THE 32ND ANNUAL

2015 All-American Certified Angus Beef® Cook-Off

In conjunction with the

2015 NATIONAL JUNIOR ANGUS SHOW

Tulsa, Okla. • July 14, 2015
The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 32nd 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. This year’s meat categories include steaks, roasts and other beef items. Adults are encouraged to enter the sixth Chef’s Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Karen Armbruster, Burlington, Okla., is serving as the local contact for the event.

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 16th 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 longtime supporter of the Cook-Off contest. This is the eleventh time this award will be presented.
- **McCurry Angus Ranch, John, Melody, Aubree and Molly McCurry; Andy and Mary McCurry, Burorton, Kan.**, for sponsoring custom-designed T-shirts for each contestant.
- **Friends of the Black Kettle, the Kentucky Angus Association, the Oklahoma Beef Council and American Angus Auxiliary** for awards.
- **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- **Reasor's, Tulsa, Okla.**, for supporting the contest.
- **Marilyn Conley, CAB administrative assistant, for providing awards, products and encouragement.**
- **The many volunteers** who helped provide 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.

### 2015 All-American Certified Angus Beef® Cook-Off contest judges

- **C.J. Brown**
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- **Glen Grote**
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- **Quintin Smith**
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- **Jennifer Sterling**
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- **Kathy Wilson**
  2014 NJAS Co-Chair
  3081 E CR 400 N.
  Orleans, IN 47452
**Pulled Beef**

4 lb. CAB® chuck roast  
¼ tsp. black pepper  
¾ lb. brown sugar  
½ cup Worcestershire sauce  
1 tsp. Tabasco  
1 tsp. salt  
¼ cup flour  
½ cup ketchup  
2 onions, diced  
1 cup cider vinegar

- Place roast in Crock-Pot®. Mix other ingredients and pour over roast. Turn to High for 2 hours, then cook on Low for 3-4 hours until meat is tender. Remove meat and place on platter.
- “Pull” with two forks. Return shredded meat to sauce in Crock-Pot to keep warm. Serve on hearty buns. [This may also be cooked in a slow (200° F) oven for 5 hours.]

**Virginia Apple Cider Grilled Chuck Roast**

1 CAB® chuck roast, trimmed  
Marinade ingredients:  
1 cup fresh Virginia Apple Cider (unfiltered apple juice)  
¼ cup Worcestershire sauce  
2 tsp. kosher salt  
½ tsp. basil leaves  
¼ tsp. coriander  
¼ tsp. garlic powder  
¼ tsp. white pepper  
Dash of chipotle chili powder

Dry rub ingredients:  
¼ cup olive oil  
½ cup kosher salt  
2 tsp. coarse ground pepper  
1 tsp. brown sugar

- Thoroughly mix marinade ingredients together in a large bowl. Trim the fat from the roast. Butterfly the roast. Immerse the butterflied roast in the marinade and allow to soak for as long as possible (up to 24 hours).
- Preheat the grill to 500° F. Remove butterflied roast and drain. Mix the dry rub ingredients together. Coat the roast with olive oil, then cover the cut with the dry rub. Place on the grill. Sear both sides. Reduce heat to 250° and cook to internal temp of 125°.
- Remove from heat and let stand for 20 minutes. Cut the roast into ⅜-inch slices against the grain. Capture the juices that the roast releases to serve with the meal.

**Team Information**

**Division:** 9 to 13  
**State:** Illinois  
**Team Members:**  
Reese Anderson, Chrisman  
Hailey Boyd, Waynesville  
Austin Mussman, Grant Park  
Logan Mussman, Grant Park  
Lizzie Schafer, Owaneco

**Team Information**

**Division:** 9 to 13  
**State:** Virginia  
**Team Members:**  
Gordon Clark, Gretna  
Suter Clark, Gretna  
Zach McCall, Greenville  
Mikayla St. Clair, Berryville

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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. Nearly 14,000 businesses market the Certified Angus Beef® (CAB®) brand in more than 43 countries, including the United States. Licensed packers have paid nearly $300 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).
## Philly Cheesesteak Stew

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lb. CAB® chuck roast</td>
<td>1½ lb.</td>
</tr>
<tr>
<td>3 cloves garlic</td>
<td>3 cloves</td>
</tr>
<tr>
<td>1⅜ tsp. granulated onion</td>
<td>1⅜ tsp.</td>
</tr>
<tr>
<td>10 oz. white mushrooms, sliced &amp; quartered</td>
<td>10 oz.</td>
</tr>
<tr>
<td>2 onions, thinly sliced</td>
<td>2 onions</td>
</tr>
<tr>
<td>1 tsp. thyme</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>4 cups beef stock</td>
<td>4 cups</td>
</tr>
</tbody>
</table>

1. Cut the beef into thin slices that are about ½ inch by 1-2 inches. Spread them out on a cutting board and sprinkle with salt and pepper and ¾ teaspoon granulated onion. Toss together to make sure everything is evenly coated.

2. In a large soup pot, warm oil over medium heat. Add butter and swirl to melt. Scatter meat over the bottom of the pan and let cook for 2 minutes without disturbing it.

3. Flip meat and cook for 1 more minute. Remove meat from pan and lightly tent in a bowl to rest.

4. Add more oil to the pan that the meat was just removed from and toss in sliced onions along with a pinch of salt and pepper. Drop the heat to medium and cook the onions until golden brown, stirring frequently (about 5 minutes). Stir in the mushrooms with another pinch of salt and cook for 6 more minutes. Add in the dried thyme and garlic and stir well. When the garlic is fragrant, sprinkle the flour over the surface and stir until mixture becomes pasty. Cook for 1 minute more, stirring constantly.

5. Add the beef stock and bring to a boil. Let boil for 2 minutes before adding the cooked beef and accumulated juices to the mix. Add remaining granulated onion at this time. Simmer stew until beef is tender. Adjust seasoning if needed. Pour into bowls and top with sliced provolone cheese. Broil until golden on top. May be served in bread bowls also.

