



THE 24TH ANNUAL



EVENT PROGRAM

Editor's Note: The following event program reflects all junior entries in the 2007 Cook-Off.
Not all teams competed. Contest results will be reported in September.



In conjunction with the

2007 NATIONAL JUNIOR ANGUS SHOW

Tulsa, Okla.

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 24th 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); Omaha, Neb. (1990); Milwaukee, Wis. (1991, 2002); Columbus, Ohio (1992); Wichita, Kan. (1993); Des Moines, Iowa (1994, 2000); Kansas City, Mo. (1996, 2004); Perry, Ga. (1997); Denver, Colo. (2001, 2005); Indianapolis, Ind. (1987, 1998, 2006); and Tulsa, Okla. (1985, 1999, 2007).



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. Adults also are encouraged to enter and to use their imaginations for entry themes.

Anne Patton Schubert, Taylorsville, Ky., serves as chairwoman of the event. Anne Lampe, Scott City, Kan., is co-chairwoman. Karen Armbruster, Burlington, Okla., serves as the local contact for the 2007 contest.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** *Tulsa, Okla. • July 3, 2007*

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 eighth 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 fresh meat 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 third time this award will be presented.
- ▶ **Friends of the Black Kettle** for sponsoring custom-designed T-shirts for each contestant.
- ▶ **Friends of the Black Kettle** and the **Kentucky Angus Association** for awards.
- ▶ **Certified Angus Beef LLC (CAB)** for providing the heat-and-serve and deli-style products for the contest.
- ▶ **Lance Zimmerman**, CAB Supply Development Division marketing manager, and **Clint Walenciak**, CAB packing director, for providing awards, products and encouragement.
- ▶ **Vernon Hathoway**, Harker's Distribution Inc.—Le Mars, Le Mars, Iowa, for providing and processing the fresh meat product for the contest.
- ▶ The **many volunteers** who helped provide grills, microwaves and 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.

2007 All-American Certified Angus Beef[®] Cook-Off contest judges

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American Angus Hall of Fame
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Lance Zimmerman

CAB Supply Development
Marketing Manager
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Wooster, OH 44691



FRESH MEAT COMPETITION



Hamburger on Garlic Toast with Watercress and Stilton

1 lb. CAB® beef chuck, minced	3 Tbs. olive oil
1½ tsp. salt	4 oz. Stilton cheese, at room temperature
freshly ground pepper	4 slices coarse country bread, about ½-in. thick
¼ cup green onion, finely minced, white and pale green parts only	2 cloves garlic, halved
	2 cups watercress leaves, thick stems removed

Place the beef in a bowl and season with salt and pepper to taste. Stir in the onion, mixing well. Gently shape into 4 patties, each ½-inch thick.

Prepare a hot fire for direct-heat cooking on a grill. Place the patties on the hottest part of the grill and cover. Grill until the underside is crisp, 4-5 minutes. Turn over the patties, and grill until done to your liking, about 4 minutes for medium.

While the hamburgers cook on the second side, crumble half of the Stilton on top. Using a knife, smash the Stilton so that it melts onto the hamburgers. Transfer the hamburgers to a plate; keep warm.

Place the bread slices around the edges of the grill rack and toast lightly. Remove bread from the grill and rub one side well with the cut sides of the halved garlic cloves. Put 1 piece of toast on each of 4 individual plates, garlic-rubbed-side up. Top with the remaining Stilton, crumbling it evenly over the toast, then the watercress. Top the watercress with a patty. Serve hot.

4 servings.



CAB® Stir-Fry

1 lb. CAB® sirloin, cut into 3×1-in. strips	1 whole green pepper
½ cup Dale's Liquid Steak Seasoning	1 Vidalia onion
2 oz. olive oil	black pepper

Preheat 10-inch frying pan to medium-high heat.

Place meat in bowl and pour Dale's seasoning over it; sprinkle with black pepper.

Cut green pepper and onion into 2-inch pieces.

Add olive oil to pan and then meat; allow to cook for 2-3 minutes.

Add peppers and onions, cover pan. Cook about 15 minutes or to desired doneness.

Suggested side dishes: white rice; choice of bread.



