

Cook-Off Go

NJAS participants learn to educate consumers about beef through Cook-Off.

Story & candid photos by **Carrie Gilliam**

From Pepsi® served over beef, to cocoa powder-crusting strip steaks, the 28th annual All-American *Certified Angus Beef*® (CAB®) Cook-Off had something for everyone. The American Angus Auxiliary-sponsored event took place July 12 during the 2011 National Junior Angus Show (NJAS) in Harrisburg, Pa.

Twenty-five teams from 15 states used unique recipes and educational skits to compete in the Cook-Off while promoting the CAB brand. Cook-Off co-chair Anne Patton Schubert, Taylorsville, Ky., says the competition gives youth confidence to promote the CAB product.

The Cook-Off allows youth to build leadership and teamwork skills in a fun, entertaining environment, Schubert says. It also helps prepare youth to answer basic questions consumers may have about beef and the CAB brand.

“Consumers want to know where their food comes from, and the Cook-Off gives beef a very personal feeling,” Schubert says. “With this day and age of fast-food and quick products, people do not understand basic knowledge juniors know just by growing up around Angus cattle.”

CAB Chef Michael Ollier says the Cook-Off competition serves an important role in a society interested in where their food comes from.

“America needs to get back to the dinner table, and what better way than to teach youth the skills to cook and promote healthy eating?” Ollier asks.

Contestants competed in one of three categories: roast, steak or other beef items. The categories were also broken into age divisions — junior, ages 9-13; intermediate, ages 14-17; and senior, ages 18-21.

Within each category and age division, winners were selected in showmanship and recipe. Showmanship criteria are based on presentation, costumes and skit creativity. The recipe is evaluated on taste and ease of preparation.

An overall winner, including all age divisions, is selected in each category. The highest honor, the Black Kettle Award, is presented to the highest-scoring team among all meat and age divisions. The award was established in memory of Paul St. Blanc, a supporter and longtime friend of the Cook-Off.

Black Kettle Award

The senior team from Louisiana earned the Black Kettle Award by stunning the Cook-Off judges with original lyrics to complement a patriotic-themed musical.

The musical was based on a sailor returning from war and talking about his CAB knowledge. The team claimed first place in the showmanship and recipe categories, and was the overall steak division winner.

Team members included: Taylor Arnoville, Bordelonville, La.;



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Daniel McFarland, Keithville, La.; and Jarred Yantis and Samantha Yantis, both of Bunkie, La.

Participating in the Cook-Off taught McFarland general facts about CAB products and also spurred him to look at expected progeny differences (EPDs) and pedigrees to improve meat quality in his family's herd.

"Knowledge can make a huge impact on the success of a herd," McFarland says.

Chef's Challenge

National Junior Angus Association (NJAA) member Katy Satree, Montague, Texas, wanted to concentrate more on the process of cooking; therefore, Satree entered the Chef's Challenge.

The Chef's Challenge, hosted in conjunction with the Cook-Off, is modeled after Food Network's cooking competition "Iron Chef." It features two age divisions: adults 21 and older; and NJAA members, ages 18 to 21.

The contestants had 90 minutes to prepare and serve an original recipe using a specific CAB meat cut — skirt steak — and secret ingredients announced the day prior to competition. Adult division secret ingredients were blackberries and corn meal. Junior division ingredients included leeks and eggs.

Satree, the junior division winner, said she enjoyed the challenge because it allowed her to explore her creative side.

"Cooking is my favorite thing to do, and I never know when inspiration is going to hit," Satree says. "The Chef's Challenge was a way for me to promote the CAB product with a hands-on project."

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►The Louisiana senior steak team won the Black Kettle Award. Pictured are (from left) Clayton Lampe with Carter Lampe, presenting; **Taylor Arno-ville**, Bordelonville; **Jarred Yantis**, Bunkie; **Daniel McFarland**, Keithville; **Samantha Yantis**, Bunkie; and Anne Lampe, presenter. They also won first place overall in the senior steak division with their recipe "Cheesy Balsamic Steaks" and claimed first place in the recipe category and also tied with Kansas for first place in the showmanship category.