## Game Day Chili

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lb. CAB® boneless roast, cut into ½-in. cubes</td>
<td>3 lb.</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>⅜ cup canola oil</td>
<td>⅜ cup</td>
</tr>
<tr>
<td>2 large onions, diced</td>
<td>2 onions</td>
</tr>
<tr>
<td>4 cloves garlic, minced</td>
<td>4 cloves</td>
</tr>
<tr>
<td>1 Tbs. ground cumin</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>1 Tbs. dried oregano</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>3 Tbs. chili powder</td>
<td>3 Tbs.</td>
</tr>
<tr>
<td>2 Tbs. brown sugar</td>
<td>2 Tbs.</td>
</tr>
<tr>
<td>1 can (28 oz.) chopped tomatoes</td>
<td>1 can</td>
</tr>
<tr>
<td>2 Tbs. black beans, drained and rinsed</td>
<td>2 Tbs.</td>
</tr>
<tr>
<td>1 can (4 oz.) chopped green chilies</td>
<td>1 can</td>
</tr>
<tr>
<td>3 jalapeño peppers, seeded and finely minced</td>
<td>3 jalapeños</td>
</tr>
<tr>
<td>Optional toppings: avocado slices, diced green peppers, shredded cheddar cheese, diced scallops or sour cream</td>
<td>Optional toppings</td>
</tr>
</tbody>
</table>

1. Heat oil in a large sauté pan over high heat. Season beef with salt and pepper. Brown beef cubes in 1-pound batches for 3-4 minutes per batch; transfer beef to slow cooker after browning.

2. Add onions and garlic to the pan. Cook for 5-10 minutes over medium heat until pan comes clean from the softening onions. Transfer to a slow cooker. Stir in cumin, oregano, chili powder, sugar, tomatoes, beans, green chilis and jalapeños. Cover and cook on low for 3½-4 hours.

3. Serve and garnish with optional toppings. Goes great with corn bread or corn chips.
Kentucky Roast

3 lb. CAB® chuck roast
1 cup soy sauce
¼ cup brown sugar, lightly packed
1 Tbs. Worcestershire sauce
3 Tbs. cider vinegar
2 tsp. Dijon mustard
1 tsp. red pepper flakes
¼ tsp. pepper
vegetable oil

1. Cook roast.
2. Then, cook carrots and onions over low heat in beef broth until tender (about 15 minutes).
3. In 8- to 10-inch sauté pan, melt butter over low heat, then whisk in flour and shallots. Cook until shallots soften (about 4 minutes).
4. Add Dijon mustard and pepper, and whisk until blended.
5. Add beef broth, stirring over low heat until slightly thickened (about 3 minutes). Remove from heat and stir in sour cream.
6. Add beef, carrots and onions and toss. Serve over egg noodles.

Effortless Beef Stroganoff

1 lb. CAB® chuck roast
4 Tbs. sour cream
2 Tbs. butter
6 Tbs. shallots, minced
2 Tbs. all-purpose flour
2 Tbs. Dijon-style mustard
1 tsp. pepper, to taste
2 cups egg noodles, to taste
12 mini carrots, sliced
3½ cups beef broth
1 cup onions

1. Cook roast.
2. Then, cook carrots and onions over low heat in beef broth until tender (about 15 minutes).
3. In 8- to 10-inch sauté pan, melt butter over low heat, then whisk in flour and shallots. Cook until shallots soften (about 4 minutes).
4. Add Dijon mustard and pepper, and whisk until blended.
5. Add beef broth, stirring over low heat until slightly thickened (about 3 minutes). Remove from heat and stir in sour cream.
6. Add beef, carrots and onions and toss. Serve over egg noodles.

Three Stooges Skewers

1½ lb. CAB® chuck roast
1 bottle Italian dressing
1 bottle KC Masterpiece® marinade
1 Tbs. garlic butter seasoning
assortment of vegetables

1. Cut roast into 1-inch cubes. Cut vegetables to desired size.
2. Mix Italian dressing and KC Masterpiece marinade. Marinate roast and vegetables in mixture separately for a minimum of 2 hours and a maximum of 24 hours.
3. Thread roast and veggies onto skewers. Grill kabobs until desired doneness.
4. Enjoy!
**Poor Boy Beef**

- 5 lb. CAB® chuck roast
- 1 Tbsp. Worcestershire sauce
- 1 tsp. garlic powder
- ⅝ tsp. pepper
- ⅛ tsp. dry mustard
- ⅛ tsp. salt

- Add all ingredients to slow cooker; add 2 inches of water.
- Simmer 8-10 hours.
- Refrigerate broth, skim off fat and use as soup stock.

