If you couldn’t participate in or attend the Auxiliary-sponsored All-American Certified Angus Beef® (CAB®) Cook-Off at the National Junior Angus Show (NJAS), at least you can get a taste of the excitement by trying out some of the recipes.

A total of 39 National Junior Angus Association (NJAA) teams from 20 states competed in three product divisions — steaks, roasts and other beef — July 17 at the 2012 NJAS in Louisville, Ky. Teams were made up of juniors, ages 9-13; intermediates, ages 14-17; and seniors, ages 18-21.

An additional seven teams competed in the Chef’s Challenge, a competition in which participants are challenged to prepare and serve a unique entrée using a specified cut of CAB and secret ingredients provided by the contest. Patterned after the Food Network’s Iron Chef, the contest is limited to 10 entries in two divisions: NJAA, for members 18-21; and adult.
Rinse roast and place in Crockpot®. Salt and pepper roast. Pour jar of peppers over roast. Cook on low 6-8 hours until tender. Serve sliced with peppers for garnish or on sandwiches with creamy horseradish sauce. Enjoy! Leftovers are great for sandwiches.

To prepare the rub:
Mix all spice-rub ingredients together and set aside.

To prepare roast:
Heat oil in skillet over medium to medium-high heat. Make sure pan is nice and hot! Take the spice rub mixture and rub the entire amount into and all over the roast. Place the roast into the hot skillet and sear for 3-4 minutes on each side. If your pan is not hot enough, you will lose your spices, but if it’s too hot, you will burn your spices. You want it to make a nice crust on both sides of the meat.

Place sliced onions in the bottom of a slow cooker. Once the roast has been seared, put the roast in the slow cooker on top of the onions. Deglaze the fry pan with the beef broth and add to the slow cooker. Cover and cook on high for 3-5 hours or on low for 5-7 hours.

Remove roast from slow cooker and trim fat. Shred meat and return to the slow cooker.

To prepare coleslaw:
Combine all ingredients except coleslaw mix in a large bowl and mix well. Add the coleslaw mix and toss to coat. Cover and refrigerate several hours or overnight to allow flavors to blend.

To assemble sliders: Cut in half dinner rolls of your choice. Place a layer of the shredded roast with some of the juices and a layer of the coleslaw on bottom half of roll. Put top back on and enjoy! Serves 6.
Combine first six ingredients. Cook on low 6-8 hours. Juice can be used for dipping.

### Home Run Italian Beef Sandwiches

1 pkg. (1 oz.) Italian salad dressing mix
2 tsp. Italian seasoning
8 oz. pepperoncinis (Tuscan) peppers
10½ oz. beef broth

- Combine first six ingredients. Cook on low 6-8 hours. Juice can be used for dipping.

### ZIP Kabobs

**Ingredients**
- ¾ cup soy sauce
- 3 Tbs. light brown sugar
- 3 Tbs. distilled white vinegar
- ½ tsp. garlic powder
- ½ tsp. seasoned salt
- ½ tsp. garlic pepper seasoning
- 4 fluid oz. lemon-lime flavored carbonated beverage
- 1 pkg. (1 oz.) Italian salad dressing mix
- 2 tsp. Italian seasoning
- 8 oz. pepperoncini (Tuscan) peppers
- 10½ oz. beef broth
- 1 lb. CAB® tri-tip roast
- 6-8 Kaiser rolls

- In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning and lemon-lime flavored carbonated beverage. Place beef pieces in a large Ziploc® bag. Cover with the soy sauce mixture and seal.
- Marinate in the refrigerator 8 hours, or overnight.
- Preheat an outdoor grill for high heat and lightly oil grate. Place green bell peppers in a medium saucepan with enough water to cover.
- Bring to a boil and cook approximately 1 minute.
- On wooden or metal skewers, alternately place beef, parboiled green peppers, onions, mushrooms, cherry tomatoes and pineapple. Basting frequently with remaining marinade mixture, cook on the prepared grill 10 to 15 minutes, or to desired doneness.

### Spicy Stewed Beef with Creamy Cheddar Grits

**Ingredients**
- 2 Tbs. canola oil
- 2 Tbs. butter
- 3 lb. CAB® tri-tip roast, diced chuck roast or stew meat
- 1 can (11 oz.) chipotle peppers in adobo sauce
- 4 cups low-sodium beef broth, more if needed
- 5 cloves minced garlic
- 1 Tbs. cumin
- 2 tbs. chili powder
- 1 whole onion, diced
- 1 whole red bell pepper, diced
- 3 whole chilies, diced (any variety, hot or mild)
- 4 cups stone-ground grits
- 6 cups low-sodium chicken (or beef) broth
- 3 cups water
- 2 cups half-and-half
- 2 cups grated cheddar cheese

- To make the meat, heat 1 tablespoon oil and 1 tablespoon butter in a large pot over high heat. Throw in meat and brown for 1 minute, then add chipotle peppers, beef broth, garlic, cumin and chili powder. Stir, then bring to a boil. Reduce the heat to low, then cover and simmer for 2½ to 3 hours, or until the meat is fall-apart tender and the liquid is thick. (Watch the meat occasionally, and add more beef broth as needed.)
- In the last hour of cooking time, make the grits. Heat remaining 1 tablespoon of both oil and butter. Add diced onion, bell pepper and chilies and cook for 5 minutes or so. Pour in grits, then add chicken (or beef) broth and water. Stir, then bring to a boil. Reduce the heat to low, then cover and cook for 2½ to 3 hours, or until the meat is fall-apart tender and the liquid is thick. (Watch the meat occasionally, and add more beef broth as needed.)
- In the last hour of cooking time, make the grits. Heat remaining 1 tablespoon of both oil and butter. Add diced onion, bell pepper and chilies and cook for 5 minutes or so. Pour in grits, then add chicken (or beef) broth and water. Stir, then bring to a boil. Reduce the heat to low, then cover and cook for 2½ to 3 hours, or until the meat is fall-apart tender and the liquid is thick. (Watch the meat occasionally, and add more beef broth as needed.)
- Serve pile of grits with stewed meat (liquid and all) over the top. Sprinkle on sliced green onion for color.