Table 1: Winners of the 2010 Auxiliary-sponsored All-American CAB® Cook-Off

Black Kettle winner			
Senior Steak Team from Louisiana — "Cheesy Balsamic Steaks"			
Pat Grote LEAD scholarship winner			
Intermediate Steak Team from Louisiana — "Rock On Philly Steak Sandwiches"			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Intermediate</i>			
1.	Louisiana	Louisiana	Louisiana*
2.	Missouri	Missouri	Missouri
3.	Kansas	Illinois	Kansas
<i>Senior</i>			
1.	Louisiana	Louisiana (tie)	Louisiana
2.	Oklahoma	Kansas (tie)	Maryland
3.	Maryland	Maryland	Kansas
Roast division			
<i>Junior</i>			
1.	Virginia	Virginia	Virginia
<i>Intermediate</i>			
1.	North Carolina	North Carolina	North Carolina*
2.	Virginia	Virginia	Virginia
<i>Senior</i>			
1.	Pennsylvania	Pennsylvania	Pennsylvania
Other beef division			
<i>Junior</i>			
1.	Illinois	Illinois	Illinois
2.	Kansas	Kansas	Kansas
<i>Intermediate</i>			
1.	Kansas	Pennsylvania	Pennsylvania
2.	Nebraska (tie)	Maryland	Kansas
3.	New York (tie)	Michigan (tie)	Nebraska
4.		Nebraska (tie)	
<i>Senior</i>			
1.	Michigan	Michigan	Michigan*
2.	Pennsylvania	Virginia	Virginia
3.	Virginia	Pennsylvania	Pennsylvania

*Denotes overall winner of the product division.



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Satree prepared for the competition by cooking each type of meat cut and having general recipe ideas. Satree won honors with her original recipe, "Fiesta Fajita Salad."

Following Satree in the Chef's Challenge junior division was second-place team Jessica Clarke, Rocky Ridge, Md., and Ethan Whiteside, Queenstown, Md.

Winners in the adult division were Lorelei Irons, Laytonsville, Md., first place; Rachel and Gretchen Frost, Tallula, Ill., second place; and Morgan Smith, Douglas, Ga., and Tammy Williams, Milan, Ga., third place.

Visit www.angus.org for more information, including videos, show results and photos. Coverage is also available on the National Junior Angus Association Facebook fan page. Backdrop and candid photos are available for purchase at www.angus.digitaleventsonline.com.

The award-winning recipes follow.



► These Angus enthusiasts placed in the adult division of the Chef's Challenge. Pictured are (from left) **Lorelei Irons**, Laytonsville, Md.; **Morgan Smith**, Douglas, Ga.; **Tammy Williams**, Milan, Ga.; and **Rachel Frost**, Tallula, Ill.



► These National Junior Angus Association members placed in the youth division of the Chef's Challenge. Pictured are (from left) **Katy Satree**, Montague, Texas; **Jessica Clarke**, Rocky Ridge, Md.; and **Ethan Whiteside**, Queenstown, Md.

Black Kettle Award Winner & Overall Steak Division Recipe

Cheesy Balsamic Steaks

- 4, 5- to 6-oz. CAB® ribeye steaks, each about 1-in. thick
- 1½ cups balsamic vinegar
- 3 Tbs. sugar
- 2 Tbs. butter
- Salt and freshly ground black pepper
- 2 oz. soft, fresh goat cheese

Boil the balsamic vinegar and sugar in a small, heavy saucepan over medium-high heat until reduced to ½ cup, stirring occasionally, about 18 minutes.

Meanwhile, preheat the broiler. Melt the butter in a large, heavy skillet over medium-high heat. Sprinkle the steaks with salt and pepper. Cook the steaks to desired doneness, about 3 minutes per side for medium-rare. Transfer the steaks to a baking sheet. Crumble the cheese over the steaks and broil just until the cheese melts, about 1 minute. Sprinkle with pepper.

