THE 33RD ANNUAL

2016 All-American Certified Angus Beef® Cook-Off

In conjunction with the

2016 NATIONAL JUNIOR ANGUS SHOW

Grand Island, Neb. • July 5, 2016
The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 33rd 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. Torri Lienemann, Princeton, Neb., 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 17th 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 12th time this award will be presented.
- **Jim Baldrige Secret Seasonings — Bob, Becky, Jake and Lindsay Tiedeman, North Platte, Neb.; and Quintin Smith Family Angus, Lebanon, Tenn.,** for sponsoring custom-designed T-shirts for each contestant.
- **Friends of the Black Kettle**, the Kentucky Angus Association, the Nebraska Beef Council and American Angus Auxiliary for awards.
- **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- **Sysco, Lincoln, Neb.,** for sponsorship of 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.

### 2016 All-American Certified Angus Beef® Cook-Off contest judges

| Bill Angell | Livestock Superintendent | Nebraska State Fair | 501 E. Fonner Park Rd. | Grand Island, NE 68801 |
| C.J. Brown | Livestock Illustrator | 904 N. Mulford Rd. | Lindenwood, IL 61049 |
| Tom Burke | American Angus Hall of Fame | Box 660 | Smithville, MO 64089 |
| Jon Davis | Champion Hill | 1493 Bullaville Pike | Gallipolis, OH 45631 |
| Paul Dykstra | CAB Beef Cattle Specialist | Box 856 | Chappell, NE 69129 |
| Barbara Ettredge | Past president | American Angus Auxiliary | 1001 Berend Rd. | Pilot Point, TX 76258 |
| Joe Gangwish | KRBN 880 Radio | Box 880 | Lexington, NE 68850 |
| Shauna Hermel | Editor, Angus Journal | 3201 Frederick Ave. | Saint Joseph, MO 64506 |
| Kara Wilson Lee | CAB Production Brand Manager | 17309 Dakota Dr. | Leavenworth, KS 66048 |
| Gretchen Mafi | Oklahoma State University Associate Professor | Dept. of Animal Science 104A | Stillwater, OK 74078 |
| Miranda Reiman | CAB Industry Information Assistant Director | 75845 Rd. 417 | Cozad, NE 69130 |
| Quintin Smith | Quintin Smith Family Angus | 5171 Cainsville Rd. | Lebanon, TN 37090 |
| John Stika | CAB President | 206 Riffel Rd. | Wooster, OH 44691 |
| Jake Tiedeman | Baldrige-Tiedeman Angus | 6500 N. Homestead Rd. | North Platte, NE 69101 |
| Steve White | N TV, Co-Farm Director | 3404 W. 13th St. Suite 123 A | Grand Island, NE 68803 |
**Garlic Rosemary Studded Roast**

- **3- to 4-lb. CAB® top sirloin center-cut roast**
- 3 cloves garlic, minced
- 1 tsp. dried rosemary
- 1 tsp. kosher salt
- 6 cloves garlic, split in half lengthwise

1. Mix minced garlic, dried rosemary and 1 teaspoon salt in a small mixing bowl. Cut approximately 20 slits evenly spaced around the roast, about 1-inch deep, using a paring knife. Rub mixture evenly all over roast and refrigerate 2 or more hours.
2. Preheat oven to 450° F. Remove roast from refrigerator and wipe clean with a paper towel. Rub roast with olive oil and season all sides with additional salt and pepper to taste. Place fat side up in roasting pan fitted with rack.
3. Place roast in oven for 15 minutes. Remove from oven and reduce temperature to 325°. Insert halved garlic cloves and rosemary sprigs evenly into premade slits. Place roast back in oven and continue cooking about 1¼ hours for medium doneness.
4. Remove roast from oven, place on cutting board and loosely tent with foil. Allow to rest 15 minutes before slicing roast across the grain.

**Royal CAB® Top Sirloin Center-cut Roast**

- **2- to 3-lb. CAB® top sirloin center-cut roast**
- seasoning salt mixture, recipe follows
- basting sauce, recipe follows

**Basting sauce:**
- ½ cup red wine vinegar
- ½ cup olive oil
- 8-10 cloves of garlic

**Seasoning salt mixture:**
- 2 tsp. freshly ground black pepper
- 2 tsp. white pepper
- 2 tsp. cayenne pepper
- 1 tsp. onion powder
- 4 Tbs. granulated garlic
- 6 Tbs. kosher salt

- Mix together all ingredients for the seasoning salt mixture in a small bowl.
- Blend together basting sauce ingredients using a hand immersion blender.
- Coat both sides of the roast with the seasoning mixture, rubbing it in as you would a dry rub. Let the seasoned roast rest for at least 30 minutes at room temperature. Sear each side of the roast at an extremely high temperature for 3-4 minutes per side.
- Remove from grill, cover with foil and let it rest while bringing the grill temperature down to 350°-400° F. Put the roast back on the grill and cook to an internal temperature of 126° for medium rare, basting with sauce every 5-10 minutes.
- Remove roast from the grill, cover it with foil and let it rest for 15 minutes. Cut against the grain into ½-inch slices.
Kentucky Roast
2- to 3-lb. CAB® top sirloin center-cut roast 2 cups potatoes
1 1⁄2 cup carrots 2 cups water
1 cup celery 1 pkg. McCormick® roast seasoning
1 cup onion, chopped

► Place beef and vegetables in slow cooker.
► Mix seasoning mix and water until blended. Pour over beef and vegetables. Cover.
► Cook 4 hours on high.
► Stir and serve.

Smoked Pepper Roast
1 CAB® top sirloin center-cut roast 1⁄2 cup kosher salt
4 Tbs. tricolor peppercorns 8 cloves of garlic, minced
3 sprigs rosemary 4 Tbs. olive oil
3 sprigs thyme

► Heat cast-iron skillet or grill pan over hot coals on barbecue grill. Warm smoker to 300°-325° F.
► Crack peppercorns to coarse grind.
► Pull leaves off rosemary and thyme, then coarsely chop. Mix peppercorns, salt, herb leaves and
garlic together and toss with fingers or fork and set to the side.
► Prepare/trim roast. Place roast fat side up, drizzle with olive oil and rub in by hand. Sprinkle rub
mix on all sides of roast and press lightly with hands.
► Sear roast in hot skillet on all sides.
► Insert meat thermometer sideways into roast near the center. Put roast in smoker and cook until
internal temperature reaches 145°. Cover lightly with aluminum foil.
► After 10 minutes of rest, slice and serve.
► Use catch pan in smoker to catch drippings. Separate fat from drippings. Add salt, pepper and
Worcestershire sauce to taste and use as au jus to drizzle over sliced roast.

