

# Silver Anniversary



PHOTO BY TOSHA POWELL

## Cook-Off looks back to its roots for 25th anniversary.

by Julie White

**C**reativity, cooking and an interest in the beef industry brought 40 teams and more than 200 chefs to the Auxiliary-sponsored All-American Certified Angus Beef® (CAB®) Cook-Off July 15 at the 2008 National Junior Angus Show (NJAS) in Des Moines, Iowa.

The contest showcased talents of Angus members of all ages and promoted CAB brand products.

The educational contest began in 1983 with the Great Ground Round Cook-Off in Iowa. To celebrate its 25th anniversary, the 2008 contest paid tribute to the original fresh-beef concept. The contest consisted of three product divisions

— steaks, roasts and other beef — that were then broken into age divisions.

Overall winners were selected in each product division based on two categories: recipe and showmanship. For the recipe category, judges select winners based on the taste of the food and ease of preparation. In showmanship, teams are evaluated on dish presentation and creativity of a skit and costumes.

### Black Kettle winner

The senior steak team from Arkansas took home the highest honor — the Black Kettle Award. This award is given to the highest-scoring team among all meat and age divisions in memory of Paul St. Blanc, a passionate supporter of the contest. The team first won overall in the steak division, preparing “Stuffed CAB® Tenderloin.” Team members included Sarah Connolly, Rogers; Brandi Cromer, Lamar; Haley Rieff, Bentonville; Christine Taylor, Lavaca; Madeline Taylor, Lavaca; and Elizabeth Williams, Fort Smith.

“Because of this contest I feel better about my knowledge of CAB,” says Haley Rieff, a fourth-year contestant. “It’s a lot of fun doing the skits, and I am now more comfortable getting up in front of a room. I have learned to think on my feet, because we never know what the judges will ask.”

“This contest has really helped me to grow as a person,” says Elizabeth Williams, who plans to compete in the contest until the end of her junior membership. “You have to get out there and do things, and I’ve learned a lot about teamwork.”

The Arkansas team’s skit, “Paula Deen Cooking with G.R.I.T.S. (Girls Raised in the South),” was a sequel to a prior skit’s theme, but with a new twist. “We had Southern accents and big hair,” Rieff says. “And the funny part is both are natural to me.”

### Steak division

Winning showmanship in the senior steak division was the team from Iowa. Team members Bryanne Duckett and Taylor Duckett, both of New Liberty; Ashley Kuehn and Caitlin Kuehn, both of



► The Arkansas team’s skit, “Paula Deen Cooking with G.R.I.T.S.,” was a sequel to a prior skit’s theme, but with a new twist: Southern accents and big hair.

PHOTOS BY ANNE TRENHOLM



PHOTO BY MATHEW ELLIOTT

▶ Judges evaluate each entry on the basis of recipe, showmanship and overall.

Durant; and Lauren Schroeder, Clarence, prepared “Grinch Steaks.”

Missouri won the recipe category of the senior steak division with “Black Angus New York Steak with Mesa Sauce.” This winning team included Rachel Bartholomew, Archie; Nathan Eagleburger, Buffalo; Kathryn McDonald, Seneca; Austin Sayre and Caleb Sayre, both of Stotts City; and Cody Smith, West Plains.

Oklahoma claimed first-place overall honors in the intermediate steak division after winning both recipe and showmanship categories. Team members included Logan Edmonds, Morris; Amy Emberson, Nowata; Jaryn Frey, Kingfisher; Sydnee Gerken, Cashion; Kolby Shepard, Wellston; and Cole Webster, Morris. The winning dish was “Grilled Ribeye with Barbeque Rub.” Each member of

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PHOTO BY MATHEW ELLIOTT

▶ Superman lends his muscles to open a beverage for the judges of the Auxiliary-sponsored All-American Certified Angus Beef Cook-off.

