2009 All-American Certified Angus Beef® Cook-Off

In conjunction with the
2009 NATIONAL JUNIOR ANGUS SHOW

Perry, Ga.
The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 26th Auxiliary-sponsored All-American Certified Angus Beef® (CAB®) Cook-Off in conjunction with the National Junior Angus Show (NJAS).


The Cook-Off is conducted under the direction of the Beef Education Committee of the American Angus Auxiliary. It was started as an educational project, as well as for entertainment. Junior teams give skits on beef education to tie in with the theme of their entries. Adults also are encouraged to enter and to use their imaginations for entry themes. This year’s meat categories include steaks, roasts and other beef items.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Heather Shultz and Diane Beck are serving as the local contacts for the 2009 contest.

Thanks to the following for donations and assistance to the contest.

► Members of the Paul St. Blanc family, who established the Black Kettle Award in his memory, and friends who contributed to the fund to make the award (now given for the 10th time) possible.

► Members of the Pat Grote family, who are awarding registration fees to the Leaders Engaged in Angus Development (LEAD) Conference to the intermediate steak team overall winner. The award is presented in memory of Pat Grote, an American Angus Auxiliary president and long-time supporter of the Cook-Off contest. This is the fifth time this award will be presented.

► Ankony Angus, Clarkeville, Ga., for sponsoring custom-designed T-shirts for each contestant.

► Friends of the Black Kettle and the Kentucky Angus Association for awards.

► Certified Angus Beef LLC (CAB) for providing the products for the contest.

► Buckhead Beef, Atlanta, Ga., for its sponsorship of the contest.

► Lance Zimmerman, CAB Supply Development Division marketing manager, and Marilyn Conley, administrative assistant, for providing awards, products and encouragement.

► The many volunteers who helped provide grills, microwaves and assistance.

► The American Angus Auxiliary for assistance during the event and for awards.

► Linda Robbins and the Angus Journal editorial staff, who helped produce this recipe booklet.

► The contestants, audience and many volunteers who make this contest possible each year.

2009 All-American Certified Angus Beef® Cook-Off contest judges

Brad Bergman  
Top Line Farm  
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American Angus Hall of Fame  
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Suzanne Lawler  
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Old-Fashioned Southern Beef Brisket with Browned Potatoes

4 lb. CAB® beef brisket flat
salt
smoked pepper
Worcestershire pepper
beef bacon
water
1 medium red onion
1 medium white onion
1 medium yellow onion
2 medium carrots
2 celery stalks
2 cans diced tomatoes
2 ½ lb. new potatoes, scrubbed
½ cup butter
¼ cup Southern Biscuit® all-purpose flour

Preheat oven to 350°F.
Sprinkle brisket with salt, Worcestershire pepper and smoked pepper; place in large skillet.
Brown meat, on fat side only, over high heat. While meat is browning, prepare vegetables. Slice onions very thin. Pare carrots; cut carrots and celery in 1-inch pieces. When meat is well-browned, remove from skillet to a large Dutch oven. Add onion to skillet; sauté until golden. Cover with beef bacon over meat; surround with carrot, celery and diced tomatoes. Add 1 cup water. Roast, covered, 2½-3 hours.

Place potatoes in saucepan; add boiling water to measure 2 inches; add ½ teaspoon salt. Bring potatoes to boiling; boil gently, covered, 20 minutes. Drain; cool. Peel while warm, using sharp knife. Set peeled potatoes on paper towel and salt them lightly; turn with fingers to salt all over. Melt butter in large skillet over moderate heat. Add potatoes; cook 5 minutes; then turn carefully with broad spatula to brown all over.

Remove brisket to warm serving platter; cover with sautéed onions, surround with browned potatoes; keep warm. Make gravy; strain pan juices to remove vegetables. Press vegetables through strainer. Skim fat from pan juices. In small bowl, combine Southern Biscuit flour with ¼ cup water; stir until smooth. Add to pan juices, along with pureèd vegetables. Bring to boiling, stirring until thickened. Serve with brisket.

Suggested side dishes: Beef bacon-wrapped grilled corn-on-the-cob, Southern-style green beans and snowy, showy meringue with fruit.

Grandma Sylvia’s Barbecue Beef Sandwiches

3-5 lb. CAB® chuck roast
1 medium onion, diced
1 ½ cups water
salt and pepper to taste
1 ½ cups Sylvia’s Hickory Smoked Barbecue Sauce per pound of cooked meat, or to your liking

1. Put roast and water in slow cooker. Season the roast with salt and pepper along with the diced onion.
2. Cook roast 8-9 hours on low heat, or until tender.
3. When cooked, remove meat and drain excess water from slow cooker.
4. Shred meat and return to slow cooker.
5. Stir the barbecue sauce into the meat and simmer an additional hour on low.
6. Serve barbecue on roll or bread and enjoy!
Mix soup and Coke together. Pour small amount in roaster. Add roast and pour the rest of mixture over the roast. Cook at 250°F for 4-5 hours or until done. Check to make sure all liquid does not evaporate. Add chopped (2-inch cubes) vegetables 1 hour before done.