Super Hero Supper Roast
3- to 4-lb. CAB® top sirloin center-cut roast brisket rub
2 Tbs. olive oil 2 cups beef broth

► Rub the roast on all sides with the oil and place on a rack in a roasting pan or Dutch oven, fatside
up. Season well with the brisket rub.
► Set grill or oven temperature to 450° F and preheat. Cook for 25-30 minutes until outside is
seared. Add beef broth, cover and lower temperature to 225°. Cook for 2-3 hours, until the
internal temperature reads 135°.
► Tent the roast with aluminum foil and let the meat rest for 10 minutes before slicing across the
grain into thin slices.
Mix all ingredients in a one-gallon Ziploc® bag and marinate roast for 1 hour.

Add olive oil to coat bottom of a Lifetime® liquid-core 5-quart cooker and heat to 350° F. Sear the roast on all sides.

Add sliced fresh mushrooms. Reduce heat to simmer and add 1 cup of cooking liquid of your choice (Red cooking wine, chicken broth, stock, water).

Cook on simmer for 3-4 hours, adding liquid if needed. The cooking liquid will reduce to make a nice sauce.

CHopped: The CAB® Way
CAB® top sirloin center-cut roast

Marinade:
- 1/3 cup tamari sauce
- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcesteshire sauce

1 Tbs. black pepper
1 Tbs. dried basil
1 tsp. garlic powder
1 Tbs. black pepper
1 tsp. chipotle chili powder

Team Information
Division: 8 to 13
State: Nebraska
Team Members:
- Kacey Dethlefs, North Platte
- Kasey Meyer, Blue Hill
- Kyra Meyer, Blue Hill
- Nicole Nichols, Chambers
- Rachel Smith, Osceola
- Tavin Uden, Franklin

ANGUS BEEF CHART
**Italian Stuffed Sirloin Roast**

4-lb. CAB® center-cut sirloin roast

Stuffing:
- ½ stick butter, softened
- 1 shallot, minced

Marinade:
- 2 Tbs. fresh parsley, minced
- 4 cloves garlic, minced
- 3 Tbs. fresh basil, thinly sliced

**CAB® top sirloin center-cut roast**

Uniquely Kentucky Burgoo

- red pepper pods
- diced okra
- chopped parsley (or flakes)
- beans (great northern, butter beans or lima)
- diced celery
- 1 Ale-8®

- salt and pepper
- Tabasco®
- steak sauce
- Worcestershire sauce
- water, if desired

**1977 Roast Sandwich with ‘We Will Rock You’ Sauce**

- sliced onions
- bread-and-butter pickles

**’We Will Rock You’ Sauce:**
- ½ cup fresh ground horseradish
- ½ cup mayonnaise
- 1 clove garlic, minced
- ½ lemon, juiced
- salt and pepper

Team Information

**Division:** 14 to 17

**State:** Illinois

**Team Members:**
- Faith Guice, Downsville
- Lani LeBeouf, DeRidder

Team Information

**Division:** 14 to 17

**State:** Kentucky

**Team Members:**
- Caroline Cowles, Rockfield
- Catherine Cowles, Rockfield
- Makayla Jeffries, Horse Cave
- Abigail Smoot, Campbellsville
- Thomas Smoot, Campbellsville

Team Information

**Division:** 14 to 17

**State:** Louisiana

**Team Members:**
- Faith Guice, Downsville
- Lani LeBeouf, DeRidder
Florida Pot Roast
3- to 4-lb. CAB® top sirloin center-cut roast
3 tsp. vegetable oil
2 tsp. salt
1 tsp. black pepper
½ cup flour
3 cups beef broth
1 bay leaf
1 ½ tsp. dried thyme
½ tsp. rosemary
4 carrots
2 stalks of celery
3 large potatoes
8 oz. mushrooms

- 30 minutes preparation. 90 minutes to cook in slow cooker. Parsley to garnish.

Top Sirloin Roast Beef Sandwiches
3- to 4-lb. CAB® top sirloin center-cut roast
1 pkg. brown gravy mix (powder)
1 pkg. ranch dressing (powder)
1 stick of butter
10-12 pepperoncini peppers
1 Tbs. honey mustard
1 Tbs. poppy seeds
2 Tbs. onions, minced
1 Tbs. poppy seeds
Hawaiian rolls
Provolone cheese
Optional condiments: cheese, mustard, mayonnaise, hard roll or bun, french fried onion rings

- Place roast in pressure cooker. Sprinkle both mixes over the top. Place the stick of butter on top of the roast. Surround the roast with peppers. Cook for 90 minutes to 2 hours in the pressure cooker or for 6-8 hours in a slow cooker on high.
- Slice or shred roast. Serve on hard roll or bun topped with smoked Gouda cheese, your choice of condiments and french fried onion rings.

CAB® Pot Roast Sandwiches
2- to 3-lb. CAB® top sirloin center-cut roast
Marcum® Pot Roast Seasoning Mix
1 Tbs. honey mustard
1 Tbs. poppy seeds
2 Tbs. onions, minced
Hawaiian rolls
Provolone cheese

- Slowly cook roast using Marcum® Pot Roast Seasoning Mix. Baste throughout cooking; after tender let rest.
- Slice roast against the grain into thin slices. Melt 1 stick of butter in saucepan and add 1 tablespoon of honey mustard, 1 tablespoon of poppy seeds, and two tablespoons of minced onions.
- Cut Hawaiian rolls in half, place the bottom half in pan and lightly glaze with the butter mixture. Place sliced roast on rolls, and put provolone cheese on roast. Place top half of rolls on cheese and glaze with remaining butter mixture.
- Bake in roaster at 375° F for about 15 minutes.

Parlor Prime Roast
3- to 4-lb. CAB® top sirloin center-cut roast
1 cup water
1 Tbs. garlic pepper
½ packet Good Seasonings Italian Dressing Mix
½ packet brown gravy mix

- Pour water over roast, sprinkle garlic pepper, Italian seasoning and brown gravy over roast. Cook on low in slow cooker for 6 hours.
Perfect CAB® Shish Kebabs

3- to 4-lb. CAB® top sirloin center-cut roast  
1/2 cup orange juice  
1/2 cup soy sauce  
1/2 cup honey  
1 clove garlic, mashed  
1 tsp. salt  
1 tsp. ginger  
1/2 tsp. pepper  
1 Tbs. olive oil  
(vegetables according to taste)  
medium sweet peppers, cut into 1-inch pieces, divided  
1 medium onion, cut into wedges  
medium fresh mushrooms  
squash

1. Combine the soy sauce, orange juice, honey, salt, pepper and ginger.  
2. Pour mixture into a large resealable plastic bag; add the beef. Make sure you cut your beef to consistent sizes so it cooks uniformly. Seal bag and turn to coat; refrigerate overnight.  
3. Drain and discard marinade. On metal or soaked wooden skewers, thread each skewer with all the same type of ingredients. Some skewers have only meat, some have only peppers, some have only squash and some only have onions. You can grill each skewer for exactly the amount of time needed.  
4. Leave a little space between each piece on the skewer. Don’t jam them too tightly together or they won’t cook in the middle. They need some room.  
5. Some foods twirl loosely on the skewer. Just thread them onto two skewers.  
6. Mushrooms require a surprisingly long cook time; you’ll probably want to put them on the grill even before you add the meat.  
7. Unless you like raw onions, they need to cook longer, too, but avoid really high heat or they will char before they start to turn soft and sweet.  
8. Brush kabobs lightly with oil.  
9. Moisten a paper towel with olive oil; using long-handled tongs, lightly coat the grill rack. Grill until beef and vegetables reach desired doneness, turning occasionally and basting with reserved marinade.  

