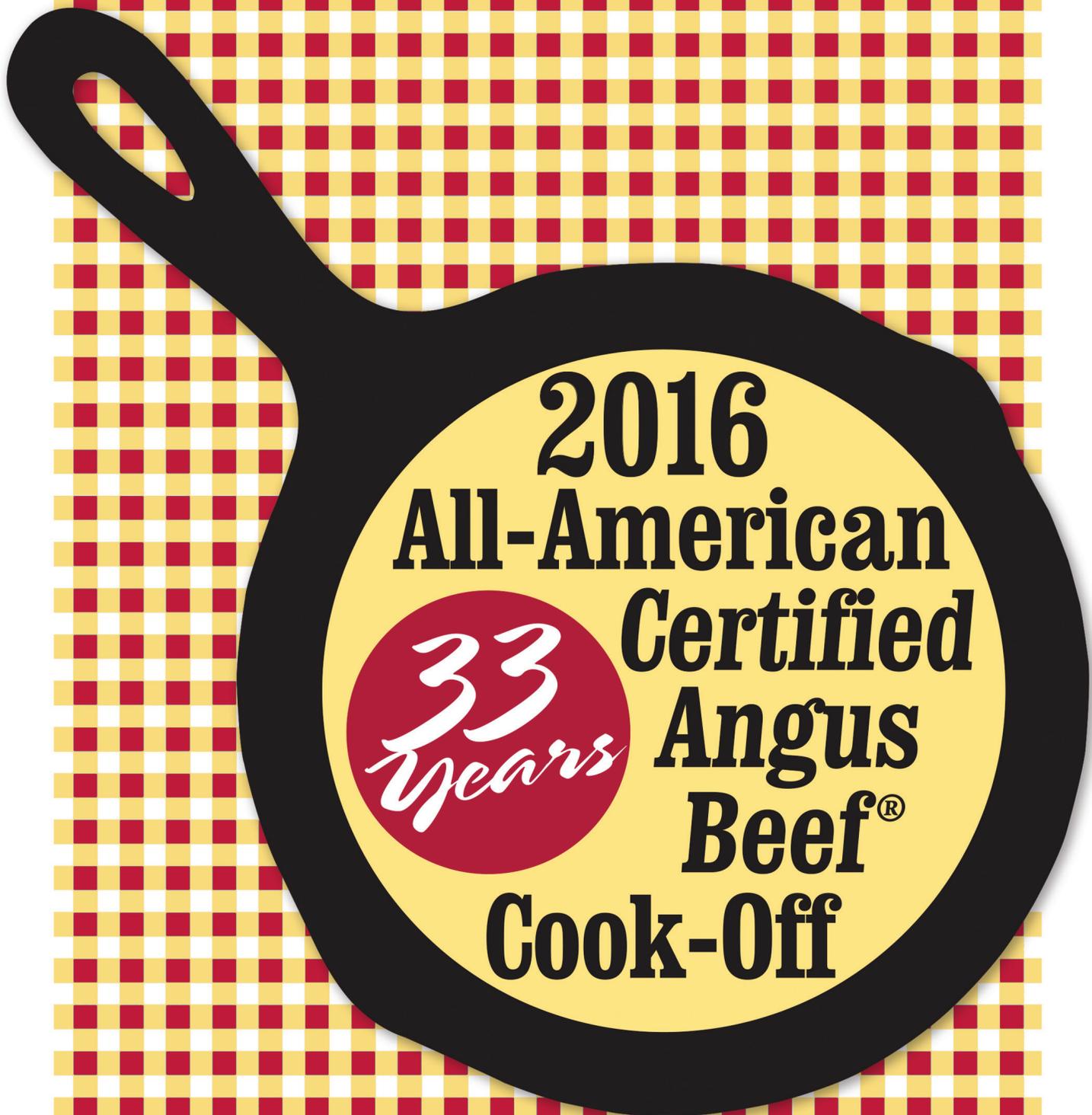


THE 33RD ANNUAL



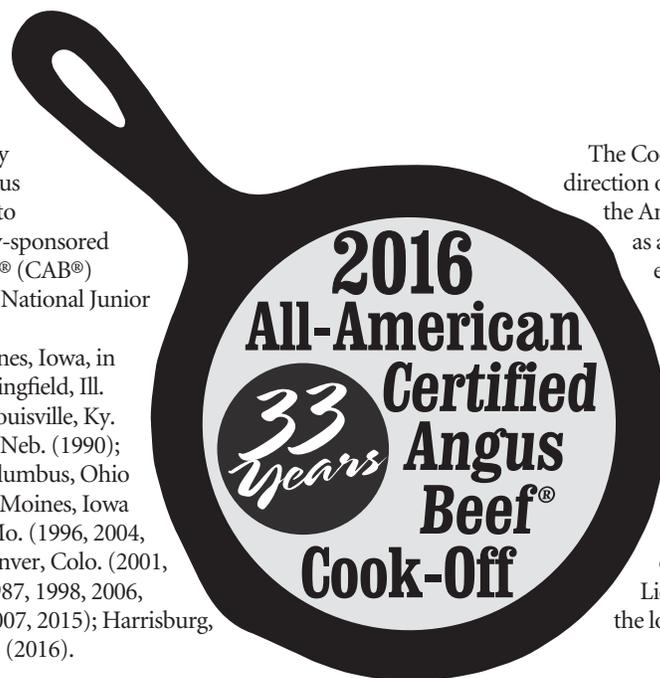
In conjunction with the

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).

Since the first event in Des Moines, Iowa, in 1983, cooks have competed in Springfield, Ill. (1986); Springfield, Mo. (1988); Louisville, Ky. (1989, 1995, 2003, 2012); Omaha, Neb. (1990); Milwaukee, Wis. (1991, 2002); Columbus, Ohio (1992); Wichita, Kan. (1993); Des Moines, Iowa (1994, 2000, 2008); Kansas City, Mo. (1996, 2004, 2013); Perry, Ga. (1997, 2009); Denver, Colo. (2001, 2005, 2010); Indianapolis, Ind. (1987, 1998, 2006, 2014); Tulsa, Okla. (1985, 1999, 2007, 2015); Harrisburg, Pa. (2011) and Grand Island, Neb. (2016).



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.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Grand Island, Neb. • July 5, 2016

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

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Steve White
N TV, Co-Farm Director
3404 W. 13th St. Suite 123 A
Grand Island, NE 68803



ROAST COMPETITION

Garlic Rosemary Studded Roast

3- to 4-lb. CAB® top sirloin center-cut roast	8 fresh rosemary springs, cut about 1½-in. in length
3 cloves garlic, minced	1 Tbs. extra virgin olive oil
1 tsp. dried rosemary	additional kosher salt and freshly ground pepper to taste