3 lb. CAB® chuck roast
1 can Coca-Cola® (only use Coke®)
1 can cream of mushroom soup
1 pkg. onion soup mix

3 turnips
5 carrots
2 potatoes

**Team Information**

**Division:** 9 to 13  
**State:** Virginia

**Team Members:**  
Mark Alexander, Berryville  
Morgan Alexander, Berryville  
Callie Eastin, Gretna  
Catie Hope, Berryville  
Connor Orrock, Woodford  
Courtney Pooton, Sperryville

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**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

**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
**Absolutely Sensational Roast**

3 lb. CAB® bottom round roast
½ cup beef broth
sea salt to taste
black pepper to taste

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Preheat oven to 350° F. Place roast in pan, spread horseradish over top of roast. Then add beef broth over top of roast. Add sea salt, black pepper, sliced onions and garlic over top of roast. Place ½ cup of water in bottom of the pan.

Place roast in oven at 350° for cooking time of approximately 1½ hours, with basting in between. The actual cooking time will vary depending on the size and shape of the meat. Remove meat from pan and let stand a few minutes before carving. Carve roast as usual and serve surrounded with steamed red potatoes, beans and kale.

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**Team Information**

**Division:** 14 to 17

**State:** Maine/New Hampshire

**Team Members:**

Morgan Clauss, Lancaster, N.H.
Cody Mills, Rockwood
Tyler Stevenson, Thorndike
Mackenzie White, Shapleigh
**Creole Roast Beef for Po’ Boys**

1 CAB® chuck or shoulder roast, about 3-4 lb.  
⅛ lb. salt pork, sliced into ¼-in. strips.  
6-8 cloves garlic, minced  
3 cups minced onion  
1 Tbs. salt  
1 tsp. black pepper  
1 Tbs. Creole seasoning  
¼ cup lard or solid shortening  
6 carrots, diced  
6 ribs celery, sliced  
1 Tbs. minced parsley  
2-3 sprigs fresh thyme  
1 bottle red cooking wine  
2 beef marrow bones  
2 quarts beef stock or water

Cut a pattern of incisions across the top of the roast every couple of inches, each long and deep enough to hold a slice of salt pork. Combine half the garlic, 1 cup of the onion (minced finely), ½ teaspoon salt, and ½ teaspoon black pepper. Push this mixture into the slits you’ve made for the salt pork. Press salt pork into beef and tie securely, trying to make the roast as even as possible for cooking.

In a pot broad and deep enough to hold the roast and still have room to spare for all the braising liquid, melt the lard over medium heat. Brown the roast well all around, keeping the salt pork inside. Add all remaining seasonings, carrots, celery, parsley and thyme to the pot, cooking until the onions are limp. Add wine and enough beef stock or water to nearly cover the beef. Add bones. Cover pot and simmer for 4 hours, until beef is tender. Remove from pot to another dish that will hold dripping juices. Raise heat under liquid and boil hard, uncovered, 45 minutes. While boiling down the gravy, baste the roast so it doesn’t dry out. Remove salt pork strips from beef and slice, putting the pieces into a separate serving or storage dish. Strain the gravy, season it to taste with salt, freshly ground pepper and an optional small pinch or two of cayenne pepper and pour it over the beef. There should be about a quart of gravy. The resulting mixture should be sloppy, luscious and profoundly beefy.

Serve on fresh 9-in. crisp crusted New Orleans-style French bread, dressed with lettuce, tomatoes, pickles, etc., or just plain mayonnaise.

**College Boy Brisket**

4-5 lb. CAB® brisket  
2 6-oz. cans tomato paste  
4 medium onions, chopped  
¾ cup diced garlic  
2 12-oz. cans Coca-Cola®  
1 tsp. dried thyme  
1 tsp. rosemary  
½ cup soy sauce  
1 cup water

Heat oven to 350° F.  
Sear meat in hot skillet on all sides, preferably using 2 Tbs. olive oil as the medium. Remove meat and place on board. Using spatula and meat fork, apply tomato paste liberally to all sides of meat, then salt and pepper as desired. Cover the bottom of the roasting pan with chopped onions. Place brisket (with fat side up) in the pan. In a mixing bowl, combine the remaining ingredients. (It will foam up, so have a large enough bowl to prevent spilling.) Pour over the brisket and onions. Cover pan and bake for 2½ hours. Uncover and bake 30 minutes longer. You should baste the meat in the pan with the juices from the pan two or three times while covered and then again when you uncover the meat for the last 30 minutes. Slice and place on plate or pull apart and put on toasted buns/rolls and serve. Suggested side dishes: scalloped potatoes or baked potatoes, green bean casserole or corn casserole (if you want to utilize the oven), or garden salad, corn-on-the-cob and garlic bread.

Serves 12.  
450 calories per serving.  
59 g protein.
## Southern Sweet Brisket

3 lb. CAB® brisket, trimmed  ||  1 Tbs. prepared mustard
1 cup ketchup  ||  1 tsp. brown sugar
1 small onion, chopped  ||  ½ cup beef broth
1 Tbs. prepared horseradish  ||  ½ tsp. pepper
2 Tbs. cider vinegar

Place brisket in a slow cooker. In a bowl, combine remaining ingredients. Pour over brisket. Cover and cook on low for 5-6 hours or until tender. Remove brisket and set aside. Pour juices into a saucepan and reduce until thickened. Serve with the sliced brisket.