Rodeo Roundups "Loose Meat" CAB® Sandwich

2 lb. CAB® ground chuck	½ lb. mozzarella or provolone cheese,
2 pkg. dry beefy mushroom-onion soup mix	thinly sliced
½ cup water	bread or rolls

Brown the ground chuck. Add the soup mix. Add water and stir. Simmer on low for approximately 15 minutes. Spoon portions of "loose meat" mixture onto plain or toasted bread and cover with sliced cheese. Add choice of toppings: sliced bell or jalapeño peppers; sautéed onions and mushrooms; pickles; raw onions; hot sauce.

Preparation time: 30 minutes.



Team Information

Division: **9 to 13**

State: **California**

Team Members:

Jessica Judge, *San Luis Obispo*

Mikenzi Meyers, *Madera*

Macy Perry, *Prather*

Sydney Schnoor,
Chowchilla

Team Information

Division: **9 to 13**

State: **Georgia**

Team Members:

Haley Throne, *West Point*

Drew Williams, *Milan*

Team Information

Division: **9 to 13**

State: **Michigan**

Team Members:

Dylan Kennedy, *Nashville*

Hailey McNees, *Grand Junction*

Randy McNees, *North Branch*

Dee Anne Merriman, *Lowell*
Justin Ruggles, *Kingston*

CONTINUED ON PAGE 266



FRESH MEAT COMPETITION



Stuffed Smart Filets

Crab stuffing:

2 Tbs. olive oil
1 tsp. onion, minced
1 tsp. green onion, minced
1 tsp. garlic, minced
1 tsp. celery, minced
1 tsp. green bell pepper, minced
2 Tbs. water
1 can (6-oz.) crabmeat, drained
2 Tbs. bread crumbs
1 tsp. Old Bay® seasoning

1 tsp. cracked black pepper
 $\frac{3}{4}$ cup heavy cream
 $\frac{1}{4}$ cup heavy cream with 2 Tbs. cornstarch
1 cup fresh sautéed mushrooms

Steaks:

4 6-oz. CAB® filet mignon steaks
4 slices bacon, lightly cooked
1 Tbs. olive oil
1 clove garlic, minced
1 tsp. shallot, minced
1 tsp. Dijon mustard
salt and cracked black pepper, to taste

Peppercorn sauce:

1 $\frac{1}{4}$ cups beef broth

To make crab stuffing: Heat olive oil in a large skillet. Sauté onion, green onion, garlic, celery and green pepper until tender. Stir in water, crabmeat, bread crumbs and Cajun seasoning. Remove from heat; set aside.

To prepare peppercorn sauce: In a small saucepan over medium heat, sauté mushrooms; set aside. In another saucepan, combine beef broth and cracked black pepper. Simmer until reduced to 1 cup, stirring frequently. Add $\frac{1}{4}$ cup cream. Continue simmering, then add the cream with the cornstarch; stir until it thickens. Remove from heat; set aside.

To prepare steaks: Slice a pocket into the side of each steak. Stuff generously with crab stuffing. Wrap bacon around the side, securing with toothpicks. Season to taste with salt and pepper; set aside. Heat olive oil in a large cast-iron skillet over medium heat. Sauté garlic and shallot for 1 minute.

Place steaks in skillet, cooking to desired doneness. Remove toothpicks and bacon from steaks; arrange steaks on a plate. Top with sauce.



Steak Your Claim

6 CAB® ribeye steaks

Marinade:

Worcestershire sauce

soy sauce
herb Italian dressing
Lawry's® seasoned salt
garlic salt

Splash on Worcestershire sauce. Pour on soy sauce. Sprinkle lightly with garlic salt. Cover with a light coating of Lawry's seasoned salt. Pour on herb Italian dressing (after shaking to get the herbs out). Take fork and stab steak, working marinade into steak. Turn and do same to other side. The longer you marinate, the better. Must marinate a minimum of a $\frac{1}{2}$ hour. Grill steaks to desired doneness.



Marinated Beef Kabobs

2 lb. CAB® sirloin steak
 $\frac{1}{2}$ cup lite soy sauce
3 Tbs. light brown sugar
2 Tbs. lemon juice

2 Tbs. oil
2 Tbs. apple juice or cooking sherry
 $\frac{3}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. garlic

Place steak in marinade, cover and chill overnight. Remove steak from marinade and place on skewer with assorted vegetables. Grill for 12 minutes or until desired temperature.



Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

Arin Akin, *Iberia*

Erica Atkinson, *Republic*

Madison Gooden, *Crocker*

Jera Pipkin, *Republic*

Cameron Ward, *Plattsburg*

Carter Ward, *Plattsburg*

Team Information

Division: **9-13**

State: **Oklahoma**

Team Members:

Dustin Cook, *Orlando*

Amy Emberson, *Nowata*

Braden Henricks, *Anadarko*

Hanna Runner, *Agra*

Jarred Strate, *Enid*

Karisa Pfeiffer, *Orlando*

Team Information

Division: **9-13**

State: **Virginia**

Team Members:

Mark Alexander, *Berryville*

Morgan Alexander, *Berryville*

Callie Eastin, *Gretna*

Dale Eastin, *Gretna*

Catie Hope, *Berryville*

Mackenza Muncy, *Midland*



FRESH MEAT COMPETITION



Steak Sandwiches with Chive Butter

4 CAB® tenderloin steaks, about 6 oz. each
salt and freshly ground pepper
4 slices firm-textured white sandwich bread
1-1½ cups watercress, large stems removed

Chive butter:

¼ cup unsalted butter, at room temperature
2 Tbs. fresh chives, minced; or 2 tsp. dried chives
2 tsp. fresh lemon juice
½ tsp. salt
¼ tsp. freshly ground pepper

To make the chive butter, combine in a small bowl the butter, chives, lemon juice, salt and pepper. Using a wooden spoon, beat vigorously until blended. Transfer to a sheet of plastic wrap and shape into a log, about 2-inches long and 1 inch in diameter. Wrap in the plastic wrap and refrigerate until firm, about 1 hour, or refrigerate for up to 3 days.

Prepare a fire in a charcoal grill, or preheat a gas grill or broiler (grill).

Sprinkle the steaks lightly with salt and pepper. Place the steaks on the grill rack or broiler pan. Grill or broil 4-6 inches from the heat source, turning every 2 minutes, for a total of about 9 minutes for medium-rare. About 4 minutes before the steaks are done, arrange the bread slices on the rack and grill, turning once, until lightly browned, about 2 minutes on each side.

To serve, transfer the bread slices to individual plates. Divide the watercress among the bread slices and top each with a steak. Cut the chive butter into 4 equal slices and place a slice on each steak. Serve at once.

Serves 4.



Lemon Pepper Steak

2 lb. sirloin steak, cut into 8 servings
1 can frozen lemonade concentrate
2 tsp. salt

2 Tbs. cracked black pepper
2 Tbs. garlic, minced

Mix marinade ingredients. Pour over steak in covered container or plastic bag. Seal and marinate 6 hours or overnight. Grill over medium fire for 10-15 minutes for medium-rare. Serve with a pasta salad and fruit.



Mel's All-American CAB® Burger

2 lb. CAB® ground chuck
1 Tbs. Dijon mustard
1 Tbs. Worcestershire sauce
2 Tbs. Lawry's® garlic pepper
1 Tbs. salt

1 Tbs. pepper
Vidalia onion
1 Tbs. butter
4 buns

Heat grill to high.

In a medium bowl, use a fork to gently combine beef, mustard, Worcestershire sauce, garlic pepper, salt and pepper.

Gently form mixture into 4, 1-inch-thick patties.

Place patties on hottest part of grill and sear until browned; 1-2 minutes per side. Move patties to cooler part of grill; continue grilling to desired doneness; 4-8 minutes per side.

Sauté onions while burgers are cooking and toast or warm buns.

Once burgers are done, remove from grill, place on buns and add onions.

Before eating be sure to add your favorite condiments such as ketchup, mustard, relish, tomato, or lettuce.

Preparation time: 30 minutes.