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**ANGUS BEEF CHART**

<table>
<thead>
<tr>
<th>CHUCK</th>
<th>RIB</th>
<th>ROUND</th>
<th>OTHER CUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BONELESS TOP BLADE STEAK</strong></td>
<td><strong>RIB STEAK, SMALL END</strong></td>
<td><strong>TOP ROUND STEAK</strong></td>
<td><strong>GROUND BEEF</strong></td>
</tr>
<tr>
<td>Braise, Panfry</td>
<td>Broil, Panbroil, Panfry</td>
<td>Broil, Panbroil, Panfry</td>
<td>Broil, Panfry, Roast</td>
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<tr>
<td><strong>ARM POT ROAST</strong></td>
<td><strong>RIBEYE ROAST</strong></td>
<td><strong>BONELESS RUMP ROAST</strong></td>
<td><strong>CUBED STEAK</strong></td>
</tr>
<tr>
<td>Braise</td>
<td>Roast</td>
<td>Roast</td>
<td>Panfry, Braise</td>
</tr>
<tr>
<td><strong>BONELESS CHUCK POT ROAST</strong></td>
<td><strong>RIBEYE STEAK</strong></td>
<td><strong>BOTTOM ROUND ROAST</strong></td>
<td><strong>BEEF FOR STEW</strong></td>
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<tr>
<td>Braise</td>
<td>Broil, Panbroil, Panfry</td>
<td>Braise, Roast</td>
<td>Braise, Cook in Liquid</td>
</tr>
<tr>
<td><strong>CROSS RIB POT ROAST</strong></td>
<td><strong>BACK RIBS</strong></td>
<td><strong>TIP ROAST, CAP OFF</strong></td>
<td><strong>CUBES FOR KABOBS</strong></td>
</tr>
<tr>
<td>Braise</td>
<td>Braise, Cook in Liquid</td>
<td>Roast, Braise</td>
<td>Broil, Braise</td>
</tr>
<tr>
<td><strong>MOCK TENDER</strong></td>
<td><strong>SHORT LOIN</strong></td>
<td><strong>EYE ROUND ROAST</strong></td>
<td><strong>ROUND</strong></td>
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<tr>
<td>Braise</td>
<td><strong>PORTERHOUSE STEAK</strong></td>
<td>Braise, Roast</td>
<td>Broil, Panbroil, Panfry</td>
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<td><strong>7-BONE POT ROAST</strong></td>
<td><strong>TENDERLOIN ROAST</strong></td>
<td><strong>TIP STEAK</strong></td>
<td><strong>SHORT PLATE &amp; FLANK</strong></td>
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<tr>
<td>Braise</td>
<td>Roast</td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td>Broil, Braise, Panbroil</td>
</tr>
<tr>
<td><strong>BLADE ROAST</strong></td>
<td><strong>TENDERLOIN STEAK</strong></td>
<td><strong>FLANK STEAK</strong></td>
<td><strong>FLANK</strong></td>
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<tr>
<td>Braise</td>
<td>Broil, Panbroil, Panfry</td>
<td>Broil, Braise, Panbroil</td>
<td><strong>4%</strong></td>
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<tr>
<td><strong>UNDER BLADE POT ROAST</strong></td>
<td><strong>SHORT PLATE &amp; FLANK</strong></td>
<td><strong>FLANK STEAK ROLLS</strong></td>
<td><strong>4%</strong></td>
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<tr>
<td>Braise, Roast</td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
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<td><strong>FLANK STEAK ROLLS</strong></td>
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<td><strong>FLANK STEAK</strong></td>
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<td>Braise, Cook in Liquid</td>
<td>Broil, Braise, Panbroil</td>
<td><strong>SKIRT STEAK (FAJITA MEAT)</strong></td>
<td><strong>Panfry</strong></td>
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<td><strong>FLANKEN-STYLE RIBS</strong></td>
<td><strong>SKIRT STEAK (FAJITA MEAT)</strong></td>
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<td><strong>Panfry</strong></td>
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<td>Braise, Cook in Liquid</td>
<td>Braise, Braise, Panbroil, Panfry</td>
<td><strong>SIRLOIN</strong></td>
<td><strong>CUBES FOR KABOBS</strong></td>
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<tr>
<td><strong>BRISKET &amp; FORE SHANK</strong></td>
<td><strong>SIRLOIN STEAK, ROUND BONE</strong></td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Braise</strong></td>
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<tr>
<td><strong>SHANK CROSS CUT</strong></td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>TOP SIRLOIN STEAK</strong></td>
<td><strong>CUBES FOR KABOBS</strong></td>
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<td>Braise, Cook in Liquid</td>
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<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Braise</strong></td>
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<td><strong>BRISKET, WHOLE</strong></td>
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<td><strong>TOP SIRLOIN STEAK</strong></td>
<td><strong>CUBES FOR KABOBS</strong></td>
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<tr>
<td>Braise, Cook in Liquid</td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Braise</strong></td>
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<tr>
<td><strong>CORNED BRISKET, POINT HALF</strong></td>
<td><strong>SIRLOIN STEAK, ROUND BONE</strong></td>
<td><strong>TOP SIRLOIN STEAK</strong></td>
<td><strong>CUBES FOR KABOBS</strong></td>
</tr>
<tr>
<td>Braise, Cook in Liquid</td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Braise</strong></td>
</tr>
<tr>
<td><strong>BRISKET, FLAT HALF</strong></td>
<td><strong>SIRLOIN STEAK, ROUND BONE</strong></td>
<td><strong>TOP SIRLOIN STEAK</strong></td>
<td><strong>CUBES FOR KABOBS</strong></td>
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<tr>
<td>Braise</td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Panbroil, Panfry</strong></td>
<td><strong>Broil, Braise</strong></td>
</tr>
</tbody>
</table>

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**Team Information**

Division: **14 to 17**

State: **Wisconsin**

Team Members:
- Paige Gaffney, Barneveld
- Dylan Horstmeyer, Marshall
- Hailey Jentz, Fennimore
- Grace Link, Deerfield
- Collin Petersen, Marshall
- Kelby Petersen, Marshall

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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
CAB® Stroganoff
2-3 lb. CAB® chuck roast, cut into thin strips  
House seasoning (recipe below)  
all-purpose flour  
2 Tbs. olive oil  
2 Tbs. butter  
1 medium onion, sliced  
8 oz. fresh mushrooms, sliced  
1 can (10 4 oz.) beef broth  
1 can (10 4 oz.) cream of mushroom soup  
salt and black pepper  
1 cup sour cream  
cooked egg noodles  
House seasoning:  
1 cup salt  
¼ cup black pepper  
¼ cup garlic powder

Seasoning instructions:
➤ Mix the ingredients together and store in an airtight container for up to 6 months.

Roast instructions:
➤ Sprinkle the CAB chuck roast with House seasoning to lightly cover, and then dust with flour.  
➤ In a large skillet, quickly brown roast on both sides in the olive oil and butter. Remove the roast from the pan.  
➤ Add the onion slices and mushrooms to the pan drippings. Sauté for a few minutes, until the onion is tender. Sprinkle with 1 teaspoon flour.  
➤ Put the roast back into the pan with the onion and mushrooms. Add the mushroom soup and beef broth. Cook over low heat for about 30 minutes, covered. Adjust seasoning to taste, adding salt and pepper as needed.  
➤ Stir in the sour cream in the last few minutes, right before you serve. Serve over cooked noodles.