**South Dakota juniors won first place in recipe, showmanship and overall in the junior roast division. Pictured are (from left) Cadee Schelske, Virgil; Madison Styles, Brentford; and Ty Mogck and Chase Mogck, both of Olivet. They prepared “Home Run Italian Beef Sandwiches.”**

**Kansas juniors won second in recipe, third in showmanship and second overall in the intermediate roast division. Pictured are (from left) Eric Blythe, White City; Chelsey Figge, Onaga; Reid Shipman, Manhattan; Anna Carpenter, Wamego; and Tyler Blythe, White City. They prepared “ZIP Kabobs.”**

**The Kentucky juniors prepared “Spicy Stewed Beef with Creamy Cheddar Grits” for the intermediate roast division. Pictured are (from left) Reese Johnson, Slaughters; Corbin Cowles, Rockfield; Roderick White, Lexington; Zach Cotton, Elizabethtown; and Levi Stephenson, Carrollton.”**

Cover beef and sausage completely with water. On medium-high heat, bring to a rolling boil. Lower heat to medium, cover pot and cook for 45 minutes, stirring every 10-15 minutes.

Add salt, black pepper and red pepper to taste. Add chopped onion and chopped bell pepper. Mix well. Add Rotel and cream-of-mushroom soup. Mix well.

Cover and simmer for 20 minutes. Stir. Cover and simmer for an additional 25 minutes. Serve over hot cooked rice.

Serves 4-6 people.

**CAB® Dynasty Sauce Piquante**

4 lb. CAB® clod heart roast  
3 lb. smoked sausage  
1 large onion, chopped  
1 large bell pepper, chopped  
1 can (10 oz.) Rotel® (original, mild or hot)  
1 can cream-of-mushroom soup  
salt to taste  
black pepper to taste  
red pepper to taste  
water


Cover beef and sausage completely with water. On medium-high heat, bring to a rolling boil. Lower heat to medium, cover pot and cook for 45 minutes, stirring every 10-15 minutes.

Add salt, black pepper and red pepper to taste. Add chopped onion and chopped bell pepper. Mix well. Add Rotel and cream-of-mushroom soup. Mix well.

Cover and simmer for 20 minutes. Stir. Cover and simmer for an additional 25 minutes. Serve over hot cooked rice.

Serves 4-6 people.

**Prime Rib Roast Divine**

4-6 lb. CAB® brisket or roast  
2 cups water  
1 pkg. brown gravy mix  
1 pkg. Italian seasoning  
2 Tbs. garlic pepper

Pour water over roast, sprinkle seasonings on top of roast. Cook on low temperature in Crockpot® until tender, approximately 6-8 hours.

**Pulled French Dip Sandwiches**

1 3-4 lb. CAB® chuck (clod) roast  
2 cups beef broth  
½ cup soy sauce  
½ tsp. dried rosemary  
½ tsp. dried thyme  
1 tsp. garlic powder  
½ tsp. black pepper  
1 bay leaf  
8 hard rolls or French bread

Place roast in a 3-quart slow cooker. In a medium bowl, combine beef broth, soy sauce and spices; pour over roast.

Cover and cook on low for 8 hours until meat is very tender. Remove meat from broth; shred with forks and keep warm.

Place meat on rolls. Strain broth and pour into small cups for dipping.
Eric Grant, director of public relations and communications for the American Angus Association, interviews members of the Oklahoma intermediate roast team for video coverage of the NJAS.

### Carolina Home Run Roast

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 lb. CAB® roast</td>
<td>3 pkgs. (.75 oz.) dry brown gravy mix</td>
</tr>
<tr>
<td>½ cup butter</td>
<td>5 lb. potatoes, peeled and diced</td>
</tr>
<tr>
<td>1 Tbs. onion salt</td>
<td>2 lb. carrots, peeled and diced</td>
</tr>
<tr>
<td>1 Tbs. garlic salt</td>
<td>2 cups water</td>
</tr>
<tr>
<td>¼ cup sugar</td>
<td>2 cups Pepsi®</td>
</tr>
<tr>
<td>¼ cup brown sugar</td>
<td>1 Vidalia® onion, peeled and diced</td>
</tr>
<tr>
<td>¼ cup Montreal steak seasoning</td>
<td></td>
</tr>
</tbody>
</table>

Lightly coat roast with some butter. Sprinkle with onion salt, garlic salt, brown sugar, sugar, Montreal seasoning and 1 package dry gravy mix.

In Crockpot®, spread a layer of potatoes and carrots on the bottom of pot. Sprinkle with 1 package gravy mix.

Add the roast, surrounding it with the remaining potatoes, carrots and Vidalia onion. Sprinkle with 1 package gravy mix.

Add remaining butter, water and Pepsi to the Crockpot. Cover and let cook 5-7 hours until tender.

### Andy’s Famous CAB® Brisket

**Marinade:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bottle (10 oz.) soy sauce</td>
<td>1 tsp. garlic salt</td>
</tr>
<tr>
<td>1 Tbs. liquid smoke</td>
<td>1 tsp. onion salt</td>
</tr>
<tr>
<td>2 tsp. pepper</td>
<td>1 tsp. celery salt</td>
</tr>
<tr>
<td>2 tsp. Worcestershire sauce</td>
<td>4 lb. CAB® brisket</td>
</tr>
</tbody>
</table>

Combine all marinade ingredients in a gallon Ziploc® bag. Reserve half a cup in a different baggie. Marinate in a refrigerator overnight, turning it a couple of times.

Cook brisket over indirect heat one hour to sear. Place in heavy-duty foil with reserved marinade in. Seal tightly. Continue grilling over indirect heat for 3 hours, adding charcoal as needed.

Remove from grill. Let rest 10 minutes. Slice across grain to serve.

North Carolina tied for first in showmanship in the intermediate roast division with their “Carolina Home Run Roast.” Pictured are (from left) LeAnn Harward, Marcie Harward, Mattie Harward and Catherine Harward, all of Richfield.