Yield: 8 servings.

Tasty Top Sirloin Roast

Marinade:  
1 CAB® top sirloin center-cut roast  
2 cups water  
1 Tbs. extra virgin olive oil  
3 Tbs. barbecue sauce

Barbecue rub:  
Your favorite dry beef rub

- Combine water, olive oil, barbecue sauce, soy sauce and A.1. Sauce in a container large enough to hold the roast. Add roast and allow to marinate 15 minutes per side.  
- Remove roast from marinade and generously sprinkle your favorite beef rub on all sides of roast.  
- Cook roast in an oven at 325° F or an outdoor grill until the internal temperature reaches 145°-150° for medium doneness or as you prefer.

Yield: 6 servings.
Really Good Steak

4 CAB® ball tip steaks
Marinade:
- ½ cup cooking sherry
- ½ cup soy sauce
- ½ cup oil
- 1 Tbs. honey

3 Tbs. fresh minced ginger
2 Tbs. minced garlic

Compound butter:
- 1 stick salted butter, softened
- 1½ Tbs. minced garlic
- 2 Tbs. fresh basil, chopped fine

Mix marinade ingredients in a zip-close bag, then add steaks. Cover steaks well with marinade. Marinate in refrigerator 4-6 hours. Let steaks sit at room temperature 30 minutes prior to grilling. While steaks are marinating, combine butter and herbs. Place on waxed paper and roll into log. Refrigerate until serving time. Grill steaks over medium heat about 4-5 minutes per side. Remove steaks to serving plate and immediately top with 1 or 2 slices of compound butter. Loosely cover with foil and let rest 5 minutes before serving.

Sizzlin’ Steak Bites

4 CAB® ball tip steaks
- 6 Tbs. balsamic vinegar
- 4 Tbs. olive oil
- 2 Tbs. Worcestershire sauce
- 2 Tbs. soy sauce
- 2 cloves garlic, minced
- 8 Tbs. butter
- kosher salt, to taste
- fresh ground pepper, to taste

Cut the steaks into bite-size pieces, removing any fat. Place the next five ingredients in a resealable bag with the steak. Turn to coat, and marinate for 30 minutes. Remove from the bag and sprinkle with the kosher salt and pepper. Mix the meat with the seasonings. Heat a cast-iron skillet on the grill over medium to high heat. The pan must get very hot. As the pan is heating, add 2 tablespoons of butter and let melt. Swirl the butter around the pan and let it brown. Add a single layer of meat to the pan and let cook for 30-45 seconds. After it browns, turn the meat over with a spatula and let cook on the other side. It should just sear the outside of the meat and still be pink in the center. Remove to a plate and add another 2 tablespoons of butter to the pan. Allow to brown and add more meat. Repeat the process until all meat has been cooked. Pour the remaining browned butter over the plate of meat.

Three-Herb Steak

4 CAB® ball tip steaks, cut 1½-in. thick
- ½ cup snipped fresh parsley
- ¼ cup snipped fresh basil
- ¼ cup olive oil
- 1 Tbs. snipped fresh oregano
- 1 tsp. cracked black pepper

½ tsp. salt
1 medium red and/or yellow sweet pepper, cut into
½-in. rings
1 Tbs. olive oil

1. In small bowl combine parsley, basil, ¼ cup oil, oregano, 1-2 teaspoons black pepper and ½ tsp. salt. Pat about two-thirds of the herb mixture onto both sides of steaks; cover and chill for 1 hour.
2. Meanwhile, brush sweet peppers with 1 tablespoon oil. Sprinkle lightly with salt and additional black pepper.
3. Grill steaks to desired doneness.
4. Sprinkle steaks with remaining herb mixture. Cover and let stand for 5-10 minutes.

Team Information
Division: 8 to 13
State: Illinois
Team Members:
Reese Anderson, Chrisman
Halley Boyd, Waynesville
Austin Mussman, Grant Park
Logan Mussman, Grant Park
Abbie Schwab, Goddard
Kelsey Theis, Leavenworth

Team Information
Division: 8 to 13
State: Wisconsin
Team Members:
Kelly Gaffney, Barneveld
Clara Henderson, East Troy
Hailey Jentz, Fennimore
Collin Petersen, Marshall
Kelby Petersen, Marshall
Grilled CAB Ball Tip Steak Tips with Mushroom Sauce

4 CAB® ball tip steaks
1/2 tsp. dried thyme
1/2 bottle (750 ml) of red cooking wine
3/4 tsp. salt, or salt to taste
2 cans (29 oz.) beef broth
1/2 tsp. black pepper, or pepper to taste

4 portobello mushroom caps, sliced
1 shallot, finely chopped
1/4 cup butter
2 Tbs. all-purpose flour
1 clove garlic, chopped

1. Preheat outdoor grill to medium-high heat. Melt butter in a large skillet over medium-high heat. Sauté the shallot until transparent, then add mushrooms and cook, covered, until darkened, about 5 minutes. Remove mushrooms from the pan and set aside. Deglaze the pan with one can of beef broth and cooking wine. Increase heat and bring to a boil. Allow the mixture to boil until it has reduced by one-third.
2. Grill the steaks to desired doneness. Season with salt and pepper if desired. Remove to a plate and set aside.
3. When the sauce is reduced, stir in the other can of beef broth and garlic. Return to a boil and continue to cook for another 5-10 minutes. Sauce will be thin like au jus. Whisk in flour, and cook until the sauce is the desired thickness. Taste and adjust seasoning(s) if necessary. Stir in the mushrooms. Serve mushroom sauce spooned over steaks.

Spicy Steak

4 CAB® ball tip steaks
1 tsp. garlic powder
1 tsp. fennel seed, crushed
1/2 tsp. thyme
2 tsp. pepper

1/2 tsp. cayenne pepper
1 Tbs. paprika
1/2 tsp. oregano
1/2 tsp. salt

Mix all ingredients together and rub on steaks before grilling.