Team Information

Division: **14 to 17**

State: **California**

Team Members:

Ashley Judge, *San Luis Obispo*

Alexis Leage, *San Luis Obispo*

Sierra Meyers, *Madera*

Austin Perry, *Prather*

Kirbe Schnoor, *Chowchilla*

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Jennifer Ewing, *Rushville*

Andrea Hosto, *Alhambra*

Gabrielle Lemenager, *Clifton*

Nancy Robinson, *Carmi*

Team Information

Division: **14 to 17**

State: **Michigan**

Team Members:

Justin Kennedy, *Nashville*

Chelsea Ruggles, *Kingston*

Patricia Vaassen, *Ann Arbor*

CONTINUED ON PAGE 268

FRESH MEAT COMPETITION

Look At Me Stuffed Burgers

2-2½ lb. CAB® ground beef
8 slices bacon, cooked and chopped

1 cup Monterey Jack cheese, shredded
Kosher salt and freshly ground black pepper

Combine cheese and bacon; set aside. Mix ground beef with salt and pepper. Divide meat into 8 portions. Divide each portion into 2 and shape into burgers. Spoon about a tablespoon of cheese/bacon mixture onto the center of 8 of the burgers. Top with remaining burgers, sealing edges completely to conceal cheese mixture inside. Grill the burgers about 8 minutes per side for medium (160° F) doneness. Serve on buns with your favorite condiments such as tomato, lettuce, onion or avocado.

Makes 8 burgers.



Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

Garren Bellis, *Orrick*

Kathryn McDonald, *Seneca*

Taylor Short, *Ava*

Forrest Thompson, *Mount Vernon*

Austin Thummel, *Sheridan*

Ethan Ulmanis, *Koshkonong*

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

CORNERED 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

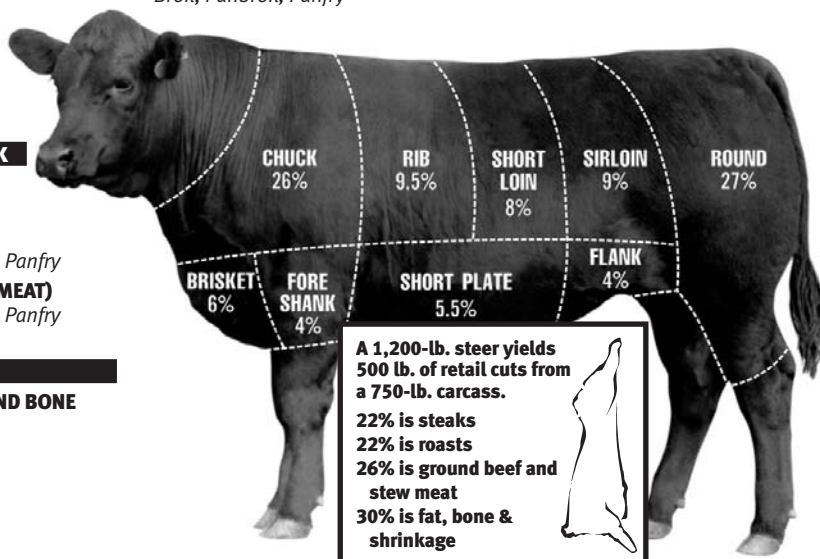
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise





FRESH MEAT COMPETITION



Texas-Style Beef Brisket

10-lb. CAB® beef brisket, untrimmed
2 Tbs. 4R Ranch liquid seasoning rub

1/3 cup 4R Ranch seasoning

With a paintbrush, apply 2 Tbs. 4R Ranch liquid seasoning rub to both sides of the brisket. Sprinkle both sides of the brisket with the 1/3 cup of 4R Ranch seasoning, then rub into the meat. Heat grill to 250° F. When grill is at appropriate temperature, place meat, fat side up, on grill. Do not move or turn the meat for approximately 7 hours. You may check from time to time, but it is best to leave lid closed. After 7 hours wrap meat in foil and return to grill, fat side up. Continue to cook an additional 3 hours. Remove from grill and let stand 10-15 minutes, then slice.

Note: Time will vary according to the size of brisket and grill.

Brisket Leftovers Recipe No. 1: Beef Stroganoff

4 cups (approximately) CAB® cooked brisket	8 oz. sour cream
1/2 cup green onion, chopped	beef broth
1 stick butter	sliced fresh mushrooms
flour to coat meat lightly	pepper to taste

Remove the edges of the brisket and cut into strips. Heat pan and melt butter. Flour the meat lightly. Add meat to melted butter and brown lightly, stirring constantly. Add onion and mushrooms. Add enough beef broth to cover the meat. Cover and simmer about 1 hour, until tender. When ready to serve, remove from heat, add sour cream and stir. Serve over cooked noodles.