The Wisconsin juniors prepared “Andy’s Famous CAB® Brisket” for the intermediate roast division. Pictured are (from left) Derek Horstmeyer, Marshall; Allison Hawthorne, Westby; Kori Beisbier, Reedsburg, Alexis Timmel, Johnson Creek; Heidi Tremaine, Oconomowoc; and Suzanne Henning, Janesville.
**Beef Brisket**

4 lb. brisket, fat trimmed  
salt to taste  
pepper to taste  
1 large onion  
1 (12 oz.) can of beer (non-alcoholic)  
1 tsp. brown sugar  
1 cube beef bouillon

- Preheat oven to 350° F. Season brisket with salt and pepper; place in baking dish. Cover brisket completely with onion slices. In medium bowl, mix together beer, brown sugar, bouillon, pepper, garlic, bay leaf and thyme. Pour over roast. Cover with foil.
- Bake 4 hours in preheated oven. Brisket should be fork-tender. Mix together cornstarch and water. Stir into juices in the baking dish to thicken. Remove bay leaf. Slice and serve.

**Tailgate Steak**

1½ lb. CAB® top sirloin, 1¼-in. thick  
⅛ cup soy sauce  
⅛ cup olive oil  
2 Tbs. brown sugar or honey

- Combine marinade ingredients and pour over steak in glass or plastic container. Cover and marinate for 2-4 hours.
- Remove seeds and thinly slice peppers and onion. Heat oil in nonstick skillet over medium-high heat. Add the peppers and onions. Season with salt and pepper, about ½-1 tsp. each. Sauté until tender, about 10 minutes. Mix in the rosemary and pepper flakes, cook for 30 seconds. Add the balsamic vinegar and stir until absorbed. Remove from heat.
- Grill steak about 4 minutes per side. Transfer to cutting board and let rest 5 minutes. Thinly slice steak at an angle across the grain. Place steak strips and pepper mixture on tortillas; roll up and enjoy. This is a great way to serve steak at a tailgate event.

The Kansas team won first in recipe, showmanship and overall in the senior roast division. Pictured are (from left) Cody Theis, Leavenworth; Hadley DeHoff, Tonganoxie; Megan Green and Michael Green, both of Leavenworth; Lauren Herman, Kingman; and MacKenzie Florey, Baldwin City. They prepared “Beer Brisket.”

The Illinois team won second place in recipe, showmanship and overall in the junior steak division. Pictured are (from left) Holly Marsh, Union; John McEwen, Bushnell; Dalton Lemenager, Clifton; Eric Schafer, Owaneco; and Emily Brooks, Prophetstown. They prepared “Tailgate Steak.”
Alfredo Tri-Tip

3 lb. CAB® tri-tip roast
3-4 Tbs. Weber® Smokey Mesquite seasoning
½ lb. bow-tie pasta
1 lb. asparagus spears
2 Tbs. olive oil
¾ cup chopped sundried tomatoes
½ cup sliced sautéed mushrooms

Marinade:
1/4 cup soy sauce
1/4 cup oil
2½ Tbs. brown sugar
1 1/2 Tbs. sugar
1 Tbs. vinegar
1 Tbs.ground ginger
1 Tbs. garlic salt

Alfredo sauce:
2 Tbs. butter/margarine
1/2 cup heavy whipping cream or evaporated milk
¼ cup grated Parmesan cheese
¼ tsp. garlic powder
¼ tsp. onion salt
¼ tsp. salt
¼ tsp. freshly ground pepper
¼ tsp. paprika
1 Tbs. freshly chopped parsley

Rub tri-tip with mesquite seasoning 1-2 hours before grilling.
Grill 10 minutes on one side, turn and continue to grill to medium rare (internal temp of 145° F), about another 10 minutes.
Remove from grill, tent meat with aluminum foil and allow to rest 10-15 minutes. Slice in 1/4-inch slices that are 1-2 inches long.
Rub asparagus spears with olive oil and grill, turning once, until tender. Cut into bite-size pieces.
Prepare pasta to al dente. Drain. Stir in asparagus, tomatoes, mushrooms and beef.
Reserve several slices of beef to arrange on top of finished dish.
To prepare Alfredo sauce: Melt butter in saucepan, add whipping cream or milk and bring to a boil. Lower heat to medium low, stir in Parmesan and spices and stir until cheese is melted. Pour over pasta mixture and gently toss. Arrange remaining slices of beef on top.

I’ll Have Another 1 — CAB® Kabobs, Kentucky Style

2½ lb. CAB® sirloin steak (cut into 1-in. cubes)
pineapple (cut into chunks)
cherry tomatoes
green, red and yellow peppers
mushrooms
onions

Mix, cover meat, and let stand for at least 2 hours. Add meat and vegetables to skewers. Grill just until meat is done.

*You may want to make a second batch of marinade to brush on while grilling.

Kentucky juniors won first place in recipe, showmanship and overall in the senior roast division. Pictured are (from left) Kyrsten Retherford, Indianapolis; Maddi Butler, Vincennes; Katelyn Wilson, Orleans; Caleb Smith, Whitestown; and Lauren Jernas, Knox. They prepared “I’ll Have Another 1 — CAB® Kabobs, Kentucky Style.”
Combine and store in refrigerator.
Salt and pepper both sides of steaks.
In an iron skillet over medium heat, melt 4 tablespoons of seasoned butter. Place two steaks in skillet. Cook for 16 minutes, flipping every 4 minutes and continually basting. Add more butter as needed.
This should yield a medium steak. Cook additionally for warm temperature.

In a pan, mix together all the ingredients except the salt, pepper and steak. Simmer for 30 minutes. Brush the meat with the sauce, let rest in the refrigerator for at least 30 minutes.
Place the steak on the grill 4 inches from medium coals. Cook 5-10 minutes on each side, basting frequently with the sauce.
After removing the steak from the grill, season with salt and pepper.

Cut each ribeye in half. Wrap one strip of bacon around each ribeye piece and secure with a toothpick. Generously sprinkle both sides of the steak with the salt, pepper and garlic. Coat bacon-wrapped edges of steaks with brown sugar. Let steaks sit for one hour.
Grill over medium fire until desired doneness, about 4-5 minutes per side for medium rare. Remove from fire and let rest for 5 minutes.
Serve with crusty rolls and salad.
Marinated Steaks With Chive Butter

4 CAB® top sirloin steaks

**Marinade:**
- 1/2 cup lemon juice
- 1/4 cup brown sugar
- 1 Tbs. Worcestershire sauce
- dash garlic powder

**Chive butter:**
- 1/4 cup unsalted butter, softened to room temperature
- 2 tsp. dried chives or 2 Tbs. fresh chopped chives
- 2 tsp. lemon juice
- 1/2 tsp. salt
- 1/4 tsp. fresh ground pepper

To prepare chive butter: Combine all ingredients and mix with a fork. Place on a sheet of plastic wrap and shape into a log 1 inch in diameter and 2 inches long. Wrap in plastic wrap and chill until firm.

