

# Share the Taste

Contestants share their recipes for the 2006 Auxiliary-sponsored All-American *Certified Angus Beef*<sup>®</sup> Cook-off.



► Chefs of all ages served up great food and fun times at the 23rd Annual American Angus Auxiliary-sponsored All-American *Certified Angus Beef*<sup>®</sup> Cook-off.

PHOTO BY MICKY WILSON

**P**erhaps the only thing more exciting than participating in the Auxiliary-sponsored All-American *Certified Angus Beef*<sup>®</sup> (CAB<sup>®</sup>) Cook-Off is getting to try out some of the recipes. The recipes featured in the 23rd annual event are provided on the following pages for you to try in your own kitchen.

A total of 35 teams competed in three product competitions — deli meat, Quick-N-Easy<sup>™</sup> and fresh meat — July 11 at the 2006 National Junior Angus Show in Indianapolis, Ind. Teams were made up of juniors, ages 9-13; intermediates, ages 14-17; seniors, ages 18-21; and adults.

Entries were judged on recipe for taste and ease of preparation, on showmanship for creativity of presentation and costumes, and overall ranking. For full results of the contest, see “Cooking Up A Storm” on page 219 of the September 2006 *Angus Journal*.

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## FRESH MEAT COMPETITION



### Junior Division



►Placing first in showmanship and overall in the junior fresh meat division is Indiana. Team members include (from left) **Katarina Rieker, Baron Rieker, Steven Rieker, Zachary Rieker**, all of Columbus; and **Samuel Barker**, Danville. They prepared “Tigger’s Elegant CAB® Prime Rib Roast.”

### Tigger’s Elegant CAB® Prime Rib Roast

- |   |                                |
|---|--------------------------------|
| 5 lb. boneless CAB® prime rib                       | 2 Tbs. fresh rosemary, chopped |
| 2 medium carrots, peeled                            | 1 tsp. dried thyme             |
| 1 pkg. (10 oz.) whole baby domestic white mushrooms | 1 bay leaf                     |
| 16 small white onions, peeled                       | 1 tsp. dried marjoram          |
| 2 Tbs. olive oil                                    | 1 tsp. dried sage              |
|   | 2 Tbs. coriander seeds, ground |

#### Rub:

- 1 Tbs. salt
- 2 Tbs. ground black pepper
- 8 large cloves garlic, minced

#### Marinade:

- 2 Tbs. golden honey
- ½ cup rice wine vinegar
- 1 Tbs. Dijon mustard

Cut carrots into strips 3 in. long and ¼-in. thick. In small bowl, mix the dry rub ingredients. Toss the carrots in the rub mixture. Make marinade. Wipe roast with a damp paper towel. With a sharp, pointed knife, make slits in surface of roast at 2-in. intervals, 3½-4 in. deep and ½-in. wide. Push a carrot strip into each slit, angled slightly toward narrow end of roast. Add leftover rub mixture to marinade. Place roast in large plastic food container, add marinade mixture and refrigerate, covered, overnight. Preheat oven to 350° F. Remove roast from marinade and wipe dry. Reserve marinade. In hot oil in a large Dutch oven, brown roast on all sides, turning with wooden spoon. Pour reserved marinade and beef broth over roast. Insert a meat thermometer into the thickest part of roast. Roast, basting occasionally, about 2½-3 hours, until meat reaches an internal temperature of 135° F for medium-rare or 140° for medium doneness. About one hour before the meat is done, add mushrooms and small white onions to roasting pan.

Transfer roast to a platter. Let stand 5 minutes. Carve meat and serve.



►Placing first in the recipe category of the junior fresh meat division is Missouri. Team members are (from left) **Madison Gooden, Crocker; Arin Akin, Iberia; Cameron Ward and Carter Ward**, both of Plattsburg. They prepared “Zesty Steak Empanada.”