CAB® Roast
3-4 lb. CAB® chuck roast  
1 can 7 Up® or Sprite®  
½ pot coffee  
2 cups water (or beef broth to enhance flavor)

Directions: oven method
1. Let roast rest to reach room temperature before cooking.  
2. Preheat oven to 325° F.  
3. Place roast in large roasting pot with liquid ingredients. Cover.  
4. Place roast in oven. Bake for 2½ hours or until internal temperature reaches desired doneness (approximately 25-30 minutes per pound).  
5. Remove roast to warm resting platter. Let rest for 15 minutes before carving and serving.

Directions: Crock-Pot® method
1. Let roast rest to reach room temperature before cooking.  
2. In large Crock-Pot, add roast and liquid ingredients.  
3. Cover Crock-Pot. Cook on high for 4-6 hours (see time-per-pound recommendations for your slow cooker).  
4. Remove roast to warm resting platter. Let rest for 15 minutes before carving and serving.
**Shredded Crock-Pot® Beef**

2 lb. CAB® chuck roast  beef broth  
Montreal Steak Seasoning  Worcestershire sauce

- Place roast beef in Crock-Pot.
- Add beef broth. Pour Worcestershire sauce over and sprinkle with steak seasoning.
- Cook on high for 4 hours or 6-8 hours on low. Remove from Crock-Pot. Tear apart with forks (shred).
- Place back in gravy in Crock-Pot for one more hour. Remove and serve.

**Oklahoma Angus Leading the Way Pot Roast**

3-5 lb. CAB® chuck roast  6 to 8 whole carrots, unpeeled, cut into 2-in. pieces  
salt and freshly ground black pepper  1 clove garlic  
Montreal Steak Seasoning  Worcestershire sauce  
¾ cup flour  3 cups beef broth  
2 or 3 Tbs. olive oil

- Preheat the skillet to 275° F.
- Generously season the chuck roast with salt and pepper and Montreal Steak Seasoning and roll the roast in flour.
- Heat the olive oil in large pot or electric skillet to medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.
- Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.
- If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- With the pot still on high, use beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway.
- Add in the onions and the carrots and season the top of the roast with garlic and Worcestershire sauce.
- Put the lid on and roast for 3 hours for a 3-pound roast. For a 4- to 5-pound roast, plan on 4 hours.
- The roast is ready when it is fall-apart tender.
- The roast can be served with mashed potatoes and gravy or, for a different taste, mushroom or chipotle butter.
**All-American Grilled Flank Steak**

1½ lb. CAB® flank steak, cut ¼-in. thick
¼ cup chopped onion
1 clove garlic, minced
½ tsp. chili powder
1 Tbs. margarine

1 cup cold water
2 Tbs. tomato sauce
1 Tbs. vinegar
1 Tbs. honey
½ tsp. ground ginger

1 tsp. instant beef bouillon granules
¼ tsp. salt
¼ tsp. pepper

1. For sauce, in a small saucepan cook onion, garlic and chili powder in margarine until tender. Stir in tomato sauce, vinegar, honey, salt and pepper. Bring to a boil, stirring constantly. Boil 5 minutes or until sauce is slightly thickened.
2. Meanwhile, trim fat from flank steak. Score steak diagonally into diamonds on both sides. Brush with sauce. Grill steak on an uncovered grill directly over medium coals for 7 minutes. Turn and grill to desired doneness, allowing 5-7 minutes more for medium. Brush occasionally with the remaining sauce.
3. To serve, thinly slice the flank steak across the grain.

Makes 6 servings.

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**Quick CAB® Oriental Stir-fry**

1 lb. CAB® flank steak, cut into 2-in. strips
1½ cups fresh broccoli florets
1 red bell pepper, cut into matchsticks
2 carrots, thinly sliced
1 green onion, chopped
1 small can water chestnuts
1½ cups snow peas

1 cup cold water
3 Tbs. soy sauce
2 Tbs. vegetable oil
Hot, cooked rice

1 Tbs. cornstarch
1 Tbs. cornstarch
½ tsp. instant beef bouillon granules
1 tsp. ground ginger

For sauce, stir together cold water, soy sauce, cornstarch, instant beef bouillon granules and ginger. Set sauce aside.
Prepare a wok or large skillet over medium-high heat; add cooking oil.
Add beef. Cook and stir until browned, 3-4 minutes. Move meat to sides of wok.
Add vegetables to center of wok or large skillet. Cook 2 minutes or until vegetables are crisp and tender.
Mix beef and vegetables together.
Add sauce mixture to coat beef and vegetables. Cover and cook about 3 minutes or until heated through. Serve immediately over rice.

Makes 4 servings.
Walk the Plank Flank Steak

1 ½-2 lb. CAB® flank steak

Marinade:
1 cup prepared teriyaki sauce
½ cup chopped onion
½ cup honey

- In a small bowl, combine marinade ingredients. Set aside ¾ cup marinade for basting.
- Place steak and remaining marinade in food-safe plastic bag; turn to coat. Close bag securely, and marinate in refrigerator approximately 4 hours.
- Remove steak from marinade; discard used marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 18-20 minutes for medium-rare to medium doneness; turn occasionally and baste with reserved marinade.
- Place remaining basting marinade in small saucepan; place on grid of grill and bring to a boil.
- Meanwhile, carve steak diagonally across the grain into thin slices. Spoon hot marinade over beef. May serve over bed of rice and grilled vegetables.
- Yields 6 to 8 servings.