To prepare steaks: Combine marinade ingredients in large plastic bag; place steaks in marinade 1-2 hours before grilling.

Remove steaks from marinade and discard marinade. Place steaks on grill and cook to desired doneness. Remove from grill, tent with aluminum foil 5-10 minutes, and then top each steak with a slice of chive butter.

Serve immediately.

CAB® ‘Get Up and Go’ Steak Rub

4 CAB® strip steaks
- 1/4 cup kosher salt
- 1 cup brown sugar
- 1 clove garlic, minced
- 1/4 cup coarsely ground black pepper (optional)

A steak rub is like a marinade with no liquid. It’s all seasoning and makes a nice, flavorful crust on your steak. Considering the natural tenderness of a New York strip steak, dry rubs are a favorite way to add some unique tastes to your steak without overpowering its own natural flavor.

To dry-rub steak, make a steak rub from the recipe above. Coat your New York strip steak with a light coat of cooking oil, and then rub a good amount of the steak rub recipe over both sides of the steak. Apply enough of the steak rub recipe to cover all of the meat, but not so thick you can no longer see the meat at all. Remember, you’re going to bite through this to get to the steak. You want a little seasoning with your steak, not a little steak with your seasoning.

**Grilling directions:**
1. Approximately 45 minutes before you are ready to grill your New York strip steaks, take them out of the fridge and rub in some garlic salt and fresh ground pepper. Leave them on the counter to let them warm to room temperature.
2. Preheat the grill on high for direct grilling.
3. Clean your grill with a grill brush.
4. Hold your hand about 2 inches above the grill and see if the temperature is right. For gas grilling steaks over high heat, you don’t want to be able to hold your hand over the grill for more than 5 seconds. Don’t try to be tough, you know when it is hot!
5. Place the steaks on the grill with tongs. Never pierce the skin of the steaks with a fork!
6. After about 2 minutes, use tongs to pick up the steaks, rotate 90° and then place the steaks back on the grill for those nice grill marks.
7. After 2 more minutes, you are ready to flip the steaks. Pick them up and flip them over. This is the only time you are going to flip the steaks (we told you this was easy).
8. After another 2 minutes, rotate the steaks another 90°.
9. Now grill them for a final 2 minutes and they should be ready. Take the grilled steaks off the grill and let them rest for at least 5 minutes before serving. You can always stick them back on the grill for a few minutes if they aren’t done enough.

Serve with a side of fresh fruit, whole-grain toast, egg casserole and fresh-squeezed orange juice.

The Indiana juniors prepared “Marinated Steaks With Chive Butter” for the intermediate steak division. Pictured are (front row, from left) Nick Innis, Milroy; Karson Patton, Frankfort; (back row, from left) Sarah Innis, Milroy; Robbie Dragani, Plymouth; Krisha Retherford, Indianapolis; and Brooke Langley, Walton.

Michigan juniors won first place in recipe and second overall in the intermediate steak division. Pictured are (from left) Kollin Johnson, Quincy; Katrena Klopfenstein, Galien; Kendra Merriman, Lowell; Katie Reid and Rachel Reid, both of Eaton Rapids; and Kavina Johnson, Quincy. They prepared “CAB ‘Get Up and Go’ Steak Rub.”
STEAK COMPETITION

Kentucky-Fried Steak

4 CAB® ribeye steaks
1 Tbs. vegetable oil
1 red bell pepper, chopped
1 green bell pepper, chopped
1 onion, sliced
4 cloves garlic, minced
3 Tbs. fajita seasoning
1 lime, juiced

Heat the oil in a large skillet over high heat. Sear steaks on both sides and set aside. In the same skillet over medium heat, sauté red and green bell peppers, onion and garlic for 5 minutes, or to desired tenderness.

Sprinkle steaks with fajita seasoning and place them back in the skillet. Squeeze the lime juice over steaks and reduce heat to low. Continue to cook for 20-25 minutes, turning steaks occasionally. Plate steaks and top with bell pepper and onion mix.

Island Jerk-rubbed Ribeyes With Coconut Lime Cream Sauce

4 (8 oz.) CAB® ribeye steaks
jerk rub

For coconut lime cream sauce:
¾ cup coconut milk
1 Tbs. lime juice
½ tsp. salt
½ tsp. sugar
1 Tbs. butter
½ tsp. fresh chopped lime

Combine sauce ingredients in a small saucepan. Keep burner on low, stirring occasionally until warm and well-blended.

Let ribeyes come to room temperature. Rub with jerk seasoning. Cook over hot coals on grill until desired doneness. Serve with coconut lime cream sauce. Garnish with fresh lime and grilled pineapple.

Teriyaki Finger Steaks

2 lb. CAB® boneless sirloin steak
½ cup soy sauce
¼ cup vinegar
2 Tbs. brown sugar
2 Tbs. minced onion
1 Tbs. vegetable oil
1 garlic clove, minced
½ tsp. ground ginger
½ tsp. pepper

Trim fat from steak and slice into 1-inch bite-size pieces; place in a large glass bowl. Combine all remaining ingredients; pour over meat and toss gently. Cover and refrigerate for up to 8 hours.

Drain, discarding marinade. Loosely thread meat pieces onto skewers. Grill over medium-hot coals, turning often, for 7-10 minutes or until meat reaches desired doneness. Remove from skewers and serve.

Yields 6 servings.
**Party Stuffed New York Strips**

4 CAB® New York strip steaks

1/4 cup finely minced red peppers

1/4 cup finely minced green peppers

1/4 cup finely minced yellow peppers

1/4 cup finely minced shallots

1 Tbs. minced fresh garlic

2 Tbs. extra virgin olive oil

1 tsp. minced rosemary

Salt and pepper to taste

Sauté peppers, shallots and garlic in olive oil until shallots are transparent. Stir in rosemary, salt and pepper; transfer to small bowl. Carefully cut 1-inch slit horizontally in side of each steak. Work the knife to create a large pocket while keeping entry slit as small as possible. Spread sautéed vegetables into cavity. Season steaks with salt and pepper, and grill.