### Zesty Steak Empanada

#### Dough:

- 2½ cups flour
- 1½ tsp. salt
- 1 stick butter
- 1 egg
- ⅓ cup water
- 1 Tbs. vinegar

#### Filling:

- 1 lb. CAB® sirloin steak
- 1 Tbs. minced garlic
- ¼ cup minced onion
- ¼ cup minced red pepper
- 1 tsp. paprika
- ¼ cup water
- 2 Tbs. tomato paste
- 2 Tbs. sour cream

Sift flour and salt into a large bowl. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal with some butter lumps. Beat together egg, water and vinegar in a small bowl with a fork. Add to flour mixture, stirring with fork until just incorporated. (Mixture will look shaggy.) Turn mixture out on a lightly floured surface. Knead gently to bring dough together. Roll out dough and cut into circles.

For filling, prepare steak by slicing and dicing. Brown the meat in a skillet with a little oil. Add garlic, onion, red pepper and paprika; sauté until tender. Mix in the water and tomato paste. Simmer on low for 2-3 minutes. Remove from skillet and put in a refrigerated container and then add sour cream. Refrigerate overnight.

Place a spoon-sized portion of the filling on a circle of the dough. Fold over the edges and glaze with a beaten egg. Continue with remaining ingredients. Place empanadas on an aluminum-foil-wrapped baking sheet and bake in a 350° F oven until golden brown.

Let the empanadas cool before eating.





# FRESH MEAT COMPETITION



## Junior Division CONTINUED

### Pit Crew Pasta

- |   |  |
|---|--|
| 1 lb. CAB® ground beef                  | 3 cups bite-size pasta (rotini, penne or macaroni), uncooked |
| 1 medium onion, chopped                 | 1 cup sliced mushrooms                                       |
| 3½ cups water                           | 1 cup shredded pizza cheese                                  |
| 1 jar (26 oz.) prepared spaghetti sauce |  |

Brown meat and onion in deep nonstick skillet.  
 Add water, spaghetti sauce and pasta. Cover. Bring to a boil. Reduce heat to low and simmer for 20 minutes, stirring occasionally. Add mushrooms and cook for 5 minutes.  
 Stir in cheese.  
 Makes 6 servings.



►Oklahoma team members in the junior fresh meat division include (from left) **Amy Emberson**, Nowata; **Dustin Cook**, Orlando; **Taylor Mouse**, Elk City; **Hanna Runner**, Agra; **Braden Henricks**, Anadarko; and **Jarred Strate**, Enid. They prepared “Pit Crew Pasta.”

### Texas Taco Soup

- |                           |                           |
|---------------------------|---------------------------|
| 1½ lb. CAB® ground round  | 1 can Rotel® tomatoes     |
| 1 medium onion, chopped   | 1 can ranch-style beans   |
| 1 pkg. taco seasoning     | 1 can corn                |
| 1 pkg. ranch dressing mix | 1 can potatoes (optional) |

Brown ground round with onion; add taco seasoning. Add all other ingredients and heat thoroughly.



►Texas team members in the junior fresh meat division include (from left) **Tyler Bond-Jones**, Bleiberville; **Emory Geye**, Rising Star; **Mollie Lastovica**, Fredericksburg; and **Karly Wicker**, De Kalb. They prepared “Texas Taco Soup.”

### Beef Chuck Stew

- |  |                 |
|--|-----------------|
| 2 lb. CAB® boneless beef chuck           | potatoes        |
| 1 can (14.5 oz.) Hunt’s® stewed tomatoes | chopped parsley |
| 1 packet beef stew seasoning             |                 |

Combine all ingredients in slow cooker and cook for 4-6 hours.



►Virginia team members in the junior fresh meat division include (from left) **Kraig Smith**, Catlett; **Morgan Alexander**, Berryville; **Callie Eastin**, Gretna; **Mackenza Muncy**, Midland; **Haley Meadows**, Buchanan; and **Dale Eastin**, Gretna. They prepared “Beef Chuck Stew.”