## Roast Dip Sandwiches

1/4 cup minced garlic  ||  3-4 lb. CAB® boneless roast (round, rump or rolled rib)
1/4 cup minced onion  ||  ½ cup water
1 1/2 tsp. seasoned salt  ||  2 10-oz. cans condensed beef broth
1 tsp. black pepper  ||  2 tsp. minced onion
½ tsp. crushed red pepper (optional)  ||  1 tsp. Worcestershire sauce
3 Tbs. water  ||  12 hard rolls
1 1/4 cup cider vinegar

Combine the first seven ingredients. With a paring knife, cut 1-inch slits about 1 1/2 inches apart in all sides of the meat, sticking the knife to the middle of the roast. Pry open slits and fill each with about 1/2 tsp. of the mixture, using the point of a small spoon. Cover and marinate overnight in the refrigerator.

Place roast in slow cooker and add ½ cup water. Cover; cook on low 10-12 hours (or on high 5-6 hours). Remove roast from slow cooker and let rest for 15 minutes before slicing.

Pour off pan juices into measuring cup; skim off fat. Add water to juices, if needed, to make 2 cups. Combine pan juices, beef broth, onion and Worcestershire. Bring to boiling; reduce heat and simmer 5 minutes.

Slice roast as thinly as possible. Split hard rolls lengthwise, cutting almost all the way through. Place a few slices of meat in each roll. Serve each sandwich with about ½ cup of the hot broth. Makes 12 servings.

## Classic Coca-Cola® Barbecue Beef

1 can Classic Coca-Cola®  ||  2 onions, chopped
¼ cup Worcestershire sauce  ||  1 tsp. instant beef bouillon granules
¼ tsp. ground red pepper  ||  ½ tsp. dry mustard
1 Tbs. vinegar  ||  ½ cup ketchup
2 lb. boneless CAB® chuck roast  ||  ½ tsp. chili powder
2 cloves garlic, minced  ||  2 Tbs. butter

In a bowl, combine Coke® Worcestershire, vinegar, garlic, bouillon, mustard, chili powder and red pepper. Save ½ cup of this sauce. Place meat and onions into slow cooker and pour remaining liquid (the amount left after saved ½ cup) over meat. Cover and cook on low heat for 10-12 hours or high heat for 5-8 hours. In a small pan combine the ½ cup saved liquid, ketchup and butter. Heat. Serve with the cooked meat.
**Beef Honey Teriyaki Stir Fry**

- 1 lb. CAB® sirloin
- 1 Tbs. balsamic and basil dipping oil
- 2 tsp. Garlic Garlic™
- ½ tsp. seasoned salt
- 5 cups frozen stir-fry vegetables
- ½ to ⅓ cup honey teriyaki sauce
- 4 cups prepared pasta

Cut steak into ⅛-inch strips. Heat dipping oil in large nonstick skillet over medium heat. Add Garlic Garlic and beef. Cook 3-4 minutes or until browned. Add seasoned salt. Remove beef from skillet. Add vegetables to skillet and cook 3-4 minutes, or until crisp-tender. Return steak to skillet and add honey teriyaki sauce; cook until heated through. Serve over pasta.

Serves 4.

**Lime-Grilled Steak and Shrimp Kabobs**

- 4 CAB® 6-oz. center-cut sirloin steaks
- 2 lb. unpeeled jumbo fresh shrimp
- ¼ cup butter or margarine, melted
- ¼ cup fresh lime juice
- 4 whole limes
- salt/pepper or steak seasoning (optional)
- large pkg. fresh, whole mushrooms, washed and dried (optional)

Cut sirloin into 2-inch cubes. Peel shrimp, leaving tails intact; devein if desired. Combine butter and lime juice in small saucepan. Dip steak and shrimp in butter mixture. Thread cube of steak, neck and tail of each shrimp and a wedge of lime on six 14-inch skewers so shrimp will lie flat.

Grill, covered, over medium-hot coals (350°-400° F) for 3-4 minutes on each side until shrimp turn pink and steak cubes are done to your preference.

Bring any remaining butter mixture to boil over high heat. Remove from heat and serve with kabobs.

This could be served over a bed of rice with some fruit on the side.

**Option:** If you desire, add either salt/pepper, salt grass seasoning or steak seasoning to steak cubes before threading onto skewers. Also, mushrooms could be added to kabobs as well.

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In 1978 the Certified Angus Beef program was established with a mission:

*To increase demand for registered Angus cattle through a specification-based, branded beef program to identify consistent beef with superior taste.*

Today that mission is being accomplished. More than 13,500 businesses market the Certified Angus Beef® (CAB®) brand in more than 30 countries, including the United States. Licensed packers have paid more than $200 million in grid premiums since 1998 for finished cattle with carcasses that qualify for the brand. Additional benefits are garnered in premiums for known-Angus calves at the sale barn.

Visit [www.cabpartners.com](http://www.cabpartners.com) for more information on aiming high for the CAB® target and for a list of licensed feedlots.