**Marinated Steak**

4 CAB® ribeye steaks

1 cup oil

2 cups apple cider vinegar

1 Tbs. salt

1 Tbs. pepper

2 tsp. poultry seasoning

1 tsp. garlic powder

1 tsp. lemon juice

In a medium bowl, mix the oil, vinegar, salt, pepper, poultry seasoning, garlic powder and lemon juice. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover and refrigerate for 6 hours. Cook on grill to desired doneness.

**Steak With Fresh Lime Herb Sauce**

4 CAB® strip steaks, 1¼-in. thick

3/4 cup fresh lime juice

6 Tbs. olive oil

1/2 cup soy sauce

2 tsp. ground ginger

4 tsp. sugar

1 small shallot or green onion, minced

1 Serrano chili, seeded and minced

1/2 cup fresh cilantro, minced

1/2 cup fresh mint, minced

Coarse salt

Freshly ground pepper

Combine lime juice, olive oil, soy sauce, ginger, sugar, shallot and chili. Reserve 1/2 cup and pour remainder of sauce over steaks in plastic container with lid. Refrigerate for 2-4 hours.

Mix cilantro and mint into reserved lime sauce.

Grill steaks over medium coals until desired doneness, about 5 minutes per side for medium rare. Remove from fire and place on serving plates. Spoon prepared lime sauce over steaks and let rest for 5 minutes.

Serve with fresh salad and breadsticks or rice.
Combine the pepper and the rosemary in a large bowl. Coat both sides of the steak with the mixture. Wrap bacon around each steak and pin with toothpick.

Heat the butter and oil in a skillet (not a nonstick) until hot. Add the steaks and cook over medium to medium-high heat for 5-7 minutes (flipping just once halfway so as to develop that delicious crust) for medium-rare; a minute or so shorter if you like your filet rare, a minute or so longer if you like your filet more well-done.

Remove the steaks from the skillet and cover to keep them warm, letting them rest so that the juices re-distribute. Add the cooking wine to the skillet and deglaze the skillet, bringing to a boil and let cool to room temperature.

Stir together salt, pepper and thyme in a small bowl. Brush steaks with canola oil and season with the salt mixture. Grill until golden brown and slightly charred on both sides, and cooked to medium-rare doneness.

Just before the steaks are done, use a fork to mash the blue cheese with cream so that it is chunky, but also a bit creamy. Mound some on each steak, and let melt briefly on the grill. Remove to a platter and let rest 5 minutes before serving.

Serve with onion jam on the side.

**Kentucky’s Bases Loaded Baseball Steak**

4 CAB® baseball-cut sirloins, 1¾-in. thick
2 Tbs. bacon drippings
2 Tbs. freshly cracked black pepper
2 cloves garlic, finely chopped
1 tsp. crushed dried rosemary
1 jalapeño chili, finely diced

Partially salt 60 minutes ahead of time
2 Tbs. butter
1 Tbs. extra-virgin olive oil
2 Tbs. black currant jam
1 Tbs. honey, to taste

Combine the pepper and the rosemary in a large bowl. Coat both sides of the steak with the mixture. Wrap bacon around each steak and pin with toothpick.

Heat the butter and oil in a skillet (not a nonstick) until hot. Add the steaks and cook over medium to medium-high heat for 5-7 minutes (flipping just once halfway so as to develop that delicious crust) for medium-rare; a minute or so shorter if you like your filet rare, a minute or so longer if you like your filet more well-done.

Remove the steaks from the skillet and cover to keep them warm, letting them rest so the juices re-distribute. Add the cooking wine to the skillet and deglaze the skillet, bringing to a boil over high heat, scraping particles from the bottom of the skillet. Boil for about 1 minute or until the liquid is reduced by half. Spoon the sauce over the steaks, serve and enjoy.
### Bazinga Baguettes

4 CAB® ribeye steaks

**Bazinga salsa:**
- 6-7 Roma tomatoes, chopped finely
- 1 bunch green onions, chopped
- 1 jar (7 oz.) green olives, chopped
- 2 cans (4 oz.) chopped black olives
- 2 cans (4 oz.) chopped green chilis
- 3 Tbs. olive oil
- 3-4 tsp. red wine vinegar
- 1-2 tsp. minced garlic (to taste)

Mix all ingredients together. Refrigerate overnight or for several hours.

To prepare steaks: Sprinkle steaks with salt, pepper and garlic powder. Grill to medium rare/medium. Thinly slice steaks; put salsa on top.

Use French bread baguettes and serve with a side of String Theory Salad. (String Theory Salad: cooked spaghetti noodles, Catalina dressing, mushrooms, onions, peppers, broccoli and carrots, mixed and marinated)

### Bases Loaded Ribeyes

3 CAB® ribeye steaks
- 6 bacon strips, cooked and crumbled
- 3 green onions (8 in. long)
- 1 red bell pepper
- 6 oz. crumbled blue cheese
- 2 cups Bloody Mary mix, no alcohol
- Jim Baldridge’s Secret Seasoning

Pat the steaks dry using paper towels. Place steaks in a gallon Ziploc® bag with Bloody Mary mix. Chill 4-12 hours before grilling.

Prepare bacon. Keep some bacon grease to sauté onions and bell pepper. Sauté for only 2-3 minutes on high heat. Sprinkle Baldridge Seasoning on the meat. Grill steaks 2-4 minutes per side on medium-high grill or electric skillet.

When steaks are done, set aside. Mix in bowl bacon and sautéed vegetables. Toss in cheese and serve 1-2 heaping tablespoons over each steak.

---

The Missouri juniors prepared “Bazinga Baguettes” for the senior steak division. Pictured are (from left) Ashlyn Richardson, Lincoln; Taylor Short, Mansfield; Shannon Yokely, Jefferson City; and Nathan Eagleburger, Buffalo.

The Nebraska juniors prepared “Bases Loaded Ribeyes” for the senior steak division. Pictured are (in wheelchair) Claire Volk, Bennington; (from left) Taylon Lienemann, Princeton; Michaela Clowser, Milford; and Garrett Borgelt and Shaila Bennett, both of Beemer.