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# FRESH MEAT COMPETITION



## Intermediate Division CONTINUED



► Illinois team members in the intermediate fresh meat division include (from left) **Gretchen Frost**, Tallula; **Tera Moritz**, Piper City; and **Jennifer Ewing**, Rushville. They prepared "Chipotle Steak."

### Chipotle Steak

- |  |   |
|--|---|
| 2 lb. CAB® sirloin steak, 1-1½-in. thick | 1 Tbs. minced garlic                      |
| ½ cup orange juice                       | juice of 1 lime                           |
| 2 Tbs. oil                               | 2 tsp. chipotle sauce                     |
| 2 Tbs. soy sauce                         | 1 pkg. taco seasoning mix (1.25-oz. size) |
| 2 Tbs. honey                             |   |

Mix all ingredients for marinade. Cut steak into 8 servings and place in large plastic bag or plastic container. Pour marinade over steak and marinate 24-48 hours. Grill over medium fire 8-10 minutes per side. Serve with pasta salad and green vegetable or salad.

Serves 8.



► Kentucky team members in the intermediate fresh meat division include (from left) **Logan Goggin** and **Amanda Goggin**, both of Danville; **Ruth Ann Myers** and **Colby Myers**, both of Mount Sterling; **Ben Conner**, Hodgenville; and **Blake Boyd**, Mays Lick. They prepared "Western Way Ribeye."

### Western Way Ribeye

- CAB® ribeye steaks
- salt
- pepper

Place ribeyes on grill and sprinkle with salt and pepper on each side when turning. Cook to desired doneness: rare, medium or well-done.



► Maryland team members in the intermediate fresh meat division include (from left) **Jimmy Full**, Mount Airy; **Christina Ritter**, Laytonsville; **Brittany Full**, Mount Airy; **Maggie Lanham**, Buckeystown; **Bobby Velisek**, Gaithersburg; and **Thomas Wolfrey**, White Post, Va. They prepared "Peppered Ribeye Steaks."

### Peppered Ribeye Steaks

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 2½ tsp. freshly ground black pepper | 1½ tsp. ground red pepper         |
| 1 Tbs. dried thyme                  | 1½ tsp. dried parsley flakes      |
| 1½ tsp. salt                        | 6 1½-in. thick CAB® ribeye steaks |
| 4½ tsp. garlic powder               | 3 Tbs. olive oil                  |
| 1½ tsp. lemon pepper                | Garnish: fresh thyme sprigs       |

Combine first 7 ingredients. Brush steaks with oil; rub with pepper mixture. Cover and chill 1 hour. Grill, covered with grill lid, over medium-high heat (350°-400° F) 8-10 minutes on each side or to desired doneness. Garnish, if desired.



► Michigan team members in the intermediate fresh meat division include (from left) **Chelsea Ruggles**, Kingston; **Patti Vaassen**, Ann Arbor; **Danielle Foster**, Niles; and **Erika Boehmer**, Charlotte. They prepared "Supremette's Strip Steak."

### Supremette's Strip Steak

- |                                   |                                |
|-----------------------------------|--------------------------------|
| ¼ cup soft butter (not margarine) | ½ tsp. fresh lemon juice       |
| 2 Tbs. blue cheese, crumbled      | salt and pepper to taste       |
| 2 tsp. green onion, chopped       | 4-6 CAB® New York strip steaks |

Mix first 5 ingredients together and chill until firm (at least 2 hours). Grill steaks to medium rare, remove from grill to individual plates and place a generous scoop of butter mixture on each hot steak, allow to melt over steak and serve.





# FRESH MEAT COMPETITION



## Intermediate Division CONTINUED

### Aunt Bee's Filet of Beef

5-lb. CAB® whole tenderloin  
 1 tsp. coarse black pepper  
 1½ tsp. garlic salt  
 1 tsp. Canadian steak seasoning

Heat grill. While grill is heating, sprinkle black pepper and garlic salt over tenderloin. Top with layer of Canadian steak seasoning.