Tantalizing Steak Tacos

4 CAB® ball tip steaks
CAB® Signature seasoning
olive oil
4 Tbs. Worcestershire sauce
1/2 cup peanut butter
3 Tbs. soy sauce
2 Tbs. vinegar
2 Tbs. lime juice
1 Tbs. sriracha sauce (add more if you want it a little spicier)
small flour tortillas
1 large avocado, peeled, pit removed, and cut into thin slices
1 cup chopped tomatoes
shredded or crumbled mozzarella cheese
1/4-1/2 cup cilantro leaves, chopped

Place the steak in a resealable bag with the Worcestershire sauce to cover. Refrigerate for at least half an hour.
Spread olive oil over the steak and sprinkle with CAB® Signature seasoning. Cook steaks over a medium-hot grill for 5 minutes and turn once. Cook to medium rare or medium. Remove steak to a cutting board and allow to sit for 5 minutes before cutting into strips, against the grain.
Prepare the sriracha peanut butter sauce by combining the peanut butter and 1 tablespoon at a time of the soy sauce, rice vinegar and lime juice. Add a little more of each to suit your taste and make sure you stir it thoroughly to get the best consistency. Stir in the sriracha sauce a little at a time.
Warm the tortillas on the grill, set on the plate and place a few strips of steak on the tortilla. Top with a drizzle of sriracha peanut butter sauce, a couple of avocado slices, tomatoes and a sprinkle of cilantro.
**New Orleans Style Ball Tip Steaks**

4 CAB® ball tip steaks  
1 Tbs. olive oil  
2 tsp. steak seasoning

- Step 1: Brine steaks for 1 hour.  
- Step 2: Take out steaks and pat dry.  
- Step 3: Season with dry rub.  
- Step 4: Place olive oil in skillet and heat. Sear steak until desired doneness is reached.  
- Step 5: Remove from heat and let rest for 10 minutes.

**Shrimp étouffée recipe:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive oil</td>
<td>3 Tbs.</td>
</tr>
<tr>
<td>Medium onions, chopped</td>
<td>2 Tbs.</td>
</tr>
<tr>
<td>Flour</td>
<td>1 cup</td>
</tr>
<tr>
<td>Water</td>
<td>1 stick</td>
</tr>
<tr>
<td>Butter</td>
<td>1 lb. shrimp, peeled</td>
</tr>
<tr>
<td>Ro-tel® tomatoes</td>
<td>1 can mild</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>1 can</td>
</tr>
<tr>
<td>Crawfish boil seasoning</td>
<td>1 pinch</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Italian parsley</td>
<td>1 tsp.</td>
</tr>
</tbody>
</table>

- Step 1: Sauté onions in olive oil.  
- Step 2: Mix water and flour, and add to onions.  
- Step 3: Add butter, Ro-tel, tomato sauce, crawfish boil seasoning and sugar to mixture and let simmer about 30 minutes.  
- Step 4: Add shrimp and continue to simmer 30 minutes. Season to taste.  
- Final Step: Place steaks on plate. Top with shrimp étouffée.

**Not Just a Blank Slate Grilled Steak**

4 CAB® ball tip steaks  
1 Tbs. olive oil  
2 tsp. steak seasoning

- Add salt and pepper to steak and family recipe mixed seasoning rub and olive oil and 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:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lump crabmeat (or lump)</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Hellmann’s® mayonnaise</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Finely chopped Italian parsley</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Egg, lightly beaten</td>
<td>1 large</td>
</tr>
<tr>
<td>Old Bay® seasoning</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>Squeeze of</td>
</tr>
</tbody>
</table>

- 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° oven for 20 minutes (top will turn golden brown). May be cooked in slow cooker or on grill.
Maple Steak Breakfast Wrap

- In large skillet, heat butter over medium heat. Add in onions and cook, stirring occasionally, until deep brown and caramelized, about 20 minutes. Season with salt and pepper and set aside.
- Heat a large cast-iron grill pan over medium-high heat. Sprinkle steak strips with salt and pepper. Cook until super caramelized, about 6-10 minutes. Rest meat 10 minutes.
- Whisk eggs with a little salt and pepper. Scramble until firm.
- On a flat tortilla lay 2 slices of cheese. Add some steak, scrambled eggs and onions. Drizzle 1-2 tablespoons of pure maple syrup over contents. Roll up, brush with a little vegetable oil and griddle for 2-3 minutes per side.
- Serve with a side of maple syrup for dipping if desired.

CAB® Grilled Quesadillas

- Season steaks with a sprinkling of salt and pepper or your favorite seasoning. Grill steak over medium heat to preferred degree of doneness.
- Thinly slice mushrooms, green pepper, red pepper, yellow pepper and onion. Melt butter in skillet. Sauté mushrooms, green pepper, red pepper, yellow pepper and onion until tender. Thinly slice cooked steak. Combine the vegetables and steak.
- On one-half of the uncooked tortilla, place approximately 1 tablespoon of Monterey jack cheese (more if you would like), ¼ cup of meat and vegetable mixture, and add more cheese on the meat and vegetables. Fold half of the tortilla over the other half. Press along the edge of the tortilla to seal it. Repeat with the remaining tortillas, cheese, meat and vegetables.
- Placed filled tortillas on grill for 3-5 minutes per side or until the tortilla is crisp.
STEAK COMPETITION

Fireside Fajitas

2 lb. CAB® ball tip steak  
½ cup olive oil  
2 Tbs. Worcestershire sauce  
¼ cup fresh lime juice  
4 garlic cloves  
1 Tbs. cumin  
1½ tsp. chili powder  
½ tsp. chipotle chili powder  
½ tsp. red pepper flakes  
1 tsp. salt  
1 tsp. black pepper  
2 tsp. sugar  
¼ cup chopped fresh cilantro  
2 red bell peppers, chopped  
2 green bell peppers, chopped  
2 red onions, chopped

Mix all ingredients before peppers. Score the steak. Pour half into a zippered bag with the steak, and half into a zippered bag with the chopped peppers and onions. Marinate for at least an hour.

Grill steak on high heat for 3 minutes per side for medium rare and slice against the grain in ½-inch slices. Cook peppers and onions on medium high heat until tender.

Serve with tortilla shells, cheese and avocado cilantro sauce.

Avocado cilantro sauce:

1 avocado  
1/2 cup Greek yogurt  
1/3 cup fresh cilantro

Combine all ingredients in food processor until smooth. Serve on the side for dipping.

North Dakota Prairie Steaks

4 CAB® ball tip steaks  
¼ cup olive oil  
juice of 1 lemon  
juice of ½ lime  
2 cloves garlic, chopped  
½ jalapeño, chopped and seeded  
1 medium onion, chopped  
2 tsp. fresh cilantro, chopped  
1 tsp. fresh ginger, chopped  
¼ tsp. black pepper  
½ tsp. seasoning salt  
2 Tbs. sweet chili sauce

Chop and mix onion, garlic, jalapeño, ginger, cilantro and add to olive oil, lemon juice, lime juice, pepper, salt and sweet chili sauce. Then place steak in zip-close bag, pour marinade over the top and refrigerate for at least 1-2 hours. Take out and grill steak to medium about 8-10 minutes, then let it rest for 5-10 minutes before cutting.

All-American Certified Angus Beef® CHEF’S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB)
July 5, 2016, in Grand Island, Neb.

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)
► Haley Throne, Lexington, Ga.
► Chelsey Figge, Onaga, Kan.