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.

Team Information

Division: **8 to 13**

State: **Iowa**

Team Members:

Cale Jensen, Plainfield

Jack Johnson, Prole

Jude Moser, Larchwood

Korey Moser, Larchwood

Jacob Schermer, Clarion

Coryn Wilson, Donahue

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.

Team Information

Division: **8 to 13**

State: **Kansas**

Team Members:

Addie Haverkamp, Bern

Dane Haverkamp, Bern

Allyson Rietcheck, Gardner

Camden Rietcheck, Gardner

Carson Woodworth, Enterprise

Jensen Woodworth, Enterprise



ROAST COMPETITION

Kentucky Roast

2- to 3-lb. CAB® top sirloin center-cut roast	2 cups potatoes
1½ 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.

Team Information

Division: **8 to 13**

State: **Kentucky**

Team Members:

Ethan Blevins, *Greenup*
Lily Jeffries, *Canmer*
Jacob Marksbury, *Buffalo*
Bryanna Smith, *Russellville*
Clay Sparks, *Paris*
Mayson Tolle, *Lawrenceburg*

Smoked Pepper Roast

1 CAB® top sirloin center-cut roast	½ 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.

Team Information

Division: **8 to 13**

State: **Missouri**

Team Members:

Molly Busch, *Saint James*
Victoria Busch, *Saint James*
Courtney Dehn, *Dearborn*
Olivia Gerloff, *Bland*
Courtney Keaton, *Anderson*

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.

