Angus juniors took time to display their creativity and culinary skills by preparing Certified Angus Beef® (CAB®) products during the 2010 Auxiliary-sponsored All-American CAB Cook-Off July 13 at the National Junior Angus Show (NJAS) in Denver, Colo. A total of 159 junior members made up 34 teams and represented 20 states in the 27th annual contest sponsored by the American Angus Auxiliary.

Teams acted out skits and shared the importance of CAB products in front of a panel of judges. Overall winners were selected based on their showmanship — knowledge of CAB, costumes and skit creativity — as well as recipe taste and preparation ease.

Divisions for the 2010 contest included steak, roast and other beef items. State teams, consisting of two or more Angus juniors, competed in their respective age groups — junior, ages 9-13; intermediate, ages 14-17; and senior, ages 18-21.

Placing first overall in the junior steak division with their recipe, “CAB Grand Slam,” was the Nebraska team of Emily Dethlefs, North Platte; Caylie, Lane and Torie Egger, Columbus; Savannah Schafer, Nehawka; and Hannah Uden, Franklin.

Winning overall champion in the intermediate steak division was the Missouri team of Jera Pipkin, Republic; Clayton Smith, West Plains; Sydney Thummel, Sheridan; Paige and Samuel Wallace, Stotts City; and Carter Ward, Plattsburg. Their recipe was titled, “Grilled Ribeye Steak with Onion Blue Cheese Sauce.” The team was also the winner of the Black Kettle Award, which is presented to the highest-scoring Cook-Off team, regardless of age group or division. (See page 158 for more about the Black Kettle Award.)
at the NJAS

Earning first place overall in the senior steak division with their recipe, “Aberdeen’s Ribeye,” was the Nebraska team of Jessica Clowser, Milford; Ellen Hoffschneider, Arlington; Klaire Jorgensen, Exeter; and Melissa Keyes, Springfield.

Iowa claimed the overall top prize in the junior roast division with their recipe, “Pulled Beef.” Team members included Laramie Chaffin, Roodhouse; Sierra Day, Cerro Gordo; and Keegan Cassidy, Mahomet.

North Carolina earned first place overall in the intermediate roast division with their “Gold Rush Roast.” Team members included Brooke, Catherine and LeAnn Harward, all of Richfield.

Claiming first place overall in the senior roast division was the Indiana team of Catherine and Garrett Knebel, Winimac; and Katelyn Wilson, Orleans, with their barbecued brisket recipe.

Kansas earned overall top honors in the junior other beef items division with their “CAB Sloppy Joe” recipe. Team members included Alexandria Cozzitorto, De Soto; Caleb Flory, Baldwin City; Quanah Gardiner, Ashland; Cale Hinrichsen, Westmoreland; and Chance Little, Wichita.

Kansas also won overall intermediate team honors in the other beef items division with their “Angus Jalapeño Sliders.” Team members included MacKenzie Flory, Baldwin City; Jennifer Hager, Stafford; Tyler Ottensmeier, McLouth; Miles Pearson, Scott City; and Reid Shipman, Manhattan.

The overall top team in the senior other beef items division was Oklahoma, with their recipe, “CAB Knockouts.” Team members included Ryne Friesen, Arnett; Braden Henricks, Anadarko; Josh and Katie Lippoldt, Kingfisher; and Karisa and Kassandra Pleiffer, Orlando.

In addition, a new competition was held this year in conjunction with the CAB Cook-Off. See page 162 for coverage of the first-ever Chef’s Challenge.

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Missouri Claims Black Kettle Award

The Missouri intermediate steak team won the Black Kettle Award at the 2010 Auxiliary-sponsored All-American Certified Angus Beef® (CAB®) Cook-Off July 13 at the National Junior Angus Show (NJAS) in Denver, Colo.

“I was really shocked,” says team member Jera Pipkin, Republic, Mo. “I knew we had done good as a group, but I didn’t think it was that extreme.”

Established in 1999, the Black Kettle Award is dedicated to the memory of Paul St. Blanc, a former contestant and supporter of the competition. The Award is presented to the highest-scoring Cook-Off team based on recipe and showmanship scores.

“It was definitely exciting,” Pipkin says. “We had so many teams in our division. When they called our name, we all looked at each other and couldn’t believe what happened.”

The 27th annual contest encourages creativity and originality among competitors as they perform a skit and present a recipe featuring a CAB cut of meat to a panel of judges. Meat divisions for the 2010 contest included steak, roasts and other beef items.

“We decided to do the Cook-Off contest because it’s definitely different than the rest of the contests,” says team member Paige Wallace, Stotts City, Mo. “It’s something where you get to act out and be a little silly, but at the same time you’re learning about CAB and the breed, and you’re having fun with your friends.”

Teammates gather from across their home state to represent their state junior Angus association. A total of 34 teams competed in the 2010 Cook-Off. Teams consisted of two to six members divided by age; juniors, ages 9-13, intermediates, ages 14-17; and seniors, ages 18-21.