Adult division
► Allison Dubs, Omaha, Neb., and Louis Dubs, Billings, Mont.
► Katherine Throne and Julie Throne, both of Lexington, Ga.
► Tim Clark, Gretna, Va., and Jacob McCall, Greenville, Va.
► Nelson Hager and Rachel Hager, both of Omaha, Neb.
► Meredith DeBorde, Bardwell, Texas, and Lorie Stovall, Corsicana, Texas

First-place winners in the NJAA division and the Adult division will receive a CAB logo jacket sponsored by CAB and a $100 cash prize sponsored by the “Friends of the Black Kettle.”

Team Information

Division: 14-17
State: North Carolina
Team Members:
Marcie Harward, Richfield
Mattie Harward, Richfield
Cara Smith, Pleasant Garden
Thomas Smith, Pleasant Garden

Team Information

Division: 14-17
State: North Dakota
Team Members:
Alexis Vandeberghe, Cleveland
Kelsey Vandeberghe, Cleveland
Reed Wendel, LaMoure
Rose Wendel, LaMoure
**CAB® Gold Medal Stir Fry**

4 CAB® ball tip steaks, sliced thin

Marinade (per pound):
- 1 can (20 oz.) pineapple chunks in juice
- 1 Tbs. fresh ginger, grated, or ½ tsp. ground ginger
- 1 Tbs. soy sauce
- 1 tsp. vegetable oil
- 1 clove garlic, finely chopped
- ½ tsp. cornstarch

- Vegetables to taste — ½ to 1 cup each:
  - broccoli, chopped
  - snow peas
  - sweet peppers (lots of colors)
  - mushrooms
  - carrots
  - summer squash
  - zucchini
  - onions
  - 2 scallions, chopped (optional)

1. Drain pineapple, reserving 1 cup of chunks, ½ cup juice (reserving juice for other purposes).
2. Combine ½ cup of the juice, ginger, soy sauce and meat in a bowl.
3. Cover bowl; marinate for 15 minutes.
4. In large nonstick skillet heat oil, add garlic and sauté 30 seconds until fragrant.
5. Remove the meat from the marinade and place in skillet.
6. Stir-fry just until the meat is cooked through. Remove the meat and keep warm.
7. Combine marinade and cornstarch in bowl.
8. Add vegetables and marinade to skillet; stir-fry 4 minutes or until veggies are crisp tender and mixture is thickened.
9. Stir in 1 cup pineapple chunks, scallions and meat; heat through.

**Music City Steaks**

CAB® ball tip steak

Marinade:
- ¼ cup Worcestershire sauce
- 1½ Tbs. garlic powder
- 3 Tbs. dried basil
- 1½ Tbs. dried parsley flakes
- 1 tsp. ground white pepper
- ¼ tsp. hot pepper sauce (optional)

1. Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.
2. Pour marinade over steaks. Cover and refrigerate from 30 minutes to 8 hours. Grill meat to desired doneness.
Blazin’ Wisconsin Steaks
4 CAB® ball tip steaks

Marinade:
¼ cup fresh lime juice
3 chipotle peppers in adobo sauce

Sauce:
1 can (4 oz.) chopped green chilies
½ cup whipping cream
½ cup dairy sour cream
2 Tbs. chopped fresh cilantro

1. Place marinade ingredients in blender container. Cover; purée until smooth. Place steaks and marinade in plastic bag. Seal bag and refrigerate 15 minutes to 2 hours.
2. Remove steaks from marinade and grill to desired doneness.
3. Prepare sauce. Place green chilies in blender container. Cover and purée until smooth. Combine chilies and cream in heavy small saucepan. Place on grill and cook until hot, about 5 minutes, stirring frequently. Stir in sour cream and cilantro. Cook and stir 1-2 minutes or until just heated through. Do not boil.

Sweet Onion Marinated Steak
4 CAB® ball tip steaks

Marinade:
1 large sweet onion, chopped
¼ cup brown sugar
½ cup balsamic vinegar
¼ cup olive oil
2 tsp. fresh rosemary, chopped fine

Balsamic orange reduction:
1 medium sweet onion, chopped
½ cup balsamic vinegar
1 cup orange juice
3 Tbs. honey
1 tsp. pepper
½ tsp. salt
1 tsp. fresh rosemary, chopped
1 Tbs. butter

➤ Mix marinade in shallow container with lid. Generously season steaks with coarse salt and fresh ground pepper and place in marinade for 4-6 hours in refrigerator. Let sit at room temperature 30 minutes before grilling.
➤ Mix reduction ingredients except butter in small pan and cook until reduced by half. Add butter and stir.
➤ Grill steaks 4-5 minutes per side to 125° F. Tent with foil and let rest 5-10 minutes. Drizzle with balsamic orange reduction. Garnish with chopped chives and sprinkle of sea salt.

Team Information
Division: 14-17
State: Wisconsin
Team Members:
Bree Gaffney, Barneveld
Samuel Henderson, East Troy
Emma Hermsdorf, Cottage Grove
Samantha Hilleshiem, Richland Center
Dylan Horstmeyer, Marshall

Team Information
Division: 18-21
State: Illinois
Team Members:
Keegan Cassady, Normal
Laramie Chaffin, Roodhouse
Sierra Day, Cerro Gordo
Erica Harrell, Roseville
Andrew Livingston, Nokomis
**Philly Cheese Steak Egg Rolls**

2 cups cooked CAB® ball tip steak  
10 egg roll wrappers  
½ green pepper, thinly sliced  
½ purple onion, thinly sliced  
3 Tbs. butter  
½ tsp. garlic powder  
5 slices provolone cheese, halved  
canola oil for frying  
1 egg, lightly beaten

**Sauce:**

- ½ cup light mayonnaise
- 1 Tbs. milk
- 1 tsp. horseradish
- ¼ tsp. garlic powder
- ¼ tsp. fresh cracked pepper

1. Fill your fryer or pot at least 1 inch deep with canola oil. Heat to 375°F.  
2. In a sauté pan, melt butter over medium-high heat. Add the pepper strips and onions and cook until soft and tender (about 5 minutes), then toss in the steak and garlic powder; stir to combine. Remove from heat and let cool to room temperature.  
3. Once cool, place an egg roll wrapper on a clean, dry surface and brush all the edges with the lightly beaten egg. Place a couple of strips of steak, pepper and onions at an angle in the center of the wrapper and top with half of a slice of provolone cheese. Fold the bottom corner of the wrapper over the filling, then fold in the right side and left side. Roll toward the remaining corner and seal closed.  
4. Repeat with remaining egg roll wrappers and filling.  
5. Place two to three egg rolls in the hot oil at a time. Cook and turn for 3-5 minutes or until all sides are golden brown. Drain on plate lined with a paper towel.  
6. Combine the sauce ingredients in a small bowl and whisk till combined. Add more horseradish if you want it with more of a kick.