To order product or to find a CAB-licensed retailer or restaurant near you, visit [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com).
CAB Steak Tacos with Corn Relish

1 lb. CAB® sirloin center-cut steak, sliced thinly across the grain
1/2 cup fresh lime juice
1/2 cup olive oil
2 tsp. chili powder
2 tsp. ground cumin
1 tsp. salt
1/4 tsp. ground black pepper
3/4 tsp. ground red pepper
2 Tbs. vegetable oil
1 poblano pepper, seeded and thinly sliced
1 green bell pepper, thinly sliced
flour tortillas
shredded cheddar cheese

corn relish (recipe below)

1. In a heavy-duty zip-top resealable bag, combine steak, lime juice, olive oil, chili powder, cumin, salt, and black and red peppers. Seal bag, and refrigerate at least 2 hours.
2. In a large skillet, heat vegetable oil over medium-high heat. Add poblano and bell peppers; cook, stirring occasionally, 5 minutes or until tender. Remove to a plate, and keep warm.
3. Drain marinade from steak; add steak to skillet; cook 3 minutes. Add peppers, stirring to combine. Serve with tortillas, cheese and corn relish.

Corn relish:
1 (16 oz.) pkg. frozen niblet corn, thawed
2 jalapeño peppers, seeded and minced (optional)
3 Tbs. minced green onion
2 Tbs. minced fresh cilantro
1 tsp. lime zest
3 tsp. fresh lime juice
1 tsp. olive oil

In a small bowl, combine all ingredients; cover and chill. (Makes 3 cups.)

Hint: Corn relish also makes a great appetizer dip with tortilla chips. It’s a dip you can make in a hurry for unexpected company or parties.

To serve:
8 fajita-size soft flour tortillas
corn relish
16 slices of avocado (optional)
sour cream (optional)
shredded cheese

Take a good-size portion of CAB steak mixture and place inside one or two soft flour tortillas. Fold them over once so that you leave a nice opening. Then place corn relish off to the side, along with sliced avocado pieces and sour cream (if desired), and cheese.

Makes 6-8 servings.

Blackened Steak and Horseradish Cream

1 1/2 lb. CAB® boneless ribeye steaks
Pam® Professional™ cooking spray
2 Tbs. Chef Paul Prudhomme’s Magic Blackened Steak® seasoning blend
4 oz. whipped cream cheese spread
1/4 cup Land O’Lakes™ traditional half & half
2 Tbs. prepared horseradish

1. Coat grill rack with cooking spray; preheat grill.
2. Cut steak into four portions, if desired. Season both sides of steaks with blackened seasoning blend. Place steaks on grill. (Wash hands.) Close lid or cover loosely with foil. Grill 4-6 minutes on each side or until internal temperature reaches 145° F. Use a meat thermometer to accurately ensure desired doneness.

Team Information
Division: 14 to 17
State: Arkansas
Team Members:
Carson Alsup, Gravette
Haley Hipp, Harrison
Taylor LaCour, Berryville
Will Pohlman, Prairie Grove
Katlyn Tunstill, Fayetteville

Team Information
Division: 14 to 17
State: Florida
Team Members:
Brandais Austrino, Dade City
Kallee Cook, Plant City
**Grilled Steaks with Peppery Peach Salsa**

4 well-trimmed CAB® boneless ribeye steaks, cut 1-in. thick (approx. 2 lb.)

**Peppery peach salsa:**
- ½ cup peach preserves
- ¼ cup sliced green onions
- 2 Tbs. finely chopped jalapeño peppers
- 1 Tbs. fresh lemon juice
- 1 tsp. freshly grated lemon peel
- 1 large clove garlic, crushed
- ½ tsp. grated fresh ginger
- ⅛ tsp. salt

1. Sprinkle both sides of beef steaks with ¼ tsp. each salt and pepper. Remove seeds from bell pepper, leaving pepper whole.
2. Place steaks and bell pepper on grill over medium, ash-covered coals. Grill steaks, uncovered, 15-18 minutes for medium rare to medium doneness, turning once. Grill bell pepper 2-3 minutes, turning occasionally.
3. While steaks continue to cook, cut four ½-inch-thick rings from bell pepper; set aside for garnish. Coarsely chop enough remaining bell pepper to make ½ cup. In small saucepan, combine the ½ cup chopped bell pepper with salsa ingredients. Place on grid near edge of grill to heat until warm.
4. Approximately 5 minutes before steaks are done, remove 2 Tbs. salsa from saucepan and brush on both sides of steaks. To serve, place 1 bell pepper ring on each steak; fill rings with warm salsa.

**Note:** To broil, place steaks and bell pepper on rack in broiler pan so surface of meat is 3-4 inches from heat. Broil bell pepper 5 minutes; remove and proceed as directed above. Broil steaks 13-17 minutes, turning once; approximately 5 minutes before steaks are done, brush both sides with 2 Tbs. salsa.

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**Team Information**
Division: 14 to 17
State: Georgia
Team Members: 
- Laura Daniel, LaGrange
- Shelby Eidson, Arnoldsville
- Katherine Throne, West Point

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**Bleu Cheese Filets**

4 CAB® filets, 2-in. thick

- ½ cup bleu cheese crumbles
- 2 Tbs. olive oil
- 2 Tbs. balsamic vinegar
- ½ tsp. salt
- ½ tsp. pepper
- 1 tsp. granulated garlic

“Butterfly” filets and brush with mixture of oil, vinegar, salt, pepper and garlic on inside of slit and on outside surfaces. Let sit for 1-2 hours. Fill slit with 1-2 Tbs. bleu cheese. Hold stuffed filet together with toothpicks.