South Dakota juniors played the dating game, in which the bachelorette had to choose between “David Hasselhoff” and “John Wayne.”
OTHER BEEF COMPETITION

THE ARKANSAS JUNIORS PREPARED “CHIPOTLE SLIDERS” FOR THE JUNIOR OTHER BEEF DIVISION. PICTURED ARE (FROM LEFT) CONNER COLE, RUSSELLVILLE; HAILEY ROYE, FAYETTEVILLE; AND NICHOLAS POHLMAN, PRAIRIE GROVE.

PREHEAT GRILL OVER MEDIUM-HIGH HEAT.

FORM THE MEAT INTO 2-OUNCE TO 3-OUNCE PORTIONS, PACKED TIGHTLY. SEASON WITH SALT AND PEPPER.

PLACE THE SLIDERS ON THE GRILL. WAIT UNTIL THEY ARE NICE AND CRUSTY ON THE FIRST SIDE, ABOUT 4-5 MINUTES, AND THEN FLIP AND COOK ANOTHER 4 MINUTES. WHEN THE SLIDERS ARE ABOUT DONE, TOP WITH DESIRED CHEESE AND CLOSE THE GRILL, ALLOWING THE CHEESE TO MELT.

CHIPOTLE MAYONNAISE:
1 cup mayonnaise
2 chipotle peppers in adobo sauce
1 Tbs. adobo sauce

ADD ALL INGREDIENTS TO A FOOD PROCESSOR AND PUREE. SEASON TO TASTE WITH SALT AND PEPPER.

BURGER BAR (IF DESIRED):
chipotle mayonnaise
pickles
red onion slices

PLACE THE COOKED SLIDERS ON MINI BURGER BUNs AND TOP WITH CHIPOTLE MAYONNAISE AND ANY OTHER DESIRED TOPPINGS.
**Tostada Pizza**

1 lb. CAB® ground chuck  
1 can (4 oz.) diced green chili peppers, drained  
½ of a 1½-oz. envelope (about 2 Tbs.) taco seasoning mix  
1 tsp. chili powder  
1 Tbs. cornmeal  
1 pkg. (10 oz.) refrigerated pizza dough or 1 ready-made crust  
1 can (15 oz.) pinto beans with jalapeño peppers, rinsed and drained  
1 pkg. (8 oz.) feta cheese crumbles  
1 cup shredded cheddar or Monterey Jack cheese (4 oz.)  
1 cup shredded lettuce  
1 medium tomato, chopped  
½ cup thinly sliced green onions (4)  
1 bottle balsamic vinaigrette dressing

In a large skillet, cook meat until brown. Drain off fat. Stir in ¾ cup water, chili peppers, taco seasoning mix and chili powder. Bring to boiling; reduce heat. Simmer, uncovered, 15-20 minutes or until most of the liquid is gone.

Meanwhile, grease a baking sheet and sprinkle with cornmeal. Pat pizza dough into a 12x8-inch rectangle on the baking sheet. Bake in a 400° F oven for 5 minutes.

In a bowl, mash beans with a fork; spread over partially baked dough to within ½ inch of edges. Spoon meat mixture over beans. Bake, uncovered, 10 minutes more or until crust is just golden. Sprinkle with cheese. Bake 1-2 minutes more or until cheese melts. Top with lettuce, tomato and onions. If desired, serve with taco sauce.

May also be prepared on a grill using a pizza stone.

Makes 6 servings.

**Quick Layered Steak Salad**

CAB® grilled and seasoned ribeye steak (or cut of choice to serve 6)  
Spring mix or lettuce of choice for 6  
1 can (29 oz.) mandarin oranges, drained  
1 pkg. (6 oz.) dried cranberries  
1 pkg. (8 oz.) feta cheese crumbles  
1 cup walnuts (whole or chopped)  
1 bottle balsamic vinaigrette dressing

Place lettuce mix in large bowl. Top lettuce with mandarin oranges. Sprinkle cranberries over the oranges. Sprinkle feta cheese on top of the cranberries. Add walnuts to the top of the feta cheese. Place grilled steak cut in strips on top of the walnuts. Serve in individual bowls with the amount of dressing you desire. You can switch the cranberries for red raspberries and use raspberry vinaigrette dressing.

**Quick Layered Steak Salad**

CAB® grilled and seasoned ribeye steak (or cut of choice to serve 6)  
Spring mix or lettuce of choice for 6  
1 can (29 oz.) mandarin oranges, drained  
1 pkg. (6 oz.) dried cranberries  
1 pkg. (8 oz.) feta cheese crumbles  
1 cup walnuts (whole or chopped)  
1 bottle balsamic vinaigrette dressing

Place lettuce mix in large bowl. Top lettuce with mandarin oranges. Sprinkle cranberries over the oranges. Sprinkle feta cheese on top of the cranberries. Add walnuts to the top of the feta cheese. Place grilled steak cut in strips on top of the walnuts. Serve in individual bowls with the amount of dressing you desire. You can switch the cranberries for red raspberries and use raspberry vinaigrette dressing.

**Tostada Pizza**

1 lb. CAB® ground chuck  
1 can (4 oz.) diced green chili peppers, drained  
½ of a 1½-oz. envelope (about 2 Tbs.) taco seasoning mix  
1 tsp. chili powder  
1 Tbs. cornmeal  
1 pkg. (10 oz.) refrigerated pizza dough or 1 ready-made crust  
1 can (15 oz.) pinto beans with jalapeño peppers, rinsed and drained  
1 pkg. (8 oz.) feta cheese crumbles  
1 cup shredded cheddar or Monterey Jack cheese (4 oz.)  
1 cup shredded lettuce  
1 medium tomato, chopped  
½ cup thinly sliced green onions (4)  
1 bottle balsamic vinaigrette dressing

In a large skillet, cook meat until brown. Drain off fat. Stir in ¾ cup water, chili peppers, taco seasoning mix and chili powder. Bring to boiling; reduce heat. Simmer, uncovered, 15-20 minutes or until most of the liquid is gone.

Meanwhile, grease a baking sheet and sprinkle with cornmeal. Pat pizza dough into a 12x8-inch rectangle on the baking sheet. Bake in a 400° F oven for 5 minutes.