### Table 1: Winners of the 2008 Auxiliary-sponsored All-American CAB® Cook-Off

Black Kettle Winner			
Senior Steak Team from Arkansas — “Stuffed CAB® Tenderloin”			
Pat Grote LEAD Scholarship Winner			
Intermediate Steak Team from Oklahoma — “Grilled Ribeye with Barbeque Rub”			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Michigan	Missouri	Michigan
2.	Missouri	Michigan	Missouri
3.	Illinois	Georgia	Illinois
<i>Intermediate</i>			
1.	Oklahoma	Oklahoma	Oklahoma
2.	Kansas & Ohio (T)	Kansas	Kansas
3.	—	Ohio	Ohio
<i>Senior</i>			
1.	Missouri	Iowa	Arkansas*
2.	Arkansas	Arkansas	Missouri
3.	Indiana	Missouri	Indiana & Iowa (T)
<i>Adult</i>			
1.	Illinois	Illinois	Illinois
2.	Georgia	Georgia	Georgia
Roast division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	South Dakota	South Dakota	South Dakota
2.	Nebraska	Nebraska	Nebraska
<i>Intermediate</i>			
1.	Missouri	Michigan	Missouri
2.	Minnesota	Missouri	Minnesota
3.	Michigan	Minnesota	Michigan
<i>Senior</i>			
1.	Oklahoma	Texas	Oklahoma*
2.	Texas	Oklahoma	Texas
3.	Pennsylvania	Pennsylvania	Pennsylvania
Other meats division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Arkansas	Arkansas	Arkansas
2.	Missouri	Kansas	Missouri
3.	Kansas	Missouri	Kansas
<i>Intermediate</i>			
1.	Pennsylvania	Kansas & Illinois(T)	Pennsylvania
2.	Virginia	—	Kansas
3.	Kansas	South Dakota	Virginia
<i>Senior</i>			
1.	Nebraska	Nebraska	Nebraska*
2.	Kansas	Kansas	Kansas
3.	La.-Miss.**	La.-Miss.	La.-Miss.

\*Denotes overall winner of the product division.

\*\*Team consisting of members from Louisiana and Mississippi.



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the team received a paid registration to the Leaders Engaged in Angus Development (LEAD) Conference from the Pat Grote Fund for their achievements.

Winning the recipe category and first overall in the junior steak division was the Michigan team. Team members Claudia Albrecht, North Branch; Hayley Albrecht, Kingston; Kollin Johnson, Quincy; Dylan Kennedy, Nashville; and Justin Ruggles and Kyle Ruggles, both of Kingston, prepared "Superhero CAB® Sizzling Steak."

Missouri's junior steak team won the showmanship category. Team members included Brittany Eagleburger, Buffalo; Madison Gooden, Iberia; Jera Pipkin, Republic; Katey Smith, West Plains; and Carter Ward, Plattsburg. This team prepared "Grilled Southwestern Smart Steak with Colorful Vegetables."

Placing first in recipe, showmanship and overall in the adult steak division is the team from Illinois. Team members Rachel Frost, Gretchen Frost and Chelsea Frost, all of Tallula; Tony Frost, Cordova; and Tera Moritz, Piper City, prepared "Cranberry-Orange Stuffed Sirloin."

### Roast division

Claiming top honors in the roast division is the senior team from Oklahoma. Team members Josh Goff, Jay; Jacee May, Stillwater; and Rebecca Park, Kelsey Pfeiffer, Karisa Pfeiffer and Cassandra Pfeiffer, all



PHOTO BY SCOTT JOHNSON

► Iowa's senior steak team tamed the Grinch with "Grinch Steaks."

of Orlando, also won the recipe category and first overall in the senior roast division with "Chipotle Beef Kabobs with Chimichurri Sauce."

Winning the showmanship category of the senior roast division was the team from Texas. Gretchen Ettredge, Pilot Point; Katy Satree, Montague; and Jennifer Ann Smith, Elysian Fields, prepared "Wild Mushroom Beef Stew."

The intermediate roast team from Missouri won first place overall in their age division. Team members Taylor Short, Ava; Forrest

Thompson, Mount Vernon; Shannon Yokley, Jefferson City; and Hannah Bartholomew, Archie, also won first in the recipe category with "Chuck Roast with Vegetable Pudding."

Winning the intermediate roast showmanship category is Michigan with "Zesty CAB Barbecue Beef." Team members included Justin Kennedy, Nashville; Dee Anne Merriman, Lowell; Rachel Reid, Eaton Rapids; Chelsea Ruggles, Kingston; and Patricia Vaassen, Ann Arbor.

Claiming first place overall in the junior roast division was the team from South Dakota. They prepared "Fiesta Roast," and also won first place in both the recipe and showmanship categories. Team members included Brittany Bush and Tyler Bush, both of Britton; Kylee Geppert, Mitchell; Christina Mogck, Olivet; and Alex Rogen, Brandon.