Grill over medium fire for 6 minutes per side for medium-rare to medium doneness. Remove toothpicks before serving.

Serve with fresh salad and crusty bread.

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**Team Information**
Division: 14 to 17
State: Illinois
Team Members: 
- Sierra Day, Cerro Gordo
- Jennifer Ewing, Rushville
- Ashley McEwen, Bushnell
- Kayla Widerman, Good Hope
CAB Tenderloin Steaks with Morel Mushroom Cream Sauce

4 CAB® tenderloin files, cut 1½- to 2-in. thick  
3 Tbs. butter  
3 cups morel mushrooms, sliced in bite-sized pieces  
½ tsp. minced garlic  
¼ cup sliced green onion tops

¾ Tbs. dried parsley  
¼ tsp. ground black pepper  
1 tsp. seasoning salt  
½ cup dry white cooking wine  
2 cups whipping cream

1. In a large skillet, heat butter over medium-high heat until foaming. Add morel mushrooms and garlic. Sauté 15-20 minutes, stirring often, until slightly browned. Remove mushrooms, set aside.
2. Add green onion tops, parsley, pepper and seasoning salt. Simmer 3 minutes.
3. Turn heat to high; add white cooking wine and reduce by half.
4. Turn heat to medium and add whipping cream. Reduce slightly over slow boil until thickened; about 10 minutes, until sauce coats the back of a spoon.
5. While sauce simmers, grill filets to desired doneness over medium-high coals.
6. Place filet steaks on plate and spoon sauce and mushrooms over steaks; top with grated romano cheese. Serve.

Bluegrass Country Fried Steak

4 CAB® ribeye steaks, ⅜-in. thick  
½ cup buttermilk  
½ cup whole milk  
1 egg  
1 cup flour

½ tsp. salt  
½ tsp. pepper  
1 clove garlic, minced  
2 tsp. cooking oil

Dip ribeyes in flour mixture, then dip in egg wash and back into flour mixture. Heat cooking oil in skillet. Brown steak, turning once, until done.

Louisiana “Sweet Southern” Filets

4 CAB® filet mignons, cut 1½-in. thick  
4 Tbs. pecan oil  
4 Tbs. muscadine cooking wine  
2 cloves garlic, minced  
1 tsp. rosemary  
1 tsp. thyme  
1 tsp. marjoram

¼ tsp. salt  
¼ tsp. black pepper

Steak topping:
2¼ cups Vidalia onions  
⅓ tsp. black pepper  
⅓ tsp. salt

Heat oil and minced garlic in a covered microwave-safe bowl for 1 minute. Remove and allow to cool. Add herbs and stir. Pour herb mixture and cooking wine over steaks. Turn to coat. Cover and marinate for 1-4 hours in refrigerator. Preheat grill. Prepare onions in separate pan. Spray pan with oil cooking spray. Add onions, salt and pepper. Cook approximately 10 minutes, stirring constantly, until onions are lightly browned. Set aside. Remove steaks from marinade. Grill 5-6 minutes on each side. Dress with grilled onions and serve.
Southwestern Steak Sandwiches

1½ lb. CAB® boneless beef sirloin steak (about 1-in. thick), trimmed of fat, cut into thin, bite-size strips
1 medium onion, halved crosswise, sliced
¾ cup lime juice
3 Tbs. oil
2 garlic cloves, sliced
2 tsp. chili powder

Place steak and onion in Ziploc® bag. In a small bowl, combine lime juice, oil, garlic, chili powder, cumin and salt; mix well. Pour over steak and onion in bag. Seal bag; turn bag to distribute marinade. Refrigerate 3 hours, turning occasionally.

Heat 12-inch nonstick skillet over high heat until hot. Add steak, onion and all of marinade. Add bell peppers; cook and stir until beef is no longer pink, bell peppers and onion are crisp-tender and most of liquid has evaporated.

Place bun halves, cut side up, on ungreased cookie sheet; broil 4-6 inches from heat for 1-2 minutes or until toasted. Spoon beef and vegetables onto bottom halves of buns. Top each with 2 pieces of cheese; return to broiler for 1 minute to melt cheese. Cover with tops of buns. If desired, top with salsa, sour cream or guacamole.

Serve with chips and cold ice tea.

Showdown Filets

4 CAB® filets, 1¾-in. thick
1 cup Italian salad dressing

4 Tbs. soy sauce
4 Tbs. brown sugar

Combine all ingredients and add to a Ziploc® bag along with filets. Marinate overnight. Grill to desired doneness.

Team Information

Division: 14-17
State: Michigan
Team Members: Dylan Kennedy, Nashville
DeeAnne Merriman, Lowell
Rachel Reid, Eaton Rapids

Team Information

Division: 14-17
State: Missouri
Team Members: Jera Pipkin, Archie
Katey Smith, West Plains
Austin Thummel, Sheridan
Sydney Thummel, Sheridan
Paige Wallace, Stotts City
Carter Ward, Plattsburg
Peppercorn Steaks with Mustard Sauce

4 CAB® ribeye steaks, 1- to 1½-in. thick ½ cup dry red cooking wine
2-3 tsp. crushed seasoned pepper blend 1 Tbs. Dijon-style mustard
2 Tbs. chopped shallots 2 Tbs. butter, divided
1 cup beef stock chopped fresh parsley

Season the steaks with the pepper blend, pressing into the steak. Let sit for 30-60 minutes. In a skillet, melt 1 Tbs. butter and add shallots, cooking until tender. Add the stock, cooking wine and mustard and heat to a boil. Reduce the heat to medium and cook for 10 minutes or until the sauce is reduced to about 1 cup, stirring occasionally. Stir in 1 Tbs. butter. Grill steaks over medium heat to desired doneness, about 10-12 minutes for medium-rare. Drizzle the steaks with the sauce or serve sauce on the side. Sprinkle with the parsley.