Grill whole tenderloin until it reaches medium rare on meat thermometer, approximately 1-1½ hours. Do not turn. Slice to desired thickness.

Serve with baked potatoes, salad and corn-on-the-cob.



► Winning the Pat Grote LEAD Award, as well as showmanship and overall honors in the intermediate fresh meat division, is Ohio. Team members are (from left) **Bailey Harsh**, Radnor; **Lauren Grimes**, Hillsboro; **William Harsh**, Radnor; and **Lindsey Grimes**, Hillsboro. They prepared "Aunt Bee's Filet of Beef."

### CAB Kabobs with Vegetables

2 lb. CAB® tenderloin  
 1 lb. tomato, cut into quarters (or cherry tomatoes, if preferred)  
 1 lb. fresh pineapple, chunked  
 2 onions, chunked  
 1 lb. fresh whole mushrooms  
 white rice  
 fresh fruit  
 ½ tsp. minced garlic  
 margarine or butter  
 salt and pepper to taste

Cut tenderloin into chunks suitable for kabobs. Alternate beef and vegetables as preferred on kabob skewer. Place on aluminum foil on grill and cook about 10 minutes or until done. Serve with rice, asparagus and fresh fruit.



► South Carolina team members in the intermediate fresh meat division include (from left) **John Petty**, Clover; **Karen Hawkins**, Belton; **Katie Pruitt**, Abbeville; **Savannah Groce**, Fountain Inn; and **Ashley Hawkins**, Belton. They prepared "CAB Kabobs with Vegetables."

### Flat-Iron Steak Supreme

2 1-lb. CAB® flat-iron steaks  
 ⅓ cup balsamic vinegar  
 ⅓ cup pure maple syrup  
 4 Tbs. Dijon mustard, divided  
 3 Tbs. chopped fresh thyme  
 1 Tbs. olive oil  
 ⅓ cup chopped pecans  
 2 Tbs. pure maple syrup  
 1 tsp. kosher salt  
 ½ tsp. pepper  
 3 oz. crumbled Blue Cheese  
 Garnish: Fresh thyme sprigs

Combine vinegar, maple syrup, mustard and thyme in a shallow dish or large zip-top plastic freezer bag; add steaks, turning to coat. Cover or seal and chill 2 hours, turning occasionally.

Heat olive oil in a large, heavy skillet over medium-high heat; add pecans, stirring to coat. Stir in 2 Tbs. maple syrup and cook, stirring constantly, 1 minute. Remove pecans from pan and spread on waxed paper to cool.

Remove steaks from marinade, reserving marinade. Sprinkle steaks evenly with salt and pepper.

Grill, covered with grill lid, over medium-high heat (350°-400° F) 4-5 minutes on each side or to desired degree of doneness. Keep warm.

Whisk together reserved marinade and remaining 2 Tbs. mustard in a small saucepan. Bring to a boil; cook at least 2 minutes. (Sauce should be thick and syrupy.)

Cut steaks into ½-in.-thick slices; sprinkle with pecans and blue cheese. Serve with sauce. Garnish, if desired.

Makes 4 servings.



► Placing first in the recipe category of the intermediate fresh meat division is Virginia. Team members are (from left) **Luke Muncy**, Midland; **Kaitlyn Meadows**, Buchanan; **Nathan Butler**, Midland; **Casey Johnson**, Nokesville; **Will Epperty**, Moneta; and **Mehgan Fleming**, Bluemont. They prepared "Flat-Iron Steak Supreme."

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## FRESH MEAT COMPETITION



### Intermediate Division CONTINUED



► South Dakota team members in the intermediate fresh meat division include (from left) **Weston Geppert**, Mitchell; **Andrew Rogen**, Brandon; **Heidi Graff**, Rutland; **Sydney Geppert**, Mitchell; and **Brian Graff**, Rutland. They prepared “Savory Sirloin Strips.”