In a bowl, mash beans with a fork; spread over partially baked dough to within ½ inch of edges. Spoon meat mixture over beans. Bake, uncovered, 10 minutes more or until crust is just golden. Sprinkle with cheese. Bake 1-2 minutes more or until cheese melts. Top with lettuce, tomato and onions. If desired, serve with taco sauce.

May also be prepared on a grill using a pizza stone.

Makes 6 servings.

**Quick Layered Steak Salad**

CAB® grilled and seasoned ribeye steak (or cut of choice to serve 6)  
Spring mix or lettuce of choice for 6  
1 can (29 oz.) mandarin oranges, drained  
1 pkg. (6 oz.) dried cranberries  
1 pkg. (8 oz.) feta cheese crumbles  
1 cup walnuts (whole or chopped)  
1 bottle balsamic vinaigrette dressing

Place lettuce mix in large bowl. Top lettuce with mandarin oranges. Sprinkle cranberries over the oranges. Sprinkle feta cheese on top of the cranberries. Add walnuts to the top of the feta cheese. Place grilled steak cut in strips on top of the walnuts. Serve in individual bowls with the amount of dressing you desire. You can switch the cranberries for red raspberries and use raspberry vinaigrette dressing.

**Quick Layered Steak Salad**

CAB® grilled and seasoned ribeye steak (or cut of choice to serve 6)  
Spring mix or lettuce of choice for 6  
1 can (29 oz.) mandarin oranges, drained  
1 pkg. (6 oz.) dried cranberries  
1 pkg. (8 oz.) feta cheese crumbles  
1 cup walnuts (whole or chopped)  
1 bottle balsamic vinaigrette dressing

Place lettuce mix in large bowl. Top lettuce with mandarin oranges. Sprinkle cranberries over the oranges. Sprinkle feta cheese on top of the cranberries. Add walnuts to the top of the feta cheese. Place grilled steak cut in strips on top of the walnuts. Serve in individual bowls with the amount of dressing you desire. You can switch the cranberries for red raspberries and use raspberry vinaigrette dressing.
Other Beef Competition

CAB® Frankfurters With CAB® Homerun Chili Sauce

6 CAB® frankfurters
1½ lb. CAB® ground beef
1 large onion (finely chopped)
32-oz. tomato purée
2 tsp. prepared yellow mustard
1 cup light brown sugar
2 Tbs. apple cider vinegar
1½ tsp. chili powder
1 tsp. celery seed
2 tsp. salt
½ tsp. black pepper

In a large skillet, very lightly brown the ground beef and onions. Break up the ground beef to as fine as possible. Drain off fat and set aside. In a large saucepan, combine all the remaining ingredients and cook over medium-low heat for about 10-15 minutes. Add the browned ground beef and onions. Stir, then simmer for 2-2½ hours, stirring occasionally. Or, place the sauce in a slow cooker on low heat for about the same amount of time. Sauce will thicken.

Prepare the frankfurters on the grill as desired. Place in bun.

Serve the homerun chili sauce over the frankfurters. Enjoy!

Red Solo Cup Tacos

1 lb. CAB® ground beef
tomatoes
⅔ cup water
1 Tbs. homemade taco seasoning
sour cream
yellow corn tortilla chips
salsa
lettuce
shredded Mexican cheese blend

Prepare homemade taco seasoning: Mix together 3 Tbs. chili powder, 1 tsp. sea salt, 1 Tbs. garlic powder, 1½ tsp. black pepper, ½ tsp. southwestern chipotle seasoning, and 1 Tbs. sugar. Set aside.

Cook the ground beef in a skillet until no longer pink. Drain the fat.

Add ⅔ cup water and 1 Tbs. homemade taco seasoning to the beef.

Heat for 2-3 minutes, stirring well.

Place the tortilla chips (broken up slightly) in bottom of red Solo cup. Layer the beef with the remaining ingredients in the cup. Enjoy on the go!
Southern-style CAB® Burgers

Burgers:
- 2 lb. CAB® ground chuck
- 3 Tbs. Worcestershire sauce
- 1½ tsp. Lawry’s® seasoned salt
- nonstick, nonflammable cooking spray

Fried green tomatoes:
- vegetable oil, for frying
- 1 Tbs. bacon pieces, for frying
- 1 large green tomato, cut into ½-in.-thick slices
- salt
- 1 cup buttermilk
- ¼ cup self-rising cornmeal
- 1 cup all-purpose flour

Spicy Thousand Island sauce:
- 2 tsp. Lawry’s® seasoned salt
- 4 slices Monterey pepperjack cheese
- 8 slices bacon, cooked
- 4 onion rolls, split and toasted

To prepare burgers:
Preheat a grill to medium-high heat, about 350° F. Spray a grill rack with nonstick, nonflammable cooking spray.

In a medium bowl, combine the ground chuck, Worcestershire sauce and house seasoning, stirring to mix well. Form the mixture into 4 (4-inch) patties. Grill the burgers, covered with the grill lid, to desired degree of doneness, 5-6 minutes per side.

To prepare fried green tomatoes:
In a medium nonstick skillet, pour the oil to a depth of ¼ inch, add the bacon pieces and melt over medium heat.

Sprinkle the tomatoes with salt. Soak in the buttermilk. In a small bowl, combine the cornmeal, flour and seasoning salt. Dip both sides of each tomato slice in the flour mixture. Add the tomatoes to the hot oil and cook until golden brown, 3-4 minutes per side.

To prepare Spicy Thousand Island sauce:
In a medium bowl, mix the mayonnaise; ketchup; relish; seasoning salt; hot sauce, to taste; the egg; lemon zest and lemon juice. Store in an airtight container and refrigerate until ready to serve. Yield: 2½ cups

To assemble the burgers: Place 1 cheese slice over each patty. Place 2 slices bacon on the bottom halves of each onion roll, top with the hamburger, a fried green tomato slice and the desired amount of spicy Thousand Island dressing. Cover with the onion roll tops. Serve immediately.