Serve with garlic potatoes and fresh green salad.

Nothing Better Spicy Beef Filets

4 CAB® 8-oz. beef filets, sliced 1¾- to 2-in. thick
garlic salt
coarsely ground peppercorn medley
4 slices pepper bacon

Topping:
4 oz. shredded Pepperjack cheese
4 oz. chopped roasted red pepper
1 oz. chopped pimiento
½ tsp. coarsely ground peppercorn medley
2 drops habanera sauce

Mix the topping ingredients and set aside.

Rub each side of the steaks with garlic salt and ground peppercorn. Wrap each steak with a slice of pepper bacon secured with a toothpick. Place on hot grill for 7 minutes, turn, and continue grilling until desired doneness. Three minutes before taking off the grill, spoon ⅛ of the topping mixture over each steak and close lid or loosely cover with foil to let cheese melt. Serve hot off the grill.

Kentucky Fried Steak

4 CAB® ribeye steaks, ¾-in. thick
½ cup buttermilk
½ cup whole milk
1 egg
1 cup flour

Dip ribeyes in flour mixture, then dip in egg wash and back into flour mixture. Heat cooking oil in skillet. Brown steak, turning once, until done.
**CAB® Steak with Grandma’s Peppercorn Gravy Sauce**

3 CAB® New York strip steaks, cut 1-in. thick  
1 pkg. (1.2 oz.) brown gravy mix  
¼ cup whipping cream  
1 Tbs. vinegar  
1 Tbs. white cooking wine  
1 Tbs. whole black peppercorns  
1 tsp. coarsely ground pepper  
½ tsp. salt  
1 tsp. olive oil  
8 oz. fresh sliced mushrooms

To prepare steak:
Mix together the pepper and salt. Rub each steak on both sides and press the mixture into the steak. Let stand while making sauce.

To prepare sauce:
Prepare gravy mix in a medium saucepan according to package directions. Stir in cream, vinegar, white cooking wine, and peppercorns. Simmer over low heat for a few minutes just to blend the flavors; keep warm.

Method of preparation (grilling):
Preheat the grill. Place steaks on grill and grill according to the following chart; turn only once:
- medium rare 4-5 minutes per side
- medium 5-6 minutes per side
- medium well 6-7 minutes per side

While steaks are grilling, heat the olive oil in a skillet over medium heat. Add mushrooms, and cook until tender. Add to gravy sauce.

Presentation:
Spoon warm sauce over steak on serving plate. Garnish with fresh parsley. Serve with mashed potatoes, green beans, roll and butter.

**Minnesota Grilled Ribeyes**

2 CAB® boneless ribeye steaks, 8 oz., ½-in. thick

Heat gas grill to medium-high.
Salt and pepper steaks.
Grill 8-10 minutes for medium rare, turning once to at least 145° F.

**Sauce:**

<table>
<thead>
<tr>
<th>¼ cup butter, melted</th>
<th>¼ cup fresh Italian parsley, finely chopped</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Tbs. dry white cooking wine</td>
<td>1 tsp. fresh grated lemon peel</td>
</tr>
<tr>
<td>1 Tbs. Dijon-style mustard</td>
<td>1 tsp. fresh garlic, finely chopped</td>
</tr>
</tbody>
</table>

Combine all sauce ingredients.
Cut steaks in half and spoon sauce over each piece.
Preparation: 10 minutes
Grill: 8-10 minutes
Serves 4.

**The Honeymooners Night on the Town Filet**

4 CAB® filets, cut 1¼- to 1½-in. thick  
1 tsp. garlic powder  
1 Tbs. crushed black pepper  
2 Tbs. Canadian Steak Seasoning

Heat grill. While grill is heating, sprinkle garlic powder, black pepper and steak seasoning over steaks.
Grill steaks until they reach medium rare on a meat thermometer. Grill root vegetables as appropriate. Arrange steaks with vegetables and garnish. Enjoy.

---

**Team Information**

**Division:** 18-21  
**State:** Michigan  
**Team Members:**  
Kelsey Glaess, Cannon Falls  
Audra Nord, Wolverton  
Alissa Stai, New London  
Taylor Waugh, Goodhue

**Team Information**

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**State:** Minnesota  
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Alisha Nord, Wolverton  
Audra Nord, Wolverton  
Luke Nord, Wolverton  
Alissa Stai, New London  
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**Team Information**

**Division:** 18-21  
**State:** Ohio  
**Team Members:**  
Lauren Grimes, Hillsboro  
Lindsey Grimes, Hillsboro  
Bailey Harsh, Radnor  
William Harsh, Radnor

---

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Ribeye Steaks with Cumin-Lime Butter

6 CAB® ribeye steaks
2 Tbs. butter, softened
1 tsp. fresh lime juice

Rub:
2 Tbs. ground cumin
3 large cloves garlic, minced
2 tsp. brown sugar
½ tsp. freshly grated lime peel
½ tsp. ground red pepper
2 Tbs. Canadian Steak Seasoning

Combine rub ingredients. For cumin-lime butter, combine 2 tsp. rub mixture, butter and lime juice in a small bowl; set aside. Press remaining rub evenly onto beef steaks. Cover and refrigerate steaks 30 minutes.