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**Chesapeake Treasure Surf and Turf**

2 12-oz. CAB® ball tip steaks  
Wildtree™ Ranchers Steak Rub (or your favorite steak rub)

► Brush steaks lightly with olive oil. Apply rub generously to both sides of steak.  
► Refrigerate in zippered bag for 4-24 hours. Grill steaks just until done.  
► Serve with Maryland Crab Cakes.

**Maryland Crab Cakes:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 slices dried bread, crusts removed milk</td>
<td>1 Tbs. baking powder</td>
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<tr>
<td>1 Tbs. mayonnaise</td>
<td>1 Tbs. McCormick® parsley flakes</td>
</tr>
<tr>
<td>1 Tbs. Worcestershire sauce</td>
<td>1 tsp. Old Bay® Seasoning</td>
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<tr>
<td>1 lb. lump crabmeat</td>
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► Break bread into small pieces in large bowl. Moist with milk. Add mayonnaise and Worcestershire sauce; mix well. Add remaining ingredients; mix lightly. Shape into patties.  
► Refrigerate patties 30 minutes to help keep them together when cooking. Broil or fry until golden-brown on both sides.  
► Serve crab cake over or beside steak.

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**Team Information**

**Division:** 18-21  
**State:** Iowa  
**Team Members:**  
Abby Collison, Rockwell City  
Tanner Curtin, Oxford  
Taylor Duckett, New Liberty  
Baxter Knapp, Bloomfield  
Lucas Moser, Larchwood  
Nicholas Prevo, Pulaski

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**Team Information**

**Division:** 18-21  
**State:** Maryland  
**Team Members:**  
Taylor Clarke, Rocky Ridge  
Jacob Keeney, Thumont  
Lauren Schur, Sabillasville
**Steak-n-Egg Sandwich with a Twist**

4 CAB® ball tip steaks  
8 oz. pepper jack cheese  
6 croissants, regular sandwich size  
kosher salt and freshly ground pepper to season  
steak and tomatoes  

8 Tbs. olive oil  
2 green tomatoes, sliced thin  
1 cup self-rising cornmeal  
6 oz. arugula (optional)

- Cut the croissants in half horizontally. Place them, cut side up, on a baking sheet. Sprinkle cheese on the bottom halves of the croissants, dividing evenly. Bake until the croissants are warmed through and cheese is melted. Also may be heated in microwave until cheese begins to melt.  
- Season the steaks with salt and pepper. In large nonstick frying pan over medium-high heat, warm 1 tablespoon olive oil. Add the steak and cook until desired doneness. Transfer to cutting board. Cover loosely with aluminum foil and let rest for 5 minutes. Cut the steak across the grain into thin slices.  
- Slice green tomatoes into thin slices. Sprinkle with kosher salt and pepper and roll in cornmeal. Place in a preheated nonstick frying pan with 6 tablespoons of olive oil. Cook until done. Place on paper towels to drain.  
- In a bowl, beat together the eggs, salt and pepper. In a medium nonstick frying pan over medium-high heat, warm the remaining olive oil. Add the eggs to be fried a couple at a time. Cook until done. Place fried egg on the bottom halves of the croissants. Top with the steak, fried green tomatoes and arugula (per individual).  
- Cover each with the top half of a croissant and serve.

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**Crown Jewel Marinade**

4 CAB® ball tip steaks  

| Marinade: |  |  |  |
|-----------|-----------------|------------------|
| ¼ cup soy sauce | ½ cup olive oil | 1 lemon squeezed and strained or ¼ cup lemon juice | ½ cup Worcestershire sauce | 1 Tbs. minced garlic | 1 Tbs. dried parsley flakes | 1 tsp. black pepper | 1 Tbs. minced onions |

- Place steaks in zippered bag. Mix all marinade ingredients together. Add marinade to bag, squeeze out air and seal. Refrigerate for at least 2 hours (more is better).  
- Remove steaks from marinade. Grill on hot grill to desired temperature. Remove from grill and allow to rest before thinly slicing across the grain.

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**Team Information**

**Divison:** 18-21  
**State:** Mississippi  
**Team Members:**  
William Anglin, Coldwater  
Jacob Carpenter, Potts Camp  
Will Manning, New Albany  
Elizabeth Rone, Courtland  
Gabrielle Simpson, Tupelo  
Haley Walker, Potts Camp

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**Team Information**

**Divison:** 18-21  
**State:** Missouri  
**Team Members:**  
Brittany Eagleburger, Buffalo  
Chris Kahlenbeck, Union  
Cooper Sadowsky, Eagleville  
Sydney Thummel, Sheridan
Grilled Beef And Cheese Sandwich

2 lb. CAB® precooked shredded beef  
1 cup freshly grated Gouda cheese  
1 cup freshly grated sharp cheddar cheese  
1½ tsp. freshly ground pepper  
1 tsp. salt  
1 medium onion, chopped fine  
2 Tbs. butter  
1 Tbs. olive oil  
¼ cup mayonnaise  
¼ cup grated horseradish  
1 loaf sourdough bread, sliced  
butter, softened, for spreading on bread

- Sauté onion in butter and olive oil until soft. Let cool.  
- Mix beef, cheeses, cooled onion, salt and pepper.  
- Mix mayonnaise and horseradish together. Spread one side of each bread slice with horseradish mixture.  
- Place a generous amount of beef and cheese mixture on one slice of bread and top with second slice.  
- Butter sandwich on both sides and grill on hot flat pan until browned on both sides and heated through.  
- Note: This makes 10-12 sandwiches. Meat mixture may be frozen for later use. Thaw and continue with sandwich assembly.

Beef Salad Sandwiches

1 lb. CAB® precooked shredded beef, ground  
2 stalks celery, sliced  
2 Tbs. onion, diced  
½ cup pickle relish  
¾ cup mayonnaise  
½ cup shredded cheese  
salt and pepper, to taste

- Mix all together and make sandwiches.

Shredded Spicy Beef Tacos

2 lb. CAB® precooked shredded beef  
¾ cup lime juice  
3 Tbs. tomato paste  
¾ cup beef broth  
1 medium onion, diced  
1 serrano pepper, diced small  
1 jalapeño pepper, diced small  
3 garlic cloves, minced or pressed  
1 Tbs. chili powder  
1 tsp. paprika  
½ tsp. cumin  
½ tsp. salt  
½ tsp. pepper  
1 pkg. soft flour taco shells  
avocado-cilantro-lime sauce (See recipe below)

Instructions for meat:

- Combine all the ingredients except beef, shells and sauce in large bowl. Place shredded beef in slow cooker. Pour mixture over shredded beef and cook on low for 3-4 hours.