### Other beef division

The overall winner of the other beef division was the senior team from Nebraska. They also claimed first place



PHOTO BY ANNE TRENHOLM

► Forty teams and more than 200 chefs competed in Tuesday's Cook-Off.

in both the recipe and showmanship categories of the senior other beef division by preparing “Blue Cheese Brisket.” Team members included Jessica Clowser, Milford; Ellen Hoffschneider, Arlington; Kellen Jorgensen and Klaire Jorgensen, both of Exeter; Jara Settles, Hoskins; and Claire Volk, Bennington.

The Pennsylvania team won first overall in the intermediate other beef division. Team members included Andrea Foore and Logan Foore, both of Seven Valleys; Fred Frey, Quarryville; Kate Livingston and Kyle Livingston, both of Dover; and Amanda Thompson, Wellsville. The team prepared “Tailgate Stew” and also won first place in the recipe category.

Teams from Illinois and Kansas tied for intermediate other beef showmanship. Illinois’ Jennifer Ewing, Rushville; Emily Harrell, Roseville; Andrea Hosto, Alhambra; Gabrielle Lemenager, Clifton; Caitlin McClure, Saint Francisville; and Kayla Widerman, Good Hope, prepared “Pesto-Stuffed Burgers.” Kansas team members Jacinda Dickinson, Glasco; Amanda Laas and Ashley Laas, both of Brookville; Peter Lundgren, Ottawa; and Tyler Ottensmeier, McLouth, prepared “Farmer’s Market Vegetable, Beef and Brown Rice Salad.”

Taking home first place overall in the junior other beef division was the team from Arkansas. Carson Alsup,

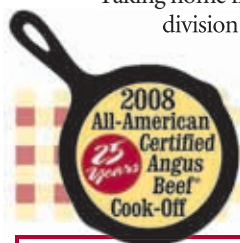


PHOTO BY MATHEW ELLIOTT

► This year’s competition featured fresh beef.

Gravette; Caitlin Haley, Quitman; Haley Hipp, Harrison; Taylor LaCour, Berryville; Will Pohlman, Prairie Grove; and Katlyn Tunstill, Fayetteville, prepared “The Big Angus Burger.” They also won first place in both the recipe and showmanship categories.

For pictures of the winners, see “At the Backdrop” beginning on page 210. To try the winning recipes, refer to the Cook-Off Cookbook published in the August *Angus Journal*.



## STEAK COMPETITION

### Stuffed CAB® Tenderloin

1 CAB® tenderloin, 3-4 lb., or 4 tenderloin filet steaks, cut 2-in. thick  
salt, pepper, other seasonings to taste  
olive oil

#### Stuffing:

5-6 oz. Pepperidge Farm stuffing mix  
1½ cups dried cherries  
1 oz. chopped walnuts  
1 oz. Gorgonzola cheese crumbles  
1 can (14 oz.) beef broth

To prepare stuffing, slightly reconstitute cherries by heating in a bowl with water for 1 minute in microwave oven. Drain cherries and mix all ingredients, adding broth gradually to reach a moist consistency. Bake extra stuffing for the meal if desired.

Heat grill to 500° F.

Coat the tenderloin with olive oil and season with salt, pepper and other seasonings of your preference. Place on hot grill and sear all sides well. Remove from heat and allow to rest for 15 minutes. Lower grill temperature to 400° F.

After meat has rested, using an 8-in. knife, carefully pierce the meat in the center of one end. Cut a hole through that side as far into the end as the knife will allow. Turn to the other end and repeat this process, until the hole extends all the way through the filet. Open the hole like a tunnel, being careful not to break through to the outside of the filet. Using small amounts at a time, stuff the stuffing mix into the tunnel opening from one end to the other.

Wrap the stuffed tenderloin in foil and return to the grill. Cook to an internal temperature of 120°-125°

Slice the stuffed tenderloin onto a platter and garnish with more cherries and sauce, if desired.

If using steaks, slice a pocket into the side of each steak, stuff each pocket with stuffing. Press cut to seal or secure with toothpicks presoaked in water. Grill steaks until desired doneness.

Note: The tenderloin may also be butterflied, stuffed and tied back together with kitchen string. The tenderloin can also be roasted in the oven after stuffing it.

### Black Kettle winner

#### Team Information

Division: **18 to 21**

State: **Arkansas**

Team Members:

**Sarah Connolly**, Rogers  
**Brandi Cromer**, Lamar  
**Haley Rieff**, Bentonville  
**Christine Taylor**, Lavaca  
**Madeline Taylor**, Lavaca  
**Elizabeth Williams**,  
Fort Smith