Place steaks on grill over medium, ash-covered coals. Grill 14 minutes for medium-rare to medium doneness, turning occasionally.

Sensational Sirloin Strips

4 CAB® sirloin steaks
2 Tbs. lime or lemon juice
salt
pepper
a little cayenne pepper

1 clove of garlic, smashed
½ cup steak sauce
enough Worcestershire sauce to cover the rest of marinade and meat.

Set steaks aside. Mix all remaining ingredients, then marinate the steaks for 24 hours. Grill to perfection.

Grilled Steaks Balsamico

4 CAB® ribeye steaks
salt and pepper to taste
1 pkg. (5.2 oz.) herb and garlic soft spreadable cheese

Marinade:
½ cup prepared balsamic vinaigrette
¼ cup fig preserves or chopped dried figs

Place marinade ingredients in blender or food processor; process until blended. Place steaks and marinade in sealable plastic bag; turn to coat. Close bag securely and marinate in refrigerator at least 2 hours.

Remove steaks from marinade; discard marinade. Place steaks on grill over medium, ash-covered coals. Grill steaks, covered, 10-14 minutes for medium doneness, turning occasionally. Season with salt and pepper as desired.

Meanwhile, heat cheese in small saucepan over medium-low heat 2-4 minutes, or until melted, stirring frequently.

Serve steaks with cheese sauce.

Team Information
Division: 18-21
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Colton Henricks, Anadarko
Karisa Pfeiffer, Orlando
Kassandra Pfeiffer, Orlando
Kelsey Pfeiffer, Orlando

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State: South Carolina
Team Members:
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Chelsie Goodman, Ridge Spring
Caleb Miller, Ward
John Petty, Clover
Sally Yon, Ridge Spring

Team Information
Division: 18-21
State: Texas
Team Members:
Megan Ahearn, Wills Point
Tyler Bond-Jones, Bleiberville
Stephanie Lastovica, Salado
Jacob Steph, Tatum
Ashley Stevenson, Brenham
### Hunter’s Choice Casserole

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lb. CAB® ground chuck</td>
<td></td>
</tr>
<tr>
<td>2 pkgs. Mahatma® Long-Grain and Wild Rice with Seasoning</td>
<td></td>
</tr>
<tr>
<td>2 Tbs. sausage seasoning</td>
<td></td>
</tr>
<tr>
<td>1 cup grated sharp cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>8 oz. sour cream</td>
<td></td>
</tr>
<tr>
<td>½ cup milk</td>
<td></td>
</tr>
<tr>
<td>1 cup grated sharp cheddar to top or garnish</td>
<td></td>
</tr>
</tbody>
</table>

Cook rice according to package directions. Mix sausage seasoning with meat and cook in skillet, breaking in small pieces (like taco meat). Drain meat. Mix meat, rice, sour cream, milk and 1 cup cheese in casserole dish. Top with remaining cheese or reserve to garnish individual plates. Enjoy!

### Sante Fe Soup

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lb. CAB® ground beef</td>
<td></td>
</tr>
<tr>
<td>2 cans shoepeg corn</td>
<td></td>
</tr>
<tr>
<td>1 can Ro-Tel® tomatoes</td>
<td></td>
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<tr>
<td>1 can whole tomatoes</td>
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<tr>
<td>1 can black beans</td>
<td></td>
</tr>
<tr>
<td>1 can kidney beans</td>
<td></td>
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<tr>
<td>1 can pinto beans</td>
<td></td>
</tr>
<tr>
<td>1 large onion</td>
<td></td>
</tr>
<tr>
<td>2 pkgs. taco seasoning</td>
<td></td>
</tr>
<tr>
<td>2 pkgs. ranch dressing</td>
<td></td>
</tr>
</tbody>
</table>

1. Cook ground beef until medium-well and chop until fine.
2. Crush the can of whole tomatoes.
3. Chop onion until fine.
4. Pour all mixtures into slow cooker and stir well.
5. Cook in slow cooker on medium for 4-6 hours.
6. Serve the soup in bowls topped off with grated cheese, sour cream, tortilla chips and other garnish, as desired.

### Beef Ravioli

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pkg. frozen cheese ravioli</td>
<td></td>
</tr>
<tr>
<td>1-2 lb. CAB® ground chuck, browned</td>
<td></td>
</tr>
<tr>
<td>14-16 oz. prepared spaghetti sauce</td>
<td>mozzarella and/or Parmesan cheese, grated</td>
</tr>
</tbody>
</table>

Cook ravioli as directed on package. Drain and put in 9×13-inch pan. Combine browned beef and spaghetti sauce. Pour over ravioli. Top with cheeses to taste. Warm through in 350° F oven approximately 20 minutes until cheese is melted.