Avocado-cilantro-lime sauce:

1 avocado, pitted  
¼ cup fresh lime juice  
¼ cup chopped cilantro leaves  
½ jalapeño pepper, seeded  
2 Tbs. olive oil  
1 tsp. chipotle seasoning  
½ tsp. garlic  
½ tsp. cumin  
salt to taste

- Simply add all the ingredients to an electric blender and pulse until smooth. Add ¼ cup of water to thin if needed. Store in refrigerator until ready to serve.  
- Desired toppings for tacos include diced tomatoes, sour cream, salsa, shredded cheese and avocado-cilantro-lime sauce.  
- Assemble tacos when ready to eat.
**Going for Gold Shredded Beef Sandwiches**

- 2 lb. CAB® precooked shredded beef
- 1 Tbs. butter
- 1 can beef broth
- 2 Tbs. Italian seasoning
- 1/2 tsp. salt
- 1/2 jar (16 oz.) pepperoncini peppers, with juice
- 1 Tbs. butter
- 1 onion, sliced
- cheese
- buttered, toasted deli rolls

- Combine the first five ingredients. Let simmer in slow cooker or in a Dutch oven on the grill for a few hours.
- Shortly before serving, heat a skillet over medium heat with butter. Add the onion and sauté until light golden brown. Set aside.
- Butter and toast deli rolls.
- Heap a generous portion of meat on each roll, and then spoon some of the cooking liquid over the meat. Top with cheese, a few peppers from the pot, if you wish, caramelized onions and the roll top.
- Serve with dishes of the cooking liquid for dipping, if desired, and your favorite side dishes.
- Yields 8 servings.

**Beefy Egg Rolls**

- 2 lb. CAB® precooked shredded beef
- 1 Tbs. olive oil
- 1 large onion, chopped
- 8 oz. button mushrooms, diced
- 1 tsp. coarse ground pepper
- 1 tsp. salt
- 1 bottle (12 oz.) root beer
- 1/2 tsp. cinnamon
- 1/4 cup Worcestershire sauce
- 2 Tbs. red wine vinegar
- 1/2 cup fresh or jarred jalapeño, finely diced
- 1/2 lb. provolone cheese, shredded
- 1 pkg. (1 lb.) large egg roll wrappers (20 wrappers)
- 1 egg white with 2 Tbs. water
- vegetable oil for frying

- Dipping sauce:
  - 1/4 cup mayonnaise
  - 1/2 cup sour cream
  - 1 Tbs. garlic, minced
  - 3 Tbs. jalapeño, finely diced
  - salt and pepper to taste

- Melt butter and olive oil in large skillet. Add onion and cook until beginning to soften. Add mushrooms and cook another 5-6 minutes until cooked through. Add beef, salt, pepper, root beer, cinnamon, Worcestershire sauce, vinegar and jalapeño. Simmer 15-20 minutes to thoroughly heat and blend flavors. (Liquid will evaporate.) Let this mixture cool. Add cheese. Beat egg white and water.
- To assemble: Brush edges of wrappers with egg mixture. Place about 1/4-1/2 cup of filling in center of wrapper, spreading the filling out into a line diagonally across wrapper. Bring one corner of egg roll wrapper over filling and tuck under filling. Fold the side corners in and finish rolling.
- Heat oil in pan or fryer to 350° F. Cook egg rolls in several batches until crispy on all sides. Remove to paper towels and serve with dipping sauce.
### Chimichangas with Homemade Tortillas

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 lb. CAB® precooked shredded beef</td>
<td></td>
</tr>
<tr>
<td>2 cans diced green chilies</td>
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</tr>
<tr>
<td>2 cups flour</td>
<td>¾ cup water</td>
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<tr>
<td>½ tsp. salt</td>
<td>3 Tbs. olive oil</td>
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- Mix together and heat and serve on homemade tortillas.
- In large bowl mix together and then let rest 10 minutes. Divide dough into 8 equal pieces and roll out on floured surface. In large skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly brown.

### CAB® Shredded Beef Sandwiches

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>CAB® precooked shredded beef</td>
<td></td>
</tr>
<tr>
<td>ciabatta rolls, split in half</td>
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<tr>
<td>thinly sliced provolone cheese</td>
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<tr>
<td>½ cup mayonnaise</td>
<td></td>
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<tr>
<td>1 avocado, mashed</td>
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<tr>
<td>Refried beans:</td>
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<tr>
<td>1 Tbs. vegetable oil</td>
<td></td>
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<tr>
<td>½ small red onion, finely chopped</td>
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<tr>
<td>1 jalapeño, seeded, finely chopped</td>
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<tr>
<td>Iceberg slaw:</td>
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<tr>
<td>¼ cup fresh lime juice</td>
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<tr>
<td>¼ cup sour cream</td>
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<tr>
<td>½ head of iceberg lettuce, thinly sliced (about 4 cups)</td>
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<tr>
<td>½ small red onion, thinly sliced</td>
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<tr>
<td>1 jalapeño, seeded, thinly sliced</td>
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<tr>
<td>½ cup fresh cilantro leaves</td>
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- Refried beans: Heat oil in a small saucepan over medium heat. Add onion and jalapeño and cook until soft.
- Add beans and ½ cup water, then coarsely mash. Bring to a boil, reduce heat and simmer, stirring occasionally, until thickened, 5-8 minutes. Season with salt and pepper.
- Iceberg slaw: Whisk lime juice and sour cream. Add lettuce, onion, jalapeño and cilantro. Season with salt and pepper and toss until blended.
- Brisket and assembly: Preheat oven to 350° F. Place rolls cut side up on baking sheet. Top bottom halves with cheese. Toast until cheese melts, about 5 minutes.
- Heat the beef. Spread top half of each roll with some mayonnaise, then mashed avocado. Spoon refried beans over melted cheese; top with beef, iceberg slaw and top half of bun.

### Beef Barbecue & Coleslaw Wrap

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 lb. CAB® precooked shredded beef</td>
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<tr>
<td>½ tsp. olive oil</td>
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</tr>
<tr>
<td>1 bottle barbecue sauce</td>
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<tr>
<td>1 medium onion, diced</td>
<td></td>
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<tr>
<td>½ cup green pepper, chopped</td>
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<tr>
<td>½ cup yellow pepper, chopped</td>
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<tr>
<td>4 10-in. sun-dried or tomato tortillas</td>
<td></td>
</tr>
<tr>
<td>1 cup prepared coleslaw, drained</td>
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- Heat oil in pan, sauté onion and peppers until tender.
- Add beef and barbecue sauce, and heat until warm.
- Divide meat mixture among tortillas; add coleslaw.
- Wrap and serve.
Beef Gyros With Tzatziki Sauce and Green Chili Mayo

2 lb. CAB® precooked shredded beef in natural juices
1 Tbs. olive oil
1 large onion, thinly sliced
¼ cup extra virgin olive oil
1 Tbs. minced garlic
1 tsp. dried oregano
½ tsp. salt
½ tsp. pepper
2 Tbs. fresh lemon juice
warmed pita folds
sliced tomatoes and lettuce for serving

Tzatziki sauce:
1 cup plain Greek yogurt
1 cup finely diced cucumbers
1 tsp. fresh dill
1 Tbs. minced garlic

Green chili mayo:
¾ cup mayonnaise
4 oz. Hatch green chilies

Gyros:
1. Combine extra virgin olive oil, garlic, oregano, salt, pepper and lemon juice in a small bowl.
2. Heat olive oil in slow cooker and place shredded beef in heated oil.
3. Pour season mixture over meat, tossing lightly until completely coated. Toss onion on top and cover.
4. Cook on low until beef is extremely tender and juices have infused.
5. Remove lid. Salt and pepper to taste. Cut into smaller, bite-sized pieces.
6. Serve on warm pita folds with Tzatziki sauce, green chili mayo, onion, tomatoes and lettuce.