Team Information

Division: **8 to 13**

State: **Montana**

Team Members:

Tyler Brown, *Stevensville*
Connor Cook, *Huntley*
Jake Cook, *Huntley*
Parker Cook, *Huntley*
Claire Murnin, *Huntley*



ROAST COMPETITION

Chopped: The CAB® Way

CAB® top sirloin center-cut roast

Marinade:

- ½ cup tamar sauce
- ½ cup olive oil
- ½ cup fresh lemon juice
- ¼ cup Worcestershire sauce

- 1 Tbs. black pepper A.1.® Sauce
- 1 Tbs. dried basil
- 1 Tbs. dried parsley
- 1 tsp. garlic powder
- 1 Tbs. black pepper
- 1 tsp. chipotle chili powder

- ▶ 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.

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

CHUCK

BONELESS TOP BLADE STEAK

Braise, Panfry

ARM POT ROAST

Braise

BONELESS CHUCK POT ROAST

Braise

CROSS RIB POT ROAST

Braise

MOCK TENDER

Braise

7-BONE POT ROAST

Braise

BLADE ROAST

Braise

UNDER BLADE POT ROAST

Braise, Roast

SHORT RIBS

Braise, Cook in Liquid

FLANKEN-STYLE RIBS

Braise, Cook in Liquid

BRISKET & FORE SHANK

SHANK CROSS CUT

Braise, Cook in Liquid

BRISKET, WHOLE

Braise, Cook in Liquid

CORNED BRISKET, POINT HALF

Braise, Cook in Liquid

BRISKET, FLAT HALF

Braise

RIB

RIB STEAK, SMALL END

Broil, Panbroil, Panfry

RIBEYE ROAST

Roast

RIBEYE STEAK

Broil, Panbroil, Panfry

BACK RIBS

Braise, Cook in Liquid, Roast

SHORT LOIN

PORTERHOUSE STEAK

Broil, Panbroil, Panfry

TENDERLOIN ROAST

Roast, Broil

TENDERLOIN STEAK

Broil, Panbroil, Panfry

SHORT PLATE & FLANK

FLANK STEAK

Broil, Braise, Panfry

FLANK STEAK ROLLS

Braise, Broil, Panbroil, Panfry

SKIRT STEAK (FAJITA MEAT)

Braise, Broil, Panbroil, Panfry

SIRLOIN

SIRLOIN STEAK, ROUND BONE

Broil, Panbroil, Panfry

TOP SIRLOIN STEAK

Broil, Panbroil, Panfry

ROUND

TOP ROUND STEAK

Broil, Panbroil, Panfry

BONELESS RUMP ROAST

Roast, Braise

BOTTOM ROUND ROAST

Braise, Roast

TIP ROAST, CAP OFF

Roast, Braise

EYE ROUND ROAST

Braise, Roast

TIP STEAK

Broil, Panbroil, Panfry

OTHER CUTS

GROUND BEEF

Broil, Panfry, Panbroil, Roast

CUBED STEAK

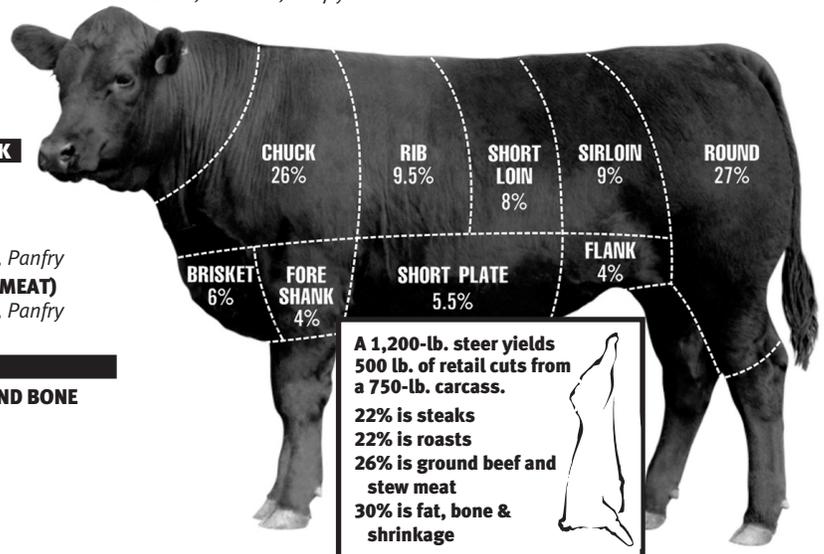
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise



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





ROAST COMPETITION

Italian Stuffed Sirloin Roast

4-lb. CAB® center-cut sirloin roast	2 Tbs. fresh parsley, minced	¼ cup lime juice
	4 cloves garlic, minced	1 packet Italian dressing mix
	3 Tbs. fresh basil, thinly sliced	½ cup oil
Stuffing:		2 Tbs. honey
½ stick butter, softened	Marinade:	2 cloves garlic, minced
1 shallot, minced	½ cup orange juice	2 Tbs. fresh basil, chopped

- ▶ Mix stuffing ingredients. Cut pocket lengthwise in roast and fill with stuffing. Tie with butcher twine.
- ▶ Mix marinade ingredients in zip-close bag and place roast in bag, covering well with marinade. Marinate 4-6 hours in refrigerator. Remove roast from marinade.
- ▶ Sear roast on hot grill or in cast-iron skillet until browned on all sides. Wrap in foil and place on grill over medium heat. Cook 30-40 minutes until internal temperature reaches 130° F. Remove from heat and let rest 10 minutes.
- ▶ Open foil and slice into thick slices. (Roast can also be cooked in 350° oven for 30-40 minutes.)

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Lindsey Decker, *Philo*
Matthew Decker, *Philo*
Katelyn Eathington, *Avon*
Holly Marsh, *Union*
Amber Schiffbauer, *Tonica*

Uniquely Kentucky Burgoo

CAB® top sirloin center-cut roast	red pepper pods	salt and pepper
potatoes	diced okra	Tabasco®
onions	chopped parsley (or flakes)	steak sauce
carrots (peeled and chopped)	beans (great northern, butter beans or lima)	Worcestershire sauce
chopped cabbage	diced celery	water, if desired
tomato purée or diced tomatoes	1 Ale-8®	
whole corn		

- ▶ Cut the meat and place in a CrockPot®.
- ▶ Simmer the meat in Ale-8 until meat is tender. Dice potatoes and onions, then add them plus the carrots, green peppers, cabbage, tomato purée, corn, red pepper, okra, parsley, beans and celery to the meat and broth.
- ▶ Simmer until the mixture is very thick.
- ▶ Season to taste with salt, pepper, Tabasco, steak sauce and Worcestershire sauce.
- ▶ Allow to simmer until time to serve.
- ▶ The first rule of Burgoo is that there are no rules. You can add or delete whatever vegetable you like.

Team Information

Division: **14 to 17**

State: **Kentucky**

Team Members:

Caroline Cowles, *Rockfield*
Catherine Cowles, *Rockfield*
Makayla Jeffries, *Horse Cave*
Abigal Smoot, *Campbellsville*
Thomas Smoot, *Campbellsville*

1977 Roast Sandwich with 'We Will Rock You' Sauce

CAB® top sirloin center-cut roast	sliced onions
4 tsp. kosher salt	bread-and-butter pickles
2 tsp. paprika	
2 tsp. freshly ground black pepper	'We Will Rock You' Sauce:
1 tsp. garlic powder	½ cup fresh ground horseradish
1 tsp. oregano	½ cup mayonnaise
1 tsp. Tony Chachere's seasoning	1 clove garlic, minced
soft buns of your choice	½ lemon, juiced
	salt and pepper

- ▶ Mix salt, paprika, pepper, garlic powder, oregano and seasoning in bowl. Rub roast on all sides with the mixture and wrap in plastic wrap. Refrigerate.
- ▶ Preheat grill. Sear the roast on all sides and then place the roast on the grill over indirect heat. Turn every 15 minutes. Cook the roast until the internal temperature reaches 140° F, medium rare.
- ▶ Cover with aluminum foil and let it rest for 20 minutes.
- ▶ Slice the beef very thin. Slather with the sauce and top with onions and pickles.
- ▶ Enjoy!