Serves 6-8.

Integrity is built into the Certified Angus Beef® brand. It is the only brand that tracks every pound of meat from initial identification through sales to consumers, ensuring they get genuine CAB® products.
**Beef Jambalaya**

3 lb. CAB® ground beef  
3 Tbs. olive oil  
1 cup chopped onion  
1 cup chopped green bell pepper  
2 ribs celery, chopped  
2 cloves garlic, minced  
1 lb. beef sausage, thinly sliced  
2 cans (14.5 oz. each) stewed tomatoes  
2 cups chicken broth  
1 cup long-grain rice  
2 tsp. leaf thyme, crumbled  
1½ tsp. salt, or to taste  
¾ tsp. pepper  
⅛ tsp. hot pepper sauce (Tabasco®)

Brown ground beef until brown on all sides. Remove beef from skillet. Add onion, green bell pepper, celery and garlic. Sauté over low heat until onion is tender, about 10 minutes. Stir in sausage, tomatoes, chicken broth, rice, thyme, salt, pepper and hot sauce. Add ground beef and turn to coat with sauce. Bring to a boil. Reduce heat, cover and simmer for 30 minutes.

Serves 6.

**All For One Tortellini Bake**

1 lb. CAB® ground chuck  
1 jar of your favorite spaghetti sauce  
16 oz. cream cheese, softened  
½ cup milk  
16-oz. pkg. grated mozzarella cheese  
1 pkg. three-cheese tortellini (preferably fresh Bertolli® three-cheese tortellini, but can use frozen)

Preheat oven to 350° F. Boil tortellini as directed; drain, set aside. Brown ground beef; drain, if needed. Mix with spaghetti sauce. Cream the softened cream cheese with milk, adding more if necessary to make mixture spreadable.

In a large rectangular glass pan, pour tortellini in the bottom, spread cream cheese mixture over the top, cover with spaghetti sauce mixture and top with grated mozzarella. Cover with foil. Bake approximately 30 minutes, removing foil the last 5 minutes. Serve with green salad and garlic bread.

**Ranch Chili**

2½ lb. CAB® ground chuck  
1 large Vidalia® onion  
2 sweet green peppers, coarsely chopped  
1 can (30 oz.) chopped tomatoes  
1 can (29 oz.) tomato sauce  
3 Tbs. chili powder  
1 can Coca-Cola®  
salt and pepper to taste

Brown beef. Place ingredients in slow cooker in order. Cook on high heat for 2 hours, stir. Continue to cook for 2 hours on high or for 4 hours on low. Serve with your favorite chili fixin’s.
Toast pine nuts by placing in a dry skillet over medium heat, stirring occasionally until lightly browned, about 3 minutes. Cool. Toss nuts, beef, lettuce, carrots, cucumber, onion and feta in a bowl. Slice off ¼ of each pita; stuff larger piece with filling. Whisk mayonnaise, milk and vinegar in another bowl. Drizzle dressing over pita filling. Serve with remaining ¼ pita.

Prepare in less than 10 minutes, but expect this high-protein meal to keep you full for hours.

Take each thin slice of top round and spread a light coat of yellow mustard on one side. Add salt, pepper and paprika to taste. In a separate bowl mix the finely ground beef with 1 packet Hackbraten mix and ½ cup water. Mix together well.

Take small amounts of the seasoned ground beef and roll into small logs and place on each thin slice of top round. Wrap or roll the thin slices around the ground beef, securing with toothpicks.

In skillet (electric or stove top) add small amount of olive oil and sear each rouladen roll on all sides. Remove from heat. In a separate bowl mix the Rouladen (gravy) mix. (Add two packets Rouladen mix and 4½ cups water, and add the meat drippings — may cool and remove fat.) Pour gravy mix in skillet and heat to thicken. Turn heat down and add rouladen meat rolls to gravy mix and simmer 1½-2 hours on low heat.

You may transfer sauce and rouladen to slow cooker to keep warm for serving. This typical German dish may be served with potato dumplings, red cabbage or vegetable of choice. Rice or pasta may be substituted for potato dumpling.

Serves 4-6 as an entrée or may be served as an appetizer for a larger number of people.

Brown ground beef with honey teriyaki sauce, seasoned salt and green pepper; drain fat. Add caramelized onion sauce; heat through. Serve on buns with Swiss cheese.

Serves 6.
NOLA-style Muffuletta

1 10-in. round loaf Italian bread
10-12 oz. prepared Italian olive salad
1/2 lb. CAB® deli roast beef, thin sliced
1/2 lb. CAB® pastrami, thin sliced
1/2 lb. deli ham, thin sliced
1/2 lb. sliced mozzarella
1/8 lb. sliced provolone

Cut the bread in half lengthwise.
Brush both sides with the oil from the olive salad; coating the bread a little heavier on the bottom.

Layer half of the roast beef on the bottom half of the bread, then the pastrami, then the mozzarella, then the ham, provolone, and the remainder of the roast beef. Top this with the olive salad. Put the top of the bread on and press it down; heat just till cheese is slightly melted or serve cold. Quarter it.

Serves 3-4. May be sliced in 1/8-portions for appetizers.

Team Information
Division: Adult
State: Mississippi
Team Members:
Emma Collins, Morton
Melanie Kiani, Morton

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