Lucy’s Cooking Cuban Flank Steak

1 large piece CAB® flank steak

Marinade:
½ cup lime juice
¼ cup olive oil
1 tsp. cumin
1 tsp. oregano
½ cup orange juice
1 Tbs. fresh rosemary, chopped
1 Tbs. dark sesame oil
1 large clove garlic, crushed
½ tsp. pepper
1 tsp. onion powder
1 tsp. garlic powder
1 Tbs. soy sauce
1 Tbs. Chipotle chili powder (or use your favorite hot sauce)
2 tsp. lime zest (optional)

- Combine marinade ingredients in a Ziploc® bag, add steak and marinate.
- Let steak come to room temperature before grilling.
- Preheat grill to medium-high heat.
- Grill meat to desired doneness, 4-5 minutes per side. Be careful not to overcook this cut of meat (140°F-145°F for medium rare, 155°F-160°F for medium).
- Remove meat from grill; let rest for about 5 minutes. Slice across the grain; serve hot with slices of fresh lime.
Stuffed Flank Steak Kabobs

- Lay the steak flat and make some shallow cuts across the grain, and pound flat between two sheets of plastic wrap. Season with salt and pepper.
- Spread Boursin Cheese spread on meat, using about ¾ to all of container. Top with spinach and sun-dried tomatoes.
- Roll up jelly-roll style and tie with butcher’s twine every 1-1½ inches. Wrap in plastic wrap and store in refrigerator 12-15 hours until ready to grill, or cook immediately. (If refrigerated, bring to room temperature for 30 minutes before grilling.)
- Insert skewers in the meat next to the twine. Cut on either side of the skewers and twine. Oil the grill and bring to high heat. Lower grill temperature to medium heat and place skewers on grill. Cook 4-5 minutes on each side. Remove twine before serving.

Rolled Flank Steak

- Place the flank steak on a cutting board with the short end closest to you. Starting from one of the long sides, cut through the meat horizontally to within ½ inch of the opposite edge. (You can also ask your butcher to butterfly the flank steak for you instead of cutting it yourself.)
- Mix the soy sauce, olive oil and steak seasoning together in a gallon-sized resealable plastic bag. Marinate flank steak in the refrigerator 4 hours to overnight.
- Preheat oven to 350°F. Grease a glass baking dish.
- Lay out the flank steak flat in front of you with the grain of the meat running from left to right. Layer the provolone across the steak, leaving a 1-inch border. Arrange the bacon, spinach, red pepper and mushrooms across the cheese-covered steak in stripes running in the same direction as the grain of the meat. Roll the flank steak up and away from you, so that when the roll is cut into the pinwheel shape, each of the filling ingredients can be seen. Roll firmly, but be careful not to squeeze the fillings out the ends. Once rolled, tie every 2 inches with kitchen twine.
- Place over medium coals on grill. Cook on each side 5-10 minutes to desired doneness. Remove from grill and place on board to rest 15 minutes before cutting into 1-inch slices. Be sure to remove the twine before serving!
**Red River Steak**

**CAB® flank steak**

**Marinade:**
- Juice of two limes
- 3 toes (or cloves) fresh garlic, minced
- 1/2 tsp. cayenne pepper, ground
- 1 tsp. salt

Combine all ingredients in a 1-gallon zipper-lock plastic bag and add the flank steak. Marinate steak in refrigerator for 2 hours or as long as overnight.

Remove steak; pat dry with paper towels. Heat grill on medium high for 5 minutes.

Place meat on grill and cook about 5 minutes; turn steak over and cook about 4 minutes on that side, until meat is medium rare.

Remove from grill, place on a plate, cover with foil and let rest about 10 minutes.

Place meat on a cutting board (reserving juice from plate), and slice meat in 1/4-inch to 1/2-inch slices, cutting across the grain.

**Sauce for meat:**
(can be made 1-2 days ahead, stored in refrigerator and heated before serving)

- 1 green bell pepper, chopped
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cups chicken or beef broth
- 4 Tbs. roux, medium dark
- 1 bay leaf
- 2 Tbs. parsley
- 1 tsp. dried ground thyme
- 2 cups fresh tomato, chopped

In a sauté pan, melt roux over medium heat. Add bell pepper, onion and celery and sauté about 10 minutes, until aromatics are translucent and wilted. Stir in remaining ingredients and simmer for 30 minutes.

Remove bay leaf before serving.

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**More Than Just a Blank Slate Flank Steak**

**CAB® flank steak**

- Tenderize steak with mallet. Add salt and pepper to steak and rub with a mixed seasoning rub and olive oil. Marinate in bag for 2-3 hours while chilled.
- Grill for 17-21 minutes until medium and cooked to desired temperature.
- Garnish with crab imperial.

**Crab imperial recipe:**

- 1 lb. jumbo lump crabmeat (or lump)
- 1/2 cup Hellmann’s® mayonnaise
- 1 tsp. sugar
- 1 tsp. Old Bay® seasoning
- 1 tsp. finely chopped Italian parsley
- 1 large egg, lightly beaten
- Squeeze of lemon juice

Mix mayonnaise, egg, sugar, Old Bay®, lemon juice and parsley together and blend well; this is your imperial sauce.

Gently fold crab meat into imperial sauce, being careful not to break up crabmeat. (Place portions in baking dish using ramekins or small casserole dishes.)

Bake in 350° F oven for 20 minutes (top will turn golden brown). May be cooked in slow cooker or on grill.

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**Team Information**

**Division:** 14 to 17  
**State:** Louisiana  
**Team Members:**  
Faith Guice, Downsville  
Isaac McFarland, Keithville  
Clayton Simmons, Bossier City

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**Team Information**

**Division:** 14 to 17  
**State:** Maryland  
**Team Members:**  
Seth Brauning, Finksburg  
Avery Dull, Westminster  
Kyle Schulze, Woodbine  
Kevin Spicer, Ijamsville
Yee-Haw Flank Steak

1 lb. CAB® flank steak, thinly sliced
5 Tbs. soy sauce
2 ½ Tbs. brown sugar
¼ cup green onion, chopped

Combine soy sauce, brown sugar, green onion, garlic, sesame seeds, sesame oil and ground pepper. Pour over beef. Cover and refrigerate for at least 1 hour.

1. Place the thinly sliced beef in a shallow dish. Combine soy sauce, brown sugar, green onion, garlic, sesame seeds, sesame oil and ground pepper. Pour over beef. Cover and refrigerate for at least 1 hour.
2. Preheat grill.
3. Grill beef to desired degree of doneness.

CAB® Flankin’ the Steers

1-2 lb. CAB® flank steak
Marinade:
¾ cup honey
¾ cup teriyaki

1 tsp. minced garlic
½ tsp. ginger, minced
¼ to ½ cup red wine or balsamic vinegar
½ cup oil

1. Combine all marinade ingredients, pour over steak and allow steak to marinate for 2-12 hours.
2. Grill until desired doneness.
3. Allow to rest. Slice across the grain and enjoy.