Transfer steaks to plate. Drizzle the balsamic sauce around the steak and serve.

Overall Roast Division Recipe

All-American Roast

- 3-4 lb. CAB® roast (London Broil)
- 1 envelope onion soup mix
- 2 Tbs. light brown sugar
- 1 Tbs. lemon zest
- 1 tsp. ground cinnamon
- 1 tsp. pepper
- ¾ tsp. ground ginger
- 1½ cups applesauce
- ¼ cup honey
- 2 Tbs. orange marmalade
- 1 tsp. Worcestershire sauce
- 3 cups Pepsi®

Sprinkle and cover roast with onion soup mix. Pour Pepsi into Crockpot® and place roast in liquid. Cook on low for 5-6 hours.

Combine other ingredients in bowl and pour over meat after 5-6 hours. Continue cooking until meat is tender, 1-2 more hours.

Overall Other Beef Division Recipe

Bully-Free Beef Sandwiches

- ¼ cup nonfat Greek-style yogurt or ⅓ cup regular, plain nonfat yogurt
- 2 Tbs. mayonnaise
- ¼ cup prepared white horseradish, squeezed of excess juice (about 3 Tbs.)
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 bunch watercress, thick stems removed
- 8 slices whole-grain pumpernickel bread
- 12 oz. CAB® deli pastrami, thinly sliced
- 2 medium tomatoes, sliced
- ½ small red onion, thinly sliced

If using regular yogurt, place it in a strainer lined with paper

towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.

Combine thickened or Greek-style yogurt, mayonnaise, horseradish and salt and pepper in a small bowl and stir to incorporate.

Place ¼ cup watercress each on 4 slices of bread and drizzle with 2 Tbs. horseradish/mayonnaise mixture. Layer with 3 oz. pastrami per sandwich, tomato slices and onion slices. Top with another slice of bread and wrap in waxed paper, then in aluminum foil.

Pack with chips and fresh fruit for family lunches.

Can be made with deli roast beef.



Chef's Challenge Adult Champion Recipe

Sassy Skirt Steak, with Blackberry Corncakes and Vidalia® Onion Jam

(Make jam and rub ahead of time.)

Caramelized Vidalia® onion jam: (Makes 2 cups)
 3 large Vidalia onions, quartered and sliced
 ¼ cup brown sugar
 ¼ cup honey
 4 Tbs. red wine vinegar
 1 Tbs. butter
 1 Tbs. olive oil
 ½ tsp. salt
 1 tsp. freshly ground pepper

Combine all ingredients in saucepan, cover and cook over medium heat until it boils and onions become tender, approximately 20 minutes. Uncover and bring to medium-high heat. Boil until it starts to brown, but still has some liquid. Cool and place in jar. Store in refrigerator.

Lorelei's favorite spice rub:

(This makes a large quantity and is great on all meats.)

½ cup brown sugar
 1 Tbs. ground coffee
 1 Tbs. cocoa powder
 1 cup Italian seasoning
 ½ cup garlic powder
 1 cup paprika
 ¼ cup fresh ground pepper
 ½ cup onion powder
 ½ cup chili powder
 1 cup seasoned salt

Blackberry corncakes:

1 cups buttermilk, or 1 cup milk with 1 Tbs. vinegar
 1 tsp. baking soda
 1 egg
 1 Tbs. oil
 1 cup cornmeal
 ¼ cup flour, with additional ¼ cup for blackberries
 1 tsp. baking soda
 1 tsp. salt
 1 tsp. sugar
 1 cup chopped blackberries, coated with ¼ cup flour
 ½ tsp. fresh lemon or regular thyme

Combine liquid ingredients, then whisk in dry; let sit 10 minutes. Heat nonstick skillet over medium-high heat, spray with cooking spray and drop by spoonful. Cook like you would a pancake. Keep warm.

CAB® Skirt Steak

Trim fat, if any
 Spice rub
 Vidalia onion jam, mixed with chopped blackberries

Coat CAB® skirt steak generously with spice rub and let rest at room temperature for 20-30 minutes, then grill over high heat until medium-rare. Let rest 5 minutes, then slice very thin, against the grain. Top three pancakes with the steak, then top with the Vidalia onion jam mixture.