Team Information

Division: **14 to 17**

State: **Louisiana**

Team Members:

Faith Guice, *Downsville*
Lani LeBeouf, *DeRidder*



ROAST COMPETITION

Florida Pot Roast

- | | |
|---|--------------------|
| 3- to 4-lb. CAB® top sirloin center-cut roast | 1 bay leaf |
| 3 tsp. vegetable oil | ½ tsp. dried thyme |
| 2 tsp. salt | ½ tsp. rosemary |
| 1 tsp. black pepper | 4 carrots |
| 2 onions | 2 stalks of celery |
| ¼ cup flour | 3 large potatoes |
| 3 cups beef broth | 8 oz. mushrooms |

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

Team Information

Division: **18 to 21**

State: **Florida**

Team Members:

Morgan Blommel, *Dade City*
Lane Smith, *Loxahatchee*
Felipe Soto, *Okeechobee*
Kathryn Springfield, *Frostproof*
Laykin Williamson, *Dade City*
Taylynn Williamson, *Dade City*

Top Sirloin Roast Beef Sandwiches

- | | |
|---|-----------------------------|
| 3- to 4-lb. CAB® top sirloin center-cut roast | Optional condiments: |
| 1 pkg. brown gravy mix (powder) | cheese |
| 1 pkg. ranch dressing (powder) | mustard |
| 1 stick of butter | mayonnaise |
| 10-12 pepperoncini peppers | 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.

Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

Maddi Butler, *Vincennes*
Nick Innis, *Milroy*
Sarah Innis, *Milroy*
Rosalind Kidwell, *Gentryville*
Jacob Wickard, *Greenfield*
Jordyn Wickard, *Greenfield*

CAB® Pot Roast Sandwiches

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

- ▶ 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.

Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

Paige Birk, *Cape Girardeau*
Reba Colin, *Butler*
Hannah Moyer, *Lamar*
Carrie Otte, *Saint Mary*
Elizabeth Otte, *Saint Mary*

Parlor Prime Roast

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

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

Team Information

Division: **18 to 21**

State: **Nebraska**

Team Members:

Aliesha Dethlefs, *North Platte*
Emily Dethlefs, *North Platte*
Justine Nelson, *Lincoln*
Savannah Schafer, *Nehawka*



ROAST COMPETITION

Perfect CAB® Shish Kebabs

3- to 4-lb. CAB® top sirloin center-cut roast
 1½ cup orange juice
 ½ cup soy sauce
 ½ cup honey
 1 clove garlic, mashed
 1 tsp. salt
 1 tsp. ginger
 ½ 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.

Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

Ryan Callahan, *Edmond*

Alisa Friesen, *Arnett*

Alyson Friesen, *Arnett*

Jaryn Frey, *Kingfisher*

Sydnee Gerken, *Cashion*

Karisa Pfeiffer, *Orlando*

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

2 Tbs. soy sauce
 2 Tbs. A.1.® 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.

Team Information

Division: **18 to 21**

State: **South Dakota**

Team Members:

Kylee Geppert, *Mitchell*

Christina Mogck, *Olivet*

Ty Mogck, *Olivet*

Madison Styles, *Brentford*

Sawyer Styles, *Brentford*



STEAK COMPETITION

Really Good Steak

4 CAB® ball tip steaks

3 Tbs. fresh minced ginger
2 Tbs. minced garlic

Marinade:

½ cup cooking sherry
½ cup soy sauce
½ cup oil
1 Tbs. honey

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.

Team Information

Division: **8 to 13**

State: **Illinois**

Team Members:

Reese Anderson, *Chrisman*
Hailey Boyd, *Waynesville*
Austin Mussman, *Grant Park*
Logan Mussman, *Grant Park*
Eli Parr, *Mason City*
Lauren Wolter, *Aviston*

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.

Team Information

Division: **8 to 13**

State: **Kansas**

Team Members:

Jayce Dickerson, *Paradise*
Kelly Newton, *Elk City*
Clay Pelton, *Paradise*
Abbie Schwab, *Goddard*
Kelsey Theis, *Leavenworth*

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
1-2 tsp. cracked black pepper

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

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: **Wisconsin**

Team Members:

Kelly Gaffney, *Barneveld*
Clara Henderson, *East Troy*
Hailey Jentz, *Fennimore*
Collin Petersen, *Marshall*
Kelby Petersen, *Marshall*