Steak & Pepper Enchiladas

CAB® flank steak, seasoned with salt and pepper, grilled or broiled, sliced thin against the grain
2-3 peppers sliced thin (red bell, poblano, Hungarian wax pepper — your choice of one or all three)
1 large onion
1 Tbs. olive oil
1 tsp. chili powder
1 tsp. Mexican oregano (or regular oregano)
salt and pepper, to taste
2 cups pepper jack cheese (or something milder), shredded
1 can Hatch green chili sauce
1 can of chopped green chilies
2 green onions, chopped (optional)
Flour or corn tortillas

To make vegetable mixture, in large nonstick skillet, heat oil and add sliced onion and peppers. Add chili powder, oregano, salt and pepper. Cook until softened, about 10 minutes.
Warm tortillas in microwave (on plate with moist paper towel) for about 20-30 seconds or in skillet.
Start to assemble tortillas by first adding a small amount of cheese, sliced steak and vegetable mixture.
Roll up tortillas to form a cigar shape and place into a baking dish sprayed with nonstick spray. Once all enchiladas are assembled, warm green chili sauce and green chilies in skillet. Then pour sauce over all of the wrapped tortillas. Add a layer of cheese and place in oven. Bake for about 20 minutes or until cheese is melted and browned and sauce is bubbling. Garnish with chopped green onion, if desired.

Team Information
Division: 14 to 17
State: Nebraska
Team Members:
Emily Dethlefs, North Platte
Skylar Lienemann, Princeton
Sydni Lienemann, Princeton
Reagan Skow, Palisade
Miles Stagemeyer, Page

Team Information
Division: 14 to 17
State: Oklahoma
Team Members:
Jaryn Frey, Kingfisher
Madelyn Gerken, Cashion
Sydnee Gerken, Cashion
Victoria Gerken, Cashion
Charley Johnson, Orlando
Sydney Johnson, Orlando

Team Information
Division: 14 to 17
State: Texas
Team Members:
Georgia Blackwell, Venus
Cooper Free, Salado
Kaydee Free, Salado
Stuart Lastovica, Salado
Karsen Smoot, Argyle
Lexi Stevenson, Bedford
### Balsamic Flank Steak With Herb Butter

**2-3 lb. CAB® flank steak**

**Marinade:**
- 1/2 cup balsamic vinegar
- 1/4 cup soy sauce
- 2 Tbs. brown sugar
- 1 Tbs. lemon juice
- 1 lemon, sliced
- 4 cloves garlic, crushed
- 1 cup olive oil
- 3 lb. CAB® flank steak
- 4 Tbs. lemon juice
- 1 lemon, sliced
- 4 cloves garlic, crushed
- 1 cup olive oil

Mix marinade ingredients and pour over steak. Let marinate at least 5 hours or overnight in refrigerator. Set out at room temperature 30 minutes before cooking.

**Herb butter:**
- 1/2 stick butter, softened
- 2 Tbs. chives, finely chopped
- 1 Tbs. rosemary, finely chopped
- 1 tsp. salt

Combine ingredients, cover and refrigerate.

- Heat 2 tablespoons olive oil in cast-iron skillet. Drain steak and place in hot skillet to sear. (This may have to be done in two batches.) Sear on each side for 5-6 minutes per side. Cover and continue cooking another 4-5 minutes to medium rare or medium (140° F).
- Remove from skillet to platter. Put herb butter on top of steak. Cover with foil tent and let rest 5 minutes.
- Thinly slice across the grain and enjoy!

### Marinated Flank Steak

**Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB)**

**July 14, 2015, in Tulsa, Okla.**

The Challenge: Prepare and serve a unique entrée using a specified cut of Certified Angus Beef® (CAB®) and secret ingredients provided by the contest. Contest limited to 10 entries.

**Entries**

NJAA division (NJAA members 18-21)
- Joseph Adams, Union Springs, Ala.

Adult division
- Tim Clark, Gretna, Va., and Jacob McCall, Greenville, Va.
- Britt Jordan, Winfield, Kan., and Reid Shipman, Manhattan, Kan.
- Ron Hinrichsen and Terry Houser, both of Westmoreland, Kan.
- Myrna Sharpe, Arlington, Minn.
- Katherine Throne and Haley Throne, both of Lexington, Ga.
- Melanie Kiani and Emma Collins, both of Morton, Miss.

First-place winners in the NJAA division and the Adult division will receive a Certified Angus Beef logo jacket sponsored by Certified Angus Beef LLC and a $100 cash prize sponsored by the “Friends of the Black Kettle.”
**STEAK COMPETITION**

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**CAB® Shortstack**

3 lb. CAB® flank steak, thinly sliced  
½ tsp. garlic salt  
1 cup Dale’s Steak Seasoning  
1 tsp. onion powder  
1 tsp. soul seasoning  
1 tsp. garlic pepper  
1/3-1/2 cup salsa  
12 6-in. soft tortilla shells  
1 stick soft butter

- Slice steak into very thin slices. Place in a container that can be sealed. Lightly drizzle Dale’s sauce, onion powder, soul seasoning and garlic pepper over the meat. Seal and let sit for 30 minutes. Stir one time. Pour meat into a preheated skillet and cook until desired doneness. Do not overcook.
- Mix together butter and garlic salt. Lightly brush tortilla shells with mixture. Lightly toast in skillet. Four shells are used for each short stack.
- Mix 8 ounces of sour cream and 1/3 cup of salsa together. Mix the 2 cups of Mexican and Colby-Jack cheese together. Now it’s time to put everything together.
- Spread a layer of refried beans, layer of meat, layer of sour cream mixture, sprinkle of chopped green onions, and layer of shredded cheese. Repeat until you have used 4 tortillas for each stack.
- Cover the CAB shortstack and place in oven at 350° F just until the cheese melts. Place on plate and garnish with shredded lettuce, sour cream, chopped tomatoes and salsa.
- Enjoy!
- Serves 8.