Contest preparation doesn’t come easy, Pipkin says. “We studied our parts at home,” she says. “We’re spread out all over the state and there was no way for all of us to get together until we were here. We just counted on everybody to get their parts down, and come here and put it all together.”

Pipkin says the Missouri team started preparing for competition about two months in advance. The team created a skit with characters based on American Angus.
Nebraska juniors won recipe, showmanship and overall honors in the junior steak division of the All-American CAB Cook-Off. Pictured are (back row, from left) Savannah Schafer, Nehawka; Emily Dethlefs, North Platte; Caylie Egger, Columbus; and Hannah Uden, Franklin; (front row, from left) Lane Egger and Torie Egger, both of Columbus. They prepared “CAB® Grand Slam.”

The Kansas team won second place recipe, showmanship and overall in the junior steak division. Pictured are (from left) Megan Green, Leavenworth; Tucker Rayl, Hutchinson; and Hadley DeHoff, Tonganoxie. They prepared “CAB Ribeye Steaks with Gun-Smokin’ Salsa.”

Oklahoma juniors won third place in all three categories in the junior steak division. Pictured are (back row, from left) Sydnee Gerken, Cashion; Jaryn Frey, Kingsflier; Kolby Shepard, Perkins; (front row, from left) Alisa Friesen, Amett; Madelyn Gerken, Cashion; and Keridan Ward, Woodward. They prepared “CAB Marinated Ribeyes.”

Overall Steak Recipe & Black Kettle Award Winner

Grilled Ribeye Steak with Onion Blue Cheese Sauce

4 whole CAB® ribeye steaks  
salt and pepper  
4 Tbs. butter  
1 large yellow onion, sliced  
1 cup heavy cream  
½ cup crumbled blue cheese

Salt and pepper both sides of steaks. Grill until medium rare. Sauté onions in butter over high heat. Cook for 5-7 minutes or until dark and caramelized. Reduce heat to simmer and pour in cream. Cook for 3-5 minutes or until reduced by half. Stir in blue cheese until melted. Serve steaks on generous portion of sauce.

Overall Roast Recipe Winner

Gold Rush Roast

4 lb. CAB roast  
1 can (14 oz.) low-sodium beef broth  
2 garlic cloves  
1 small onion (optional)  
1 Tbs. cornstarch  
½ tsp. cayenne pepper  
¼ cup cooking sherry

Optional ingredients:  
Add diced potatoes 4 hours into cooking  
Add peeled baby carrots 1 hour before removing meat  
Add mushrooms to sauce  
Salt and pepper roast to taste. Brown meat on all sides. Add all ingredients (excluding cornstarch) to slow cooker. Cook on low for 6-8 hours. Before serving, remove meat and whisk in cornstarch in slow cooker to thicken sauce. Pull meat and serve with sauce.

Overall Other Beef Items Recipe Winner

Angus Jalapeño Sliders

2 lb. CAB ground beef  
2-5 jalapeños, seeded and chopped  
1 egg  
2 Tbs. onion flakes  
2 cups cheddar cheese, grated  
2 tsp. seasoned salt  
½ tsp. garlic powder  
1 tsp. ground pepper

Mix all ingredients together. Line a 10-in. × 15-in. sheet cake pan with waxed paper and press the mixture evenly into the pan. Score the meat mixture with a knife or pizza cutter into the desired size of burgers. Freeze for a minimum of 2 hours. To cook, thaw for 30 minutes; if frozen solid, break burgers apart and grill.

Editor’s Note: Molly Witzel is the 2010 American Angus Association summer intern, working in the Public Relations and Communications Department.
Nebraska juniors won showmanship and overall top honors in the senior steak division. Pictured are (from left) Jessica Clowser, Milford; Klaire Jorgensen, Exeter; Melissa Keyes, Springfield; and Ellen Hoffschneider, Arlington. They prepared “Aberdeen’s Rib-eye” and also claimed second place in the recipe category.

The North Carolina team won top honors in the overall intermediate roast division. Pictured are (from left) LeAnn Harward, Brooke Harward, and Catherine Harward, all of Richfield. They prepared “Gold Rush Roast,” and also claimed first place in the recipe and showmanship categories.

The South Dakota team won third place overall in the intermediate roast division. Pictured are (from left) Abby Repenning, Mitchell; Colin Geppert, Kimball; Kallan Christman, Clark; and Kelsey Repenning, Mitchell. They prepared “Brisket Marinade,” placing second in showmanship and third in recipe.

Kansas juniors won second place overall in the senior steak division. Pictured are (from left) Jacinda Dickinson, Glasco; Ethan McCabe, Elk City; Tanner Rayl, Hutchinson; Meghan Blythe, White City; Hannah McCabe, Elk City; and Cole Pearson, Scott City. They prepared “Cowboy CAB Steak and Whiskey Butter,” winning first place in the recipe category and second in showmanship.