STEAK COMPETITION

Grilled CAB Ball Tip Steak Tips with Mushroom Sauce

- | | |
|---|------------------------------------|
| 4 CAB® ball tip steaks | 4 portobello mushroom caps, sliced |
| ½ tsp. dried thyme | 1 shallot, finely chopped |
| ½ bottle (750 ml) of red cooking wine | ¼ cup butter |
| ¼ tsp. salt, or salt to taste | 2 Tbs. all-purpose flour |
| 2 cans (29 oz.) beef broth | 1 clove garlic, chopped |
| ½ tsp. black pepper, or pepper to taste | |

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 | ½ tsp. cayenne pepper |
| 1 tsp. garlic powder | 1 Tbs. paprika |
| 1 tsp. fennel seed, crushed | ½ tsp. oregano |
| ½ tsp. thyme | ½ tsp. salt |
| 2 tsp. pepper | |

- ▶ Mix all ingredients together and rub on steaks before grilling.

Tantalizing Steak Tacos

- | | |
|-----------------------------|--|
| 4 CAB® ball tip steaks | 1 Tbs. sriracha sauce (add more if you want it a little spicier) |
| CAB® Signature seasoning | small flour tortillas |
| olive oil | 1 large avocado, peeled, pit removed, and cut into thin slices |
| 4 Tbs. Worcestershire sauce | 1 cup chopped tomatoes |
| ½ cup peanut butter | shredded or crumbled mozzarella cheese |
| 3 Tbs. soy sauce | ¼-½ cup cilantro leaves, chopped |
| 2 Tbs. vinegar | |
| 2 Tbs. lime juice | |

- ▶ 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.

Team Information

Division: **14 to 17**

State: **Arkansas**

Team Members:

Nicholas Pohlman, *Prairie Grove*

Hailey Roye, *Fayetteville*

Allyson Sellers, *Vilonia*

Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Kara Collison, *Rockwell City*

Brooklyn Curtin, *Oxford*

Abigail Greiman, *Perry*

Haley Greiman, *Perry*

Olivia Johnson, *Prole*

Avery Mather, *State Center*

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Alexandria Cozzitorto, *Lawrence*

Grady Dickerson, *Paradise*

Kady Figge, *Onaga*

Cale Hinrichsen, *Westmoreland*

Eva Hinrichsen, *Westmoreland*

Sarah Pelton, *Paradise*



STEAK COMPETITION

Maple Steak Breakfast Wrap

2-4 CAB® ball tip steaks, fat removed and cut into thin strips
2 Tbs. butter
1 medium onion, julienned
salt and freshly ground black pepper

6 large eggs
4 12-in. sun-dried tomato tortillas
8 slices pepper jack cheese
1-2 Tbs. pure maple syrup per wrap
vegetable oil for brushing

- ▶ 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.

Team Information

Division: **14-17**

State: **Michigan**

Team Members:

Amanda Kosal, *Deckerville*

Austin Pillars, *Martin*

John Reid, *Eaton Rapids*

Maggie Reid, *Eaton Rapids*

Brady Zellmer, *Nashville*

CAB® Grilled Quesadillas

4 CAB® ball tip steaks
8 oz. mushrooms
½ green pepper
½ red pepper
½ yellow pepper
1 onion

8-10 uncooked tortillas
1 lb. Monterey jack cheese, grated
4 Tbs. butter
salt
pepper

- ▶ 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.

Team Information

Division: **14-17**

State: **Nebraska**

Team Members:

Lane Egger, *Columbus*

Caitlin Havelka, *Anselmo*

Reagan Skow, *Palisade*

Jace Stagemeyer, *Page*

Miles Stagemeyer, *Page*



STEAK COMPETITION

Fireside Fajitas

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

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

Team Information

Division: **14-17**

State: **North Carolina**

Team Members:

Marcie Harward, *Richfield*

Mattie Harward, *Richfield*

Cara Smith, *Pleasant Garden*

Thomas Smith, *Pleasant Garden*

North Dakota Prairie Steaks

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

Team Information

Division: **14-17**

State: **North Dakota**

Team Members:

Alexis Vandenberghe, *Cleveland*

Kelsey Vandenberghe, *Cleveland*

Reed Wendel, *LaMoure*

Rose Wendel, *LaMoure*

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."



STEAK COMPETITION

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 1½ 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.

