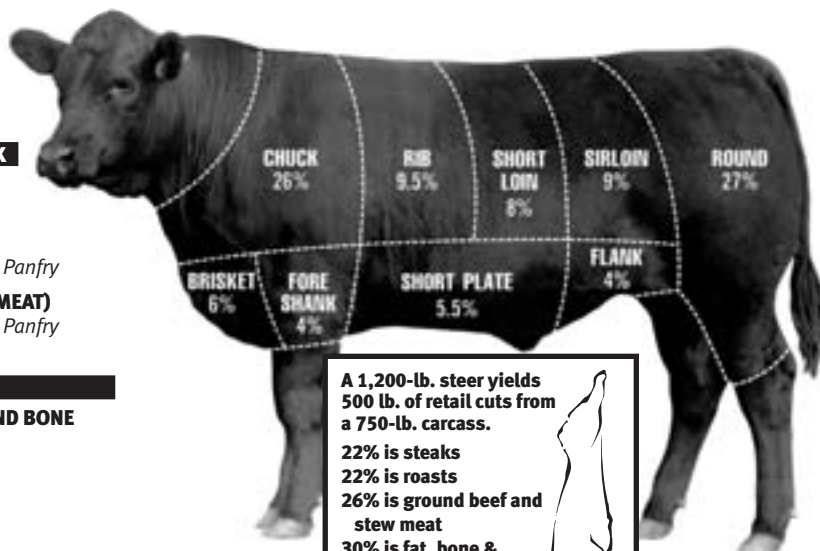
Panfry, Braise

#### BEEF FOR STEW

Braise, Cook in Liquid

#### CUBES FOR KABOBS

Broil, Braise



A 1,200-lb. steer yields 500 lb. of retail cuts from a 750-lb. carcass.

- 22% is steaks
- 22% is roasts
- 26% is ground beef and stew meat
- 30% is fat, bone & shrinkage