>Tzatziki sauce: Combine all together and drizzle on top of folded pita.

>Green chili mayo: Smear on pita prior to adding beef.

Virginia’s Slow-cooked Meat Boats

1 pkg. CAB® (2-3 lb.) precooked shredded beef in natural juices
½ cup of water
1 cup stock (chicken, beef, shrimp, etc.)
¼ cup balsamic vinegar
1 Tbs. Dijon mustard
1 Tbs. honey
1 Tbs. light brown sugar
1 Tbs. Worcestershire sauce
1 Tbs. soy sauce
½ Tbs. Chinese 5-spice blend
½ tsp. fresh ground pepper
10 fresh rolls
2 Tbs. cornstarch dissolved in ½ cup of cold water

Open the package of shredded beef and place into a medium pot with ½ cup of water. Heat the beef on low, stirring occasionally until it is heated through.

In a separate pot, add the other ingredients (except for the cornstarch) and bring to a boil. Add the liquid to the beef and simmer for 10 minutes. Drain off the liquid into a bowl, add ½ cup back to the beef and cover the beef with a lid. Place the liquid back into a pot and bring to a simmer, slowly stirring in the cornstarch. When the gravy has thickened to the desired thickness, remove from heat.

Create a pocket in the top of a homemade roll. Place a serving of beef in the pocket and add gravy. Put on a bib and enjoy your meat boat!

Preparation time is 30-45 minutes. With a conventional roast it would be 6-8 hours.

Team Information
Division: 14 to 17
State: Texas
Team Members:
Georgia Blackwell, Venus
Kaydee Free, Salado
Gracie Smith, Kirbyville
Thomas Smith, Pottsboro
Karsen Smoot, Argyle
Lexi Stevenson, Argyle

Team Information
Division: 14 to 17
State: Virginia
Team Members:
Chet Boden, Clear Brook
Ryan Borer, Buchanan
Gordon Clark, Gretna
Suter Clark, Gretna
Mikayla St. Clair, Berryville
**Scooby-Doo’s So Easy It’s (Not) Scary CAB® Tacos**

2 lb. CAB® precooked and shredded beef in natural juices
1-2 Tbs. olive oil
1 onion, diced
5 garlic cloves, minced
¼ cup orange juice
2 Tbs. lime juice
1 can (14 oz.) crushed tomatoes
1½ Tbs. chipotle powder (or less to reduce heat)
1 Tbs. paprika
1 Tbs. dried oregano
1 tsp. allspice powder
1 tsp. coriander powder

**For serving:**
Flour or corn tortillas, warmed

**Suggested toppings:**
- Pico de gallo
- Sour cream
- Queso fresco or shredded cheese
- Cilantro leaves
- Avocado slices
- Lime wedges

- In a pan, sauté onion until softened, add garlic and continue to sauté a few minutes more. Add remaining ingredients (except beef) and simmer 30-40 minutes. If you’re pressed for time, just heat through.
- Blend with a stick blender if desired (optional). Add the beef, stir and bring back to a simmer until heated through. If you have time, allow mixture to simmer longer to meld flavors.
- Fill your choice of tortillas with meat and desired toppings. Enjoy!
- Use this filling for enchiladas, quesadillas, Mexi-burgers, on nachos, in a taco salad, whatever your heart desires.

**Mexican Shredded Beef Tacos**

**Spice mix:**
- 1½ Tbs. chipotle powder
- 1 Tbs. paprika
- 1 tsp. allspice powder
- 1 tsp. coriander powder
- 2 tsp. onion powder or garlic powder or 1 tsp. each
- 1 tsp. salt
- Black pepper

**Beef:**
- 3 lb. CAB® precooked shredded beef
- 1-2 Tbs. olive oil
- 5 garlic cloves
- 1 onion, diced
- ¼ cup orange juice
- 2 Tbs. lime juice
- 16 oz. crushed tomatoes
- 2 cups beef/chicken broth/stock
- Water
- Salt and pepper

- Combine the spice mix ingredients in a bowl. Sprinkle 4 teaspoons over the beef and pat so it sticks.
- Heat the olive oil in a large pot over high heat. Add the beef and brown on all sides.
- Remove to a plate.
- Turn the hot plate down to medium. If the pot looks dry, add more olive oil. Add the garlic and onion, and cook for 3-5 minutes until soft.
- Add the orange juice and lime juice. Scrape the pot so the brown bits mix into the liquid. Put the beef back in the pot and add the remaining spice mix, canned tomatoes, beef broth and enough water so the beef is mostly, but not completely, submerged.
- Cover, and bring to a simmer so it’s bubbling gently, not rapidly. Cook for 2 hours with the lid on and then 30 minutes with the lid off until the beef is tender enough to shred.
- Remove the beef and shred with forks. Leave the sauce to simmer with the lid off for 10-15 minutes to thicken to your taste. Add salt to taste. Optional: purée with stick blender to make it smooth.
- To serve, toss the beef in the sauce, using as much as you want. Serve with extra sauce on the side.
Virginia’s Brunswick Stew

2-lb. pkg. CAB® precooked shredded beef in natural juices
1 Tbs. olive oil
½ cup chopped onion
1 stalk celery, chopped
¼ cup cola
2 cans (29 oz.) diced tomatoes with liquid
½ cup ketchup
¼ cup hickory-flavored barbecue sauce
½ tsp. salt
½ tsp. pepper
½ tsp. hot sauce
2 green bell peppers
2 cans (29.5 oz.) cream-style corn
1/2 cup cream

Heat olive oil in a pot, and sauté the onion and celery. Open package of precooked beef and add to pot. Pour in the cola, and simmer.

Stir in tomatoes, ketchup and barbecue sauce. Season with the salt, pepper and hot sauce. Place the whole green pepper into center of the mixture.

Cook, stirring occasionally, for 1 hour, or until thickened.

Stir the cream-style corn into the mixture. Continue cooking for 1 hour, or to desired consistency.

Remove the green pepper, chop and return to the stew.

Preparation time: 30 minutes
Cook time: 2 hours

Team Information
Division: 18 to 21
State: Virginia
Team Members:
Lauren Beasley, Bluemont
Hannah Cox, Staunton
Callie Eastin, Gretna
Helena St. Clair, Berryville

Join the “Friends of the Black Kettle” by contacting Anne St. Blanc Lampe at 620-872-3915 or alampe@wbsnet.org.