Team Information

Division: **14-17**

State: **Oklahoma**

Team Members:

Madelyn Gerken, *Cashion*
Victoria Gerken, *Cashion*
Charley Johnson, *Orlando*
Sydney Johnson, *Orlando*
Hudson Myers, *Edmond*
Jackson Ray, *Holdenville*

Music City Steaks

CAB® ball tip steak

Marinade:

½ cup soy sauce
 ½ cup olive oil
 ½ cup fresh lemon juice

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.

Team Information

Division: **14-17**

State: **Tennessee**

Team Members:

Ben Mayfield, *Pulaski*
Shelley Rowlett, *Martin*
Weston Rowlett, *Martin*
Deanna Schoolfield, *Paris*



STEAK COMPETITION

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 desire 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.
4. Serve steaks with sauce. Garnish with tomatoes.

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*

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: **18-21**

State: **Illinois**

Team Members:

Keegan Cassady, *Normal*
Laramie Chaffin, *Roodhouse*

Sierra Day, *Cerro Gordo*

Erica Harrell, *Roseville*

Andrew Livingston, *Nokomis*



STEAK COMPETITION

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
 ⅛ 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.

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*

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:

2 slices dried bread, crusts removed	1 Tbs. baking powder
milk	1 Tbs. McCormick® parsley flakes
1 Tbs. mayonnaise	1 tsp. Old Bay® Seasoning
1 Tbs. Worcestershire sauce	1 lb. lump crabmeat

- ▶ Break bread into small pieces in large bowl. Moisten 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.

Team Information

Division: **18-21**

State: **Maryland**

Team Members:

Taylor Clarke, *Rocky Ridge*

Jacob Keeney, *Thumont*

Lauren Schur, *Sabillasville*



STEAK COMPETITION

Steak-n-Egg Sandwich with a Twist

4 CAB® ball tip steaks	8 Tbs. olive oil
8 oz. pepper jack cheese	6 eggs
6 croissants, regular sandwich size	2 green tomatoes, sliced thin
kosher salt and freshly ground pepper to season steak and tomatoes	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.

Team Information

Division: **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*

Crown Jewel Marinade

4 CAB® ball tip steaks	¼ cup Worcestershire sauce
	1 Tbs. minced garlic
Marinade:	1 Tbs. dried parsley flakes
¼ cup soy sauce	1 tsp. black pepper
½ cup olive oil	1 Tbs. minced onions
1 lemon squeezed and strained or ¼ cup lemon juice	

- ▶ 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.

Team Information

Division: **18-21**

State: **Missouri**

Team Members:

Brittany Eagleburger, *Buffalo*
Chris Kahlenbeck, *Union*
Cooper Sadowsky, *Eagleville*
Sydney Thummel, *Sheridan*



OTHER BEEF COMPETITION

Grilled Beef And Cheese Sandwich

2 lb. CAB® precooked shredded beef	2 Tbs. butter
1 cup freshly grated Gouda cheese	1 Tbs. olive oil
1 cup freshly grated sharp cheddar cheese	¾ cup mayonnaise
1½ tsp. freshly ground pepper	¾ cup grated horseradish
1 tsp. salt	1 loaf sourdough bread, sliced
1 medium onion, chopped fine	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	¾ cup mayonnaise
2 stalks celery, sliced	½ cup shredded cheese
2 Tbs. onion, diced	salt and pepper, to taste
½ cup pickle relish	

- ▶ Mix all together and make sandwiches.

Shredded Spicy Beef Tacos

2 lb. CAB® precooked shredded beef	1 Tbs. chili powder
¼ cup lime juice	1 tsp. paprika
3 Tbs. tomato paste	½ tsp. cumin
¼ cup beef broth	½ tsp. salt
1 medium onion, diced	½ tsp. pepper
1 serrano pepper, diced small	1 pkg. soft flour taco shells
1 jalapeño pepper, diced small	avocado-cilantro-lime sauce (See recipe below)
3 garlic cloves, minced or pressed	

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

- ▶ 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.