Chef's Challenge Junior Champion Recipe

Fiesta Fajita Salad

Salad:

1 bag mixed greens salad
 1 CAB® skirt steak
 ¼ onion
 2 leeks

Dressing:

½ cup balsamic vinaigrette
 ¼ cup medium salsa
 2 Tbs. lemon juice
 2 Tbs. chopped fresh cilantro
 1 avocado (pitted and chopped)
 2 small red/yellow/orange sweet peppers
 1 green bell pepper
 1 container sour cream

Bread:

1 pkg. sweet honey corn bread mix
 2 sweet red peppers
 Milk
 Eggs

Prepare dressing by mixing salsa, cilantro, lemon juice

and balsamic vinaigrette in bowl and chill. Mix corn bread as directed. Pit and chop red peppers and mix into cornmeal. Bake as directed in baking dish and watch so they do not burn.

Wash salad and put in fridge. Heat skillet and place ¼ onion, 2 chopped leeks and 1 Tbs. of butter in skillet. Sauté 5-10 minutes at medium to low heat. Slice and season meat to desired taste. Place meat in skillet and let cook until done at medium-high to medium heat. When done, turn skillet to warm and cover. Chop a small bit of onion and set aside. Pit and chop ½ of green pepper and all sweet peppers. Take salad out of fridge and split into three bowls. Turn skillet off. Place 2 Tbs. of sour cream on each salad. Place desired amount of peppers and onion, and top with sour cream. Drizzle dressing mixture over all salads and garnish with avocado and corn bread.



► Louisiana juniors won recipe, showmanship and overall top honors and the Pat Grote Leaders Engaged in Angus Development (LEAD) Award in the intermediate steak division of the Cook-Off. Pictured are (from left) **Jacob Chicola**, Deville; **Katelyn Corsentino**, Denham Springs; **Gavin Oldham**, Amite; and **Joshua Scott**, Loranger. They prepared "Rock On Philly Steak Sandwiches."



► Missouri juniors won second place in recipe, showmanship and overall in the intermediate steak division of the All-American CAB Cook-Off. Pictured are (front row, from left) **Sydney Thummel**, Sheridan; **Brittany Eagleburger**, Buffalo; and **Jera Pipkin**, Republic; (back row, from left) **Christopher Kahlenbeck**, Union; **Jacob Heimsoth**, Lathrop; and **Chase Thummel**, Sheridan. They prepared "Just Right Cowboy Coffee-Crusted Ribeyes."



► The Kansas team won third place in recipe and overall in the intermediate steak division of the All-American CAB Cook-Off. Pictured are (from left) **Eric Blythe**, White City; **Jennifer Hager**, Stafford; **Anna Carpenter**, Wamego; **Tyler Ottensmeier**, McLouth; and **Tyler Blythe**, White City. They prepared "CAB® Ribeye with Goat Cheese, Lemon-Honey Mustard and Watercress."

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► Maryland juniors won second place overall and third in recipe and showmanship in the senior steak division of the Cook-Off. Pictured are (from left) **James Moxley IV**, West Friendship; **James Full**, Mount Airy; **Robert Velisek**, Gaithersburg; **Christina Ritter**, Laytonsville; **Maggie Lanham**, Buckeyestown; and **Tyler Donnelly**, Emmitsburg. They prepared “Peppered Steak.”



► The Kansas team tied with Louisiana for first place in showmanship and won third place overall in the senior steak division of the Cook-Off. Pictured are (from left) **Hannah McCabe**, Elk City; **MacKenzie Flory**, Baldwin City; **Meghan Blythe**, White City; and **Lauren Herman**, Kingman. They prepared “CAB® Steak Pitas.”



► North Carolina juniors won first place in recipe, showmanship and overall in the intermediate roast division of the Cook-Off. Pictured are (front row, from left) **Marcie Harward** and **Mattie Harward**, both of Richfield; (back row, from left) **LeAnn Harward**, **Brooke Harward** and **Catherine Harward**, all of Richfield. They prepared “All-American Roast.”