The Kansas team won second in showmanship and third overall in the intermediate steak division. Pictured are (standing, from left) Trenton Blythe, White City; Amanda Lass, Brookville; Allison Blythe, White City; Ransom Gardiner, Ashland; (seated from left) Esther McCabe, Elk City, and Cole Gardiner, Ashland. They prepared “Bubba Gump’s CAB Steak Salad with Shrimp & Orzo.”

The Idaho team won third in showmanship and overall senior steak division. Pictured are (from left) Matthew Malson and Michelle Malson, both of Parma; Michael Wiseman, Filer; Shane Kerner, Weiser; and John Wiseman, Filer. They prepared “Sagebrush Sirloin Steak.”

Kansas juniors won second place overall in the senior steak division. Pictured are (from left) Jacinda Dickinson, Glasco; Ethan McCabe, Elk City; Tanner Rayl, Hutchinson; Meghan Blythe, White City; Hannah McCabe, Elk City; and Cole Pearson, Scott City. They prepared “Cowboy CAB Steak and Whiskey Butter,” winning first place in the recipe category and second in showmanship.

The Idaho team won third in showmanship and overall senior steak division. Pictured are (from left) Matthew Malson and Michelle Malson, both of Parma; Michael Wiseman, Filer; Shane Kerner, Weiser; and John Wiseman, Filer. They prepared “Sagebrush Sirloin Steak.”
South Dakota juniors won second in showmanship and overall in the junior other beef division. Pictured are (from left) Tyler Bush, Britton; Cadee Schelske, Virgil; and Madison Styles, Brentford. They prepared "Juicy Lucy Burgers," winning third in recipe.

Arkansas juniors won second in showmanship and overall in the intermediate other beef division. Pictured are (from left) Taylor LaCour, Berryville; Caitlin Haley, Quitman; Carson Alsup, Gravette; Katlyn Tunstill, Fayetteville; and Will Pohlman, Prairie Grove. They prepared "CAB Rocky Mountain Burger" and also claimed first in the recipe category.

Missouri juniors won third in all categories of the intermediate other beef division. Pictured are (back row, from left) Sadie Kinne, Eagleville; Brittany Eagleburger, Buffalo; Hannah Moyer, Lamar; Chase Thummel, Sheridan; (front row, from left) Hannah Bartholomew, Archie; and Nathan Eagleburger, Buffalo. They prepared "Corned Beef Quiche."

The Arkansas team won third in showmanship and overall in the junior other beef division. Pictured are (from left) Nicholas Pohlman, Prairie Grove; Hailey Roye, Fayetteville; Hunter LaCour, Berryville; and Cole Umberson, Canehill. They prepared "News Breaking Hamburger," placing second in recipe.

Kansas juniors won first place overall in the intermediate other beef division. Pictured are (back row, from left) Tyler Ottensmeier, McLouth; Jennifer Hager, Stafford; MacKenzie Flory, Baldwin City; (front row, from left) Reid Shipman, Manhattan, and Miles Pearson, Scott City. They prepared "Angus Jalapeño Sliders" and also won first place in showmanship and second in recipe.

Missouri juniors won third in all categories of the intermediate other beef division. Pictured are (back row, from left) Sadie Kinne, Eagleville; Brittany Eagleburger, Buffalo; Hannah Moyer, Lamar; Chase Thummel, Sheridan; (front row, from left) Hannah Bartholomew, Archie; and Nathan Eagleburger, Buffalo. They prepared "Corned Beef Quiche."

The Oklahoma team won first place overall in the senior other beef division. Pictured are (from left) Katie Lippoldt, Kingfisher; Karissa Pfeiffer and Kassandra Pfeiffer, both of Orlando; Ryne Friesen, Arnett; Braden Henricks, Anadarko; and Josh Lippoldt, Kingfisher. They prepared "CAB Knockouts" and also claimed first place in the recipe and showmanship categories.

Minnesota juniors won second place in all categories of the senior other beef division. Pictured are (back row, from left) Taylor Waugh, Goodhue; Kelsey Glaess, Cannon Falls; Betsy Hansen, Marshall; Stacey Glaess, Cannon Falls; Luke Nord, Wolverton; and (front row, kneeling) Kaesey Glaess, Cannon Falls. They prepared "Tropical Hamburger."

Indiana juniors won overall top honors in the senior roast division. Pictured are (from left) Catherine Knebel, Winamac; Katelyn Wilson, Orleans; and Garrett Knebel, Winamac. They prepared "Barbecued Brisket" and also claimed first place in the recipe and showmanship categories.

Illinois juniors won overall top honors in the junior roast division. Pictured are (from left) Sierra Day, Cerro Gordo; Keegan Cassidy, Mahomet; and Laramie Chaffin, Roodhouse. They prepared "Pulled Beef" and also claimed first place in the recipe and showmanship categories.