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**Balsamic Glazed Steak Rolls**

1 1/2-2 lb. CAB® flank steak  
salt and pepper  
3 Tbs. Worcestershire sauce  
1 Tbs. olive oil

**Veggie filling:**

1-2 carrots  
1-2 bell peppers  
1 zucchini (depends on size)  
5-6 green onions

2 cloves garlic  
1 tsp. Italian herb seasoning

**Balsamic glaze sauce:**

2 tsp. butter  
2 Tbs. shallots, finely chopped  
1/4 cup balsamic vinegar  
2 Tbs. brown sugar  
1/4 cup beef broth

1. Cut flank steak into 3-inch strips. Season the steak pieces generously on both sides with salt, pepper and Worcestershire sauce. Marinate for at least 30 minutes.
2. Cut carrot, bell pepper and zucchini into 4-inch-long slim slices. Do the same with green onion, and slice in half. Peel garlic and crush cloves.
3. Melt butter in sauce pan.
4. Add finely chopped shallot and sauté until soft and translucent.
5. Add balsamic vinegar, brown sugar, beef stock and stir.
6. Allow sauce to boil, then reduce. When thickened, turn off heat and transfer to bowl.
7. In same pan, add a touch of olive oil and toss in garlic cloves to sit a few minutes.
8. Add carrots, bell pepper and zucchini; season with Italian herb seasoning, salt and pepper and stir-fry for 2-3 minutes on high heat.
9. Assemble steak rolls. Take a strip of the marinated steak, place veggies (add green onion now) in the middle, and roll the beef up over the filling, securing it with a toothpick.
10. Place on grill. Cook to your preference. Be sure to turn.
11. Remove toothpick and serve with balsamic glaze sauce over the top of each roll.

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**Team Information**  
**Division:** 18 to 21  
**State:** Mississippi  
**Team Members:**  
Jacob Carpenter, Potts Camp  
Will Manning, New Albany  
Hayden Neal, Forest  
Elizabeth Rone, Courtland  
Gabrielle Simpson, Tupelo  
Haley Walker, Potts Camp

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**Team Information**  
**Division:** 18 to 21  
**State:** Missouri  
**Team Members:**  
Brittany Eagleburger, Buffalo  
Chris Kahlenbeck, Union  
Cooper Sadowsky, Eagleville  
Sydney Thummel, Sheridan
**Bierocks (German Beef Pockets)**

- Heat butter in sauté pan. Add cabbage and onion and cook until tender. Season with salt, pepper and garlic.
- Mix beef, cabbage mixture and cheese.
- Flatten the rolls to form large circle. Place meat mixture (about ½ cup) in center of each roll. Fold over and seal.
- Bake 20 minutes until golden brown.
- Serve warm. Leftovers can be reheated in microwave.

**Reuben Dip**

- Drain sauerkraut. Mix with cream cheese and Swiss cheese. Add diced meat and dressing.
- Cover and heat on low in slow cooker until cheeses are melted, stirring occasionally.
- Serve warm with cocktail rye bread or serve open-faced on marble rye bread as a sandwich.

**CAB® Roast Beef Pepper Boats**

1. Preheat oven to 400°F.
2. Slice the peppers in half lengthwise and remove ribs and seeds.
3. Add butter, olive oil, garlic, mushrooms, onions, and salt and pepper to a large sauté pan. Cook over low-medium heat.
4. Sauté until onions and mushrooms are tender.
5. Slice roast beef into strips and add to the onion and mushroom mixture. Cook for 3-5 minutes until heated through.
6. Line the inside of each pepper with a slice of cheese, fill with the meat mixture and top with another slice of cheese.
7. Bake for 15-20 minutes until the cheese on top is golden brown.
**Deli-style Wrap**

8 oz. CAB® deli beef, thinly sliced
8 oz. cream cheese spread
2 Tbs. barbecue sauce
2 Tbs. spicy brown mustard
½ cup shredded marble cheese

- Mix together cream cheese, barbecue sauce and mustard.
- Spread 2 tablespoons mix on each tortilla.
- Layer with lettuce and beef.
- Sprinkle with cheese, and top with lettuce and onion.
- Roll up tight and serve.

8 oz. CAB® deli beef, thinly sliced
8 oz. cream cheese spread
2 Tbs. barbecue sauce
2 Tbs. spicy brown mustard
½ cup shredded marble cheese

- 2-3 plum tomatoes, thinly sliced
- ½ small purple onion, thinly sliced
- 6-12 iceberg lettuce leaves
- 6 8-in. flour tortillas

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**Out of the Park CAB® Sushi**

1 lb. CAB® deli roast beef

Marinade:
- 8 oz. cream cheese, softened
- pepperoncini, to taste
- ½ tsp. black pepper

- Option 1: Spread softened cream cheese on slices of roast beef. Sprinkle with black pepper to taste. Add pepperoncini to taste. Roll into log, slice and enjoy.

- Option 2: Combine chopped deli roast beef, softened cream cheese, black pepper and pepperoncini. Form into desired shape and chill. Serve with chips or crackers.

1 lb. CAB® deli roast beef

- 6 portobello mushrooms, stems removed
- 1 Tbs. olive oil
- 1 sweet onion, sliced into rings

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**Portobello Philly Cheesesteaks**

1 lb. CAB® deli roast beef, thinly sliced
6 portobello mushrooms, stems removed
1 Tbs. olive oil
1 sweet onion, sliced into rings
1 green bell pepper, sliced
2 cloves garlic, minced
salt and pepper
½ lb. provolone cheese, thinly sliced

- Place mushrooms stem side up on foil and place on grill for 10 minutes. Turn halfway through cooking. Place directly over grill fire for 1-2 more minutes to sear. (This can also be done on a baking sheet in a 375° F oven.)

- While the mushrooms are cooking, heat olive oil in skillet. Add onions and bell pepper and cook until soft, 6-8 minutes. Add the garlic and cook 30 more seconds.

- Layer 3–4 slices of roast beef onto each mushroom. Top the beef with 2 pieces of provolone cheese, followed by a generous portion of the onions and bell peppers. Season with salt and pepper.

- Return to grill or oven until the cheese is melted. Serve immediately.

