Perhaps the only thing more exciting than participating in the Auxiliary-sponsored All-American Certified Angus Beef® (CAB®) 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™ 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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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.

<table>
<thead>
<tr>
<th>Zesty Steak Empanada</th>
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<tr>
<td><strong>Dough:</strong></td>
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<tr>
<td>2 1/2 cups flour</td>
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<tr>
<td>1 1/2 tsp. salt</td>
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<tr>
<td>1 stick butter</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1/2 cup water</td>
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<tr>
<td>1 Tbs. vinegar</td>
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<tr>
<td><strong>Filling:</strong></td>
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<tr>
<td>1 lb. CAB® sirloin steak</td>
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<tr>
<td>1 Tbs. minced garlic</td>
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<tr>
<td>1/4 cup minced red pepper</td>
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<tr>
<td>1 tsp. paprika</td>
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<tr>
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Let the empanadas cool before eating.

Makes 6 servings.

**Pit Crew Pasta**

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

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.

**Texas Taco Soup**

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

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

**Beef Chuck Stew**

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

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

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

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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**Intermediate Division**

**Chipotle Steak**

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

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.

**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.

**Peppered Ribeye Steaks**

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

**Supremette’s Strip Steak**

- ¼ cup soft butter (not margarine)
- 2 Tbs. blue cheese, crumbled
- 2 tsp. green onion, chopped
- ½ tsp. fresh lemon juice
- Salt and pepper to taste
- 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.
**Aunt Bee’s Filet of Beef**

5-lb. CAB® whole tenderloin  
1 tsp. coarse black pepper  
1 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 1-1 1/2 hours. Do not turn. Slice to desired thickness. Serve with baked potatoes, salad and corn-on-the-cob.

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**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  
1/2 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.

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**Flat-Iron Steak Supreme**

2 1-lb. CAB® flat-iron steaks  
1/2 cup balsamic vinegar  
1/2 cup pure maple syrup  
4 Tbs. Dijon mustard, divided  
3 Tbs. chopped fresh thyme  
1 Tbs. olive oil

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 1 Tbsp. 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 Tbsp. mustard in a small saucepan. Bring to a boil; cook at least 2 minutes. (Sauce should be thick and syrupy.) Cut steaks into 1/2-in.-thick slices; sprinkle with pecans and blue cheese. Serve with sauce. Garnish, if desired. Makes 4 servings.
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.

**Pepperrock Stuffed Beef Filets**

- 4 CAB® filets, sliced 1 1/2- to 2-in. thick
- 4 oz. frozen chopped spinach
- 4 slices peppered bacon
- garlic salt
- 2 oz. Pepper Jack cheese, shredded

**Stuffing:**

- 2 oz. Pepper Jack cheese, thinly sliced
- 4 oz. fresh chopped spinach
- 1 Tbs. olive oil
- 1/2 cup chopped onion
- 1/4 cup shredded blend of Parmesan, Romano and Asiago cheeses
- salt and freshly ground pepper, to taste

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, 1/4 cup finely chopped onion, 1/4 cup finely chopped green onion, 1/2 tsp. minced garlic, 1/2 tsp. Accent® and pepper together. Marinate sirloin steak strips at least 3-4 hours or overnight. Grill steak strips on outdoor grill.

**Las Vegas Strip Steak**

- CAB® strip steaks, cut 3/4-in. thick
- 2 Tbs. balsamic vinegar
- 1 large yellow onion, sliced into rings 3/4-in. thick
- 1 tsp. brown sugar
- 1 Tbs. butter

In large frying pan, carmelize 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.