Team Information

Division: **8 to 13**

State: **Illinois**

Team Members:

Ella Brooks, *Prophetstown*
Emily Brooks, *Prophetstown*
Anne Dameron, *Towanda*
Jack Dameron, *Towanda*
Adam Miller, *Gridley*
Amelia Miller, *Gridley*

Team Information

Division: **8 to 13**

State: **Iowa**

Team Members:

Colton Becker, *Atlantic*
Craig Becker, *Atlantic*
Emily Collison, *Rockwell City*
Jaden Deppe, *Waverly*
Carson Mather, *State Center*
Keegan Mather, *State Center*

Team Information

Division: **8 to 13**

State: **Michigan**

Team Members:

Jaycie Brown, *Pinckney*
Kristopher Kosal, *Deckerville*
Blake Pillars, *Martin*
Paige Zellmer, *Nashville*
Thea Zellmer, *Nashville*



OTHER BEEF COMPETITION

Going for Gold Shredded Beef Sandwiches

2 lb. CAB® precooked shredded beef	1 Tbs. butter
1 can beef broth	1 onion, sliced
2 Tbs. Italian seasoning	cheese
½ tsp. salt	buttered, toasted deli rolls
½ jar (16 oz.) pepperoncini peppers, with juice	

- ▶ 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.

Team Information

Division: **8 to 13**

State: **Missouri**

Team Members:

Kyle Houston, Savannah
Ella Jordan, Saint Joseph
Samuel Jordan, Saint Joseph
Alexis Koelling, Laddonia
Isaac Rhode, Gower
Gavin Rhode, Gower

Beefy Egg Rolls

2 lb. CAB® precooked shredded beef	½ lb. provolone cheese, shredded
2 Tbs. butter	1 pkg. (1 lb.) large eggroll wrappers (20 wrappers)
1 Tbs. olive oil	1 egg white with 2 Tbs. water
1 large onion, chopped	vegetable oil for frying
8 oz. button mushrooms, diced	
1 tsp. coarse ground pepper	Dipping sauce:
1 tsp. salt	¼ cup mayonnaise
1 bottle (12 oz.) root beer	½ cup sour cream
½ tsp. cinnamon	1 Tbs. garlic, minced
¼ cup Worcestershire sauce	3 Tbs. jalapeño, finely diced
2 Tbs. red wine vinegar	salt and pepper to taste
½ cup fresh or jarred jalapeño, finely diced	

- ▶ 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 ¼-½ cup of filling in center of wrapper, spreading the filling out into a line diagonally across wrapper. Bring one corner of eggroll 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 eggrolls in several batches until crispy on all sides. Remove to paper towels and serve with dipping sauce.

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Emily Kiesewetter, Farmington
Paige Lemenager, Hudson
Ashlyn Mool, Lexington
Lauryn Mool, Lexington
Lizzie Schafer, Owaneco



OTHER BEEF COMPETITION

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
¼ 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:

¼ cup mayonnaise
4 oz. Hatch green chilies

- ▶ Tzatziki sauce: Combine all together and drizzle on top of folded pita.
- ▶ Green chili mayo: Smear on pita prior to adding beef.

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.

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*

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: **Virginia**

Team Members:

Chet Boden, *Clear Brook*

Ryan Borer, *Buchanan*

Gordon Clark, *Gretna*

Suter Clark, *Gretna*

Mikayla St. Clair, *Berryville*



OTHER BEEF COMPETITION

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
 ¾ 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.

Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Anna Carpenter, *Wamego*
Laura Carpenter, *Wamego*
Sarah Loomis, *Council Grove*
Morgan Woodbury, *Quenemo*
Madison Wulfsuhle, *Berryton*

Mexican Shredded Beef Tacos

Beef:
 3 lb. CAB® precooked shredded beef
 1-2 Tbs. olive oil
 5 garlic cloves
 1 onion, diced
 ¾ cup orange juice
 2 Tbs. lime juice
 14 oz. crushed tomatoes
 2 cups beef/chicken broth/stock
 water
 salt and pepper

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

- ▶ 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.

Team Information

Division: **18 to 21**

State: **Kentucky**

Team Members:

Logan Boyd, *May's Lick*
Kaitlin Fouts, *London*
Corbin Cowles, *Rockfield*
Leslie Craig, *Harrodsburg*



OTHER BEEF COMPETITION

Virginia's Brunswick Stew

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

- ▶ 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*

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