Oklahoma CAB® Country-fried Hamburger

2-3 lb. CAB® ground chuck
1½ cups all-purpose flour
½ tsp. black pepper
1 tsp. seasoned salt
3 eggs, slightly beaten
½ cup milk
¾ cup milk oatmeal (one-minute)
¾ cup oil

Combine meat, oatmeal, one egg, salt and pepper and form into patties. Combine in container flour, black pepper, salt and seasoning. In another container combine 2 slightly beaten eggs and milk. Heat oil in skillet over medium heat. Dredge the meat in flour, milk-egg mixture and then in the flour mixture again, add hamburger patties to hot oil and fry until golden brown, 5-6 minutes per side. Can be served with mashed potatoes and white gravy.
**CAB® Stew**

- 1 lb. CAB® ground beef, browned
- 1 can stewed tomatoes
- 1 envelope dry onion soup mix
- ¾ lb. dry macaroni or tortellini (any pasta may be substituted)
- 3 cans (12 oz. each) V8 juice/water (may use tomato juice and water to desired taste)

Mix all ingredients together and simmer for 20 minutes. This may also be made in a slow cooker. For slow cooker version, mix all ingredients except pasta. Put on low setting for 4-6 hours. Add pasta during the last hour to prevent pasta from getting too soft.

This recipe is very versatile. You may add as much tomato product as you wish and you may add any form of pasta.

Serves 6

---

**Sweet Molasses Steak & Tomatoes Three Ways**

- 2½ lb. CAB® culotte steak (sirloin steak), cut into 6-8 pieces
- ¼ cup balsamic vinegar
- 1 cup sorghum molasses
- 3 Tbs. sweet chili sauce (found in Asian food section)

Mix molasses, vinegar and chili sauce until well-blended. Pour over steak pieces and marinate 1-3 hours. Grill steak over medium coals about 5-6 minutes per side. Remove from heat and let rest for 5 minutes. Thinly slice steak pieces and serve with Tomato-Mango Chutney.

**Tomato-Mango Chutney:**

- 2 cups mango, diced (about 2 whole mangoes)
- 1½ cups diced tomatoes (about 2 medium tomatoes)
- ¼ cup brown sugar
- ¼ cup balsamic vinegar
- ½ cup diced red onion
- ½ cup chopped cilantro
- ¼-½ cup sorghum molasses
- 1 tsp. granulated garlic
- Juice of 1 lime
- ½ cup chopped cilantro

Cook chutney for 30 minutes until well-blended and thickened. Serve over thinly sliced steak.

**Antipasto Tomato Skewers:**

- On small 4-inch skewers, alternate mozzarella cubes, grape tomatoes and whole basil leaves folded in half.

**Stuffed tomatoes:**

- Cut top off tomatoes and scoop out pulp (can be added to chutney mixture). Fill tomatoes with mixture of 1⅓ cups cooked white rice, ¼ cup grated parmesan cheese, and 2 tablespoons sweet chili sauce.
- Grill tomatoes over medium fire until slightly blackened and heated through.
Brown meat in a large skillet over medium heat. Then remove it from the heat and drain off the fat. Add ketchup, mustards and barbecue sauce to the meat and stir to combine. Taste and add more of whatever you think it needs. Keep warm.

Cut hamburger buns into 1-inch cubes. Melt ¼ stick of butter in a separate skillet over low heat, then add the bread cubes and toss to coat. Toast the croutons in the skillet over low heat for about 10-12 minutes, adding ¼ stick of butter every couple of minutes until you’ve used the whole stick. (This will ensure all the croutons soak up the butter and toast nicely.) To assemble each salad, pile torn lettuce on a plate. Pile on a good quantity of the meat mixture, then top with plenty of grated cheddar. Add diced tomato, chunks of pickles and slices of red onion over the top. Then sprinkle warm croutons all around the plate.

(Recipe adapted from the Pampered Chef.)

### Cheeseburger Salad

<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>½ cup ketchup</td>
<td></td>
</tr>
<tr>
<td>1 tsp. yellow mustard</td>
<td></td>
</tr>
<tr>
<td>1 Tbs. Dijon or spicy mustard</td>
<td></td>
</tr>
<tr>
<td>2 Tbs. barbecue sauce</td>
<td></td>
</tr>
<tr>
<td>4 whole hamburger buns</td>
<td></td>
</tr>
<tr>
<td>1 stick butter</td>
<td></td>
</tr>
<tr>
<td>2 heads romaine or green-leaf lettuce, torn</td>
<td></td>
</tr>
<tr>
<td>1 cup grated sharp cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>4 whole Roma tomatoes, diced</td>
<td></td>
</tr>
<tr>
<td>8 whole dill pickle spears, cubed</td>
<td></td>
</tr>
<tr>
<td>1 whole red onion, sliced</td>
<td></td>
</tr>
</tbody>
</table>

### Molasses BBQ Steak with Corn & Black Bean Salsa

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAB® culotte steak</td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>pepper</td>
<td></td>
</tr>
<tr>
<td>olive oil</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cut meat into reasonable grilling portions, lightly coat with olive oil, salt and pepper.

**Steak sauce:**
1 cup mustard (I used Dijon)
1 cup white vinegar
1½ cups sorghum molasses (depending on your taste)

Mix mustard and molasses, then add vinegar and mix. Chill before serving.

**Corn and black bean salsa:**
1-2 Tbs. butter or olive oil
1 can (14 oz.) black beans, rinsed
4-5 ears corn, 1 can whole kernel corn
or 1 small bag frozen corn
1 onion, chopped
1 bunch cilantro, chopped
10-15 grape tomatoes, halved
1-2 tsp. cumin
1 tsp. chili powder
1-2 Tbs. chili powder
1-2 Tbs. vinegar (I used apple cider)
lime juice (1-2 limes or in the bottle)

Cut corn off cob, or rinse if canned or frozen. Brown corn lightly in skillet with butter or olive oil; put in large bowl and let cool. Once cool, add black beans, onions, cilantro and tomatoes. Add cumin, chili powder and vinegar. Marinate in refrigerator for at least 30 minutes, serve cold.

**Fried apples:**
3-4 Granny Smith apples, peeled and cut into bite-sized chunks
½ stick butter
½ cup sugar (more or less, depending)
¼ cup sorghum molasses (more or less to taste)
cinnamon (to taste)

Melt butter in cast-iron skillet. Add apples, stir to coat in butter. Add sugar and cinnamon. Stir to melt sugar, then let cook on low heat until apples are browned but still slightly firm. Add molasses, stir apples to coat and let the molasses melt. Serve warm.