### Savory Sirloin Strips

- |  |                                  |
|--|----------------------------------|
| 1½-lb. CAB® sirloin steak, cut into strips | ⅓ cup finely chopped onion       |
| ¼ cup soy sauce                            | ¼ cup finely chopped green onion |
| 3 Tbs. vegetable oil                       | ⅓ tsp. minced garlic             |
| 3 Tbs. sesame seeds                        | ½ tsp. Accent®                   |
| 1½ Tbs. sugar                              | pepper                           |

Mix soy sauce, oil, sesame seeds, sugar, onion, green onion, minced garlic, Accent® and pepper together. Marinate sirloin steak strips at least 3-4 hours or overnight. Grill steak strips on outdoor grill.



### Senior Division



► Winning the Black Kettle Award and placing first in showmanship and overall in the senior fresh meat competition is Indiana. Team members are **April Harris**, Ridgeville; **Jacob Saunders**, Cloverdale; **Katelyn Wilson**, Orleans; **Lucas Neumayr**, New Richmond; and **Kara Wilson**, Orleans. They prepared “Pepperrock Stuffed Beef Filets.”

### Pepperrock Stuffed Beef Filets

- |  |   |
|--|---|
| 4 CAB® filets, sliced 1½- to 2-in. thick | 4 oz. frozen chopped spinach                                |
| 4 slices peppered bacon                  | 1 Tbs. olive oil  |
| garlic salt                              | ¼ cup chopped onion   |
| 2 oz. Pepper Jack cheese, shredded       | ¼ cup shredded blend of Parmesan, Romano and Asiago cheeses |
| <b>Stuffing:</b>                         | salt and freshly ground pepper, to taste                    |
| 2 oz. Pepper Jack cheese, thinly sliced  |   |

Defrost spinach in microwave. Wring spinach dry by nesting in paper towel and wringing towel over sink until spinach has given off all its liquid. Place in mixing bowl. Sauté onion in olive oil and add to spinach along with shredded cheeses and salt and pepper. Mix thoroughly.

Lightly sprinkle each steak with garlic salt. Cut a slit into the edge of each filet, cutting into the center, and stuff with 1 thin slice of Pepper Jack cheese and 1 oz. of the spinach mixture. Wrap each filet with a slice of peppered bacon and secure with a toothpick. Grill to desired doneness. Lightly top each steak with shredded Pepper Jack cheese just before removing from grill. May be stuffed, wrapped and refrigerated several hours before grilling.

**Note:** When preparing stuffing, you may prepare enough to make Spinach and Cheese Cakes as a side. Use a 10-oz. package of spinach, ½ cup chopped onion, and ½ cup of blended cheeses. After stuffing steaks, add ½ cup Italian bread crumbs and an egg to the remaining spinach blend. Combine the mixture with a fork, form into patties, and fry in olive oil 3 minutes on each side.



► Placing first in the recipe category of the senior fresh meat division is Michigan. Team members include (from left) **Ricka Boehmer**, Williamston; **Julie Thelen**, Saline; **Rachael Vaassen**, Ann Arbor; and **Wren Schroeder**, Decker-ville. They prepared “Las Vegas Strip Steak.”

### Las Vegas Strip Steak

- |   |                         |
|---|-------------------------|
| CAB® strip steaks, cut ¾-in. thick                  | 2 Tbs. balsamic vinegar |
| 1 large yellow onion, sliced into rings ¼-in. thick | 1 tsp. brown sugar      |
| 1 Tbs. butter                                       |                         |

In large frying pan, caramelize onion in butter over medium heat until onion begins to turn golden brown. Add balsamic vinegar and brown sugar to onions. Continue to cook and stir until caramelized. Remove from heat.

Grill steaks to medium rare (10-12 minutes) over medium coals using direct heat on the barbecue grill. To serve, place several onion rings on each steak, hot off the grill. Top each steak with 2 tsp. Boursin Cheese with Herbs using a melon baller to form cheese into balls. Place one ball of cheese on top of onion rings and steak. Serve immediately.