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**Team Information**

**Division: 9 to 13**

State: Kentucky

Team Members:
- Ethan Blevins, Greenup
- Hannah Craig, Winchester
- Abigail Smoot, Campbellsville
- Clay Sparks, Paris
- Mayson Toll, Lawrenceburg

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**Team Information**

**Division: 9 to 13**

State: Oklahoma

Team Members:
- Blake Henrichs, Okarche
- Jake Henrichs, Okarche
- Teegan Shepard, Perkins
- Wyatt Shepard, Perkins

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**Team Information**

**Division: 14 to 17**

State: Illinois

Team Members:
- Emily Kiesewetter, Farmington
- Holly Marsh, Union
- Ashlynn Mool, Lexington
- Lauryn Mool, Lexington
- Mason Schneider, Grant Park
**French Dip Cupcakes**

12-16 oz. CAB® deli roast beef, thinly sliced & chopped  
6-8 oz. goat cheese  
16 wonton wrappers  
4 oz. mozzarella cheese, shredded

- Preheat oven to 375° F. Lightly mist muffin tin with cooking spray and set aside. Melt goat cheese with chopped roast beef and au jus. Stir until combined well. Push a wonton wrapper into the bottom of each muffin tin cup. Spoon about half of the roast beef mixture evenly among the wonton wrappers.  
- Sprinkle mozzarella cheese over roast beef mixture. Press another wonton wrapper on top and repeat with another layer of roast beef and mozzarella cheese.  
- Bake for 18-20 minutes until golden brown. Let cool 5 minutes before removing from muffin tin.

**Umami Overload CAB® Bruschetta Pizzetta**

1 lb. CAB® deli roast beef, sliced into 2- to 3-in. ribbons  
1 pkg. flat breads or pita breads  
8 oz. ball of fresh mozzarella cheese, sliced into ⅛-in. slices and torn into rough chunks  
4 Tbs. olive oil, divided  
2 cloves garlic, divided  
1 pint cherry tomatoes, coarsely chopped, squeezed and drained of juice  
½ cup chopped red onion  
2 Tbs. balsamic vinegar  
3-4 fresh basil leaves (or more if desired), chopped, plus basil leaf clusters for garnish (optional)  
salt and pepper, to taste  
¼ cup Parmesan cheese, grated

- Mince garlic and combine with olive oil in a medium bowl.  
- Lightly brush both sides of flat bread with oil, reserving about 1 tablespoon of oil in the bowl.  
- To reserved oil, add chopped and drained tomatoes, onion, vinegar and chopped basil. Salt and pepper to taste and toss to combine.  
- Toast flat breads on both sides over a hot grill. Move off of direct heat. Quickly and lightly sear beef ribbons over high heat. Layer tomato mixture, beef and mozzarella chunks on flat breads, leaving some of all the different items exposed.  
- Sprinkle with Parmesan cheese. Cover grill, or cover loosely with a foil tent until toppings are warmed through and cheese is melted.  
- Serve immediately, either open-faced or folded in half for eating out-of-hand.

**CAB® Everyday Roast Beef Sandwich**

1 lb. CAB® deli roast beef, thinly sliced  
1 can (10½ oz.) French onion soup  
1 Tbs. reduced-sodium Worcestershire sauce  
4 soft hoagie rolls (or your favorite bread)  
4 slices deli provolone cheese, cut in half  
¼ cup drained (hot or mild) pickled banana peppers  
8 Tbs. mayonnaise with 1 Tbs. horseradish sauce, (mixed well)

1. Heat the oven to 350° F.  
2. Heat the soup and Worcestershire in a saucepan over medium-high heat to a boil. Add the beef and heat through, stirring occasionally.  
3. Divide the beef evenly among the rolls. Spoon some of the soup mixture on top of the beef, add the cheese slices and place the sandwiches onto a baking sheet.  
4. Bake for 3 minutes or until the sandwiches are toasted and the cheese is melted.  
5. Top each sandwich with 1 tablespoon banana peppers. Serve with remaining soup mixture or mayonnaise/horseradish mixture on the side as a dipping sauce.
Roast Beef & French Onion Grilled Cheese Sandwich

2 thick slices CAB® deli roast beef
1 small onion
1 tsp. thyme leaves
1 Tbs. whole-grain mustard
kosher salt
pepper
1 Tbs. olive oil or butter, unsalted
1 Tbs. olive oil
mayonnaise (optional)
4 slices rye or sourdough bread
2 oz. Gruyere or provolone cheese

1. Heat olive oil over medium heat. Add onion, season with ¼ teaspoon salt and ¼ teaspoon pepper. Cook uncovered for 12 minutes. Reduce heat to medium-low; stir in thyme leaves and cook uncovered, stirring occasionally, until the onions are golden brown, 15-20 minutes more (add 1 or 2 tablespoons of water to the skillet if the onions start sticking).
2. Brush one side of the slice of bread with butter or oil. Form sandwiches with bread, whole-grain mustard, Gruyere or provolone cheese, roast beef and onion mixture. Add mayonnaise, if desired. Cook sandwiches, covered, until the bread is golden brown and crisp and the cheese has melted, 4-5 minutes per side.
Enjoy!
Serves 2.

Creamed Beef Breakfast

2 oz. CAB® deli roast beef, medium thickness
4 Tbs. butter
2 Tbs. (heaping) Bisquick®
½ cup milk
2-3 English muffin halves
pepper, to taste

Dice deli roast beef into small pieces. Melt butter in pan, stir in Bisquick. Stir constantly until it is smooth; add beef and milk while continually stirring until thick. Add pepper to taste. Serve over English muffin halves. Can keep gravy warm in a slow cooker until ready to serve. This recipe is easily multiplied.

Team Information
Division: 18 to 21
State: Indiana
Team Members:
Nick Innis, Milroy
Sarah Innis, Milroy
Karson Patton, Frankfort
Austin Waterman, Anderson
 Jordyn Wickard, Greenfield

Team Information
Division: 18 to 21
State: Virginia
Team Members:
Morgan Alexander, Berryville
Lauren Beasley, Bluemont
Hannah Cox, Staunton
Mackenza Muncy, Staunton
Helena St. Clair, Berryville

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