► The Virginia team won second place in recipe, showmanship and overall in the intermediate roast division of the Cook-Off. Pictured are (from left) **Morgan Alexander**, Berryville; **Connor Orrock**, Woodford; **Courtney Pooton**, Sperryville; **Cameron Simmons**, Moneta; **Callie Eastin**, Gretna; and **Catie Hope**, Berryville. They prepared “Marinated London Broil.”



► Illinois juniors won first place in recipe and showmanship and first place overall in the junior other beef division of the Cook-Off. Pictured are (from left) **Dalton Lemenager**, Clifton; **Sierra Day**, Cerro Gordo; **Maria Lemenager**, Clifton; and **Keegan Cassidy**, Mahomet. They prepared “CAB® Beef Breakfast Sausage Patties.”



► Kansas juniors won first place in recipe and second place overall in the junior other beef division of the Cook-Off. Pictured are (from left) **Eva Hinrichsen**, Westmoreland; **Kady Figge**, Onaga; **Sarah Pelton**, Paradise; **Caleb Flory**, Baldwin City; and **Cale Hinrichsen**, Westmoreland. They prepared “Like Nobody’s Business Burgers.”



► The Pennsylvania team won first place in showmanship and first place overall in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Elizabeth Voight**, Fredericksburg; **Alana Eisenhour**, Wellsville; **Daniel Rohrbaugh**, Seven Valleys; **Shelby Dean**, New Castle; **Kayce Myers**, Wellsville; and **Laini Dean**, New Castle. They prepared “Southwest Stuffed CAB® Burgers.”



► The Kansas team won first place in recipe and second place overall in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Megan Green**, Leavenworth; **Christiane Wimbish** and **Esther McCabe**, both of Elk City; and **Chelsey Figge**, Onaga. They prepared “CAB® & Noodles Toss.”



► Nebraska juniors tied for second place in recipe, tied for third place in showmanship and won third place overall in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Michelle Keyes**, Springfield; **Michaela Clowser**, Milford; **Shaila Bennett**, Beemer; **Hannah Uden**, Franklin; **Savannah Schafer**, Nehawka; and **Aliesha Dethlefs**, North Platte. They prepared “CAB® Gut Buster.”



► Michigan juniors won first place in recipe and showmanship and first place overall in the senior other beef division at the Cook-Off. Pictured are (from left) **Chelsea Ruggles**, Kingston; **Rachel Reid**, Eaton Rapids; **DeeAnne Merriman**, Dover; and **Justin Ruggles**, Kingston. They prepared “Bully-Free Beef Sandwiches.”



► The Virginia team won third place in recipe, second in showmanship and second place overall in the senior other beef division at the Cook-Off. Pictured are (from left) **Adam Murray**, Leesburg; **John Knight**, Montpelier Station; **Jessie Bramhall**, Lovettsville; **Katherine Ashby**, Berryville; and **Colleen Bowers**, Maurertown. They prepared “Southwestern Meatball Wraps.”



► Pennsylvania juniors won second place in recipe, third place in showmanship and third place overall in the senior other beef division of the Cook-Off. Pictured are (from left) **Andrea Foore**, Seven Valleys; **Alexis Cash**, York; **Kate Livingston**, Dover; **Logan Foore**, Seven Valleys; **Amanda Thompson**, Wellsville; and **Kyle Livingston**, Dover. They prepared “Game Day Chili.”



► Pennsylvania juniors won first place in recipe and showmanship and first place overall in the senior roast division of the Cook-Off. Pictured front row is **Brent Stufflet**, Lenhartsville. Pictured are (back row, from left) **Marshall McKean**, Mercer; **Fred Frey**, Quarryville; **Eric Shoop**, Dalmatia; **Lindsay Upperman**, Chambersburg; and **Rachel McKean**, Mercer. They prepared “Grandpa Fred Frey’s Roast Beef Sandwiches.”