Serves 4-6.

Brisket Leftovers Recipe No. 2: Chopped BBQ Sandwich

4 cups (approximately) CAB® cooked brisket
1/4 stick butter
1 cup barbecue sauce, such as Cattlemen's® brand

Remove edges of the brisket and chop into small pieces. Heat pan and melt butter. Add chopped brisket to melted butter and heat well, stirring constantly. Add 1 cup barbecue sauce, stirring until heated throughout. Serve on hamburger buns.

Serves 4-6.

Brisket Leftovers Recipe No. 3: Beef Stew

4 cups (approximately) CAB® cooked brisket	1 cup potatoes, sliced
1 stick butter	1 cup green beans
1 cup onion, chopped	salt and pepper to taste
1 cup carrots, sliced	beef broth
1 cup celery, sliced	

Remove the edges of the brisket and chop into bite-size pieces. Heat stew pot and melt butter. Add onions, carrots and celery; cook until tender. Add potatoes and brisket; cover with beef broth. Salt and pepper to taste. Cover and simmer until tender, approximately 1 hour.

Serves 4-6.



Team Information

Division: **14 to 17**

State: **North Carolina**

Team Members:

Dillon Ridling, Salisbury

Taylor Ridling, Salisbury



FRESH MEAT COMPETITION



Granny's Filet of Beef

5-lb. CAB® whole tenderloin
1 tsp. coarse black pepper

1½ tsp. garlic salt
1 tsp. Canadian steak seasoning

Heat grill. While grill is heating, sprinkle black pepper and garlic salt over tenderloin. Top with layer of Canadian steak seasoning.

Grill whole tenderloin until it reaches medium-rare on a meat thermometer, approximately 1-1½ hours. Do not turn. Slice to desired thickness. Enjoy.



Team Information

Division: **14 to 17**

State: **Ohio**

Team Members:

Krystin Bachman, Lancaster
Lauren Grimes, Hillsboro
Lindsey Grimes, Hillsboro
Bailey Harsh, Radnor
William Harsh, Radnor
Tyler Wise, Tiffin

Taco Beef Nuggets with Tejano Dipping Sauce

1 lb. CAB® ground round
2 Tbs. taco seasoning mix
1 can (4-oz.) chopped mild green chiles, drained
16 ½-in. cubes Co-Jack cheese
1 egg white
1 Tbs. water

2 cups crushed nacho cheese-flavored tortilla chips

Sauce:

6 Tbs. prepared thick taco sauce
3 Tbs. honey

Heat oven to 400° F. Combine ground beef, taco seasoning and green chiles in a large bowl, mixing lightly but thoroughly. Divide beef mixture into 16 portions; shape each portion around a cheese cube, completely covering cheese.

Beat egg white with water in shallow dish until blended. Place chips in second shallow dish. Dip each meatball into egg white mixture, then into chips to coat completely. Press each meatball with palm into a flattened nugget shape, generously coating both sides of nugget with chips.

Spray large baking pan with nonstick cooking spray. Place nuggets in baking pan; spray tops of nuggets generously with nonstick cooking spray. Bake in 400° oven 15-20 minutes to medium (160°) doneness, until not pink and juices show no pink color.

Meanwhile, combine sauce ingredients in small microwave-safe dish. Microwave on high 30 seconds or until warm. Serve nuggets with sauce.

Makes 4 servings.



Team Information

Division: **14 to 17**

State: **Oklahoma**

Team Members:

Jacee May, Stillwater
Maegan Nunley, Marlow
Rebecca Park, Perry
Kassandra Pfeiffer, Orlando
Justin Strate, Enid
Kayla Swanson, Ochelata

"Make-Believe" Filet Mignons

1½ lb. CAB® ground round
1 envelope dry onion soup mix

8 slices bacon, sliced thick

Mix dry onion soup into the ground round. Shape into 4 patties about ¾-inch thick. Wrap edges of each patty with bacon slices; secure with wooden picks. Grill to desired doneness, turning as needed.



Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Trinton Downing, Troy
Tarlton Holloway, Stamford
Stephanie Lastovica, Salado
Jennifer Ramthun, Holland
Tyler Ramthun, Holland



FRESH MEAT COMPETITION



Orange-Soy-Ginger Marinated Flank Steak

2 lb. CAB® flank steak
¼ cup soy sauce
¼ cup dry cooking sherry
¼ cup olive oil
2 Tbs. grated orange rind

¼ cup fresh orange juice
2 cloves garlic, chopped
1 Tbs. fresh ginger, minced
2 tsp. brown sugar

Place flank steak in shallow dish; pour marinade over steak. Cover and chill for 6-8 hours. Remove steak from marinade. Place steak on grill and grill 10 minutes on each side or to desired degree of doneness. Slice and serve.



Team Information

Division: **14 to 17**

State: **Virginia**

Team Members:

Casey Johnson, Nokesville
Luke Muncy, Midland
Adam Murray, Leesburg
Mandy Richardson, Louisa

Stuffed Peppers

Cut green pepper in half.

Put the pepper in water and let it boil for 3-5 minutes, as desired.

Mix ground beef, tomato sauce, sliced tomatoes, corn, rice, onions, cheddar cheese, salt, pepper and garlic.

Mix this all around and smash it up.

Stuff the now-boiled peppers with the mixed ingredients.

Preheat the oven to 350° F. When preheated, cook the stuffed peppers for 30-40 minutes.

Pull out and stand until cooled.



Team Information

Division: **14 to 17**

State: **Wisconsin**

Team Members:

Calli Bayer, Ringle
Kaley Bockhop, Belmont
Bailey Quam, Lodi
Jessica Radcliffe, Schofield
Kelli Retallick, Glen Haven
Kasey Wisnefski, Union Grove

Peanut Steak Kabobs

2 lb. CAB® sirloin steak, cubed or in strips
½ cup brown sugar
½ cup water
⅔ cup peanut butter
⅔ cup soy sauce
½ cup honey barbecue sauce
¼ cup vegetable oil

2-3 Tbs. habañero pepper, chopped
4 cloves garlic, minced
2 tsp. ginger
1 fresh pineapple, cubed
2 large sweet red or green peppers, cut into 1-in. sections

Heat sugar and water to boiling. Add peanut butter and stir until smooth. Add soy sauce, barbecue sauce, oil, habañero pepper and garlic. Put meat and marinade in covered container and refrigerate overnight. Sprinkle pineapple cubes with ginger. Thread meat, pineapple and peppers on skewers. Grill over medium fire 10-12 minutes. Serve with rice pilaf and fresh green salad.



Team Information

Division: **18 to 21**

State: **Illinois**

Team Members:

Gretchen Frost, Tallula
Tera Moritz, Piper City



FRESH MEAT COMPETITION



Topping It Off Beef Filets

4 8-oz. CAB® filets, sliced 1¾-2 in. thick
seasoned rub

4 oz. cream cheese topping
6-8 sprigs cilantro, chopped
4 Tbs. chopped sun-dried tomatoes
2 Tbs. sweet red onion, chopped
¼ cup mushrooms, chopped
3 Tbs. butter or margarine

Seasoned rub:

2½ Tbs. paprika
2 Tbs. salt
2 Tbs. garlic powder
1 Tbs. black pepper

1 Tbs. onion powder
1 Tbs. cayenne pepper
1 Tbs. dried oregano
1 Tbs. dried thyme

Cream cheese topping

4 oz. cream cheese, softened
⅛ cup Parmesan cheese, shredded
½ tsp. garlic salt
2 Tbs. cilantro, finely chopped
2 Tbs. sun-dried tomatoes, chopped
2 Tbs. mushrooms, chopped
1 Tbs. sweet red onion, finely chopped

To prepare seasoned rub: Combine all ingredients in an airtight shaker.

To prepare cream cheese topping: Thoroughly mix all ingredients. Refrigerate until ready to use.
Will top 4-6 beef filets.

To prepare filets: Lightly sprinkle both sides of each filet with the seasoned rub and gently rub it into the meat. Cut 2 or 3 slits across the top of each filet, about an inch deep, and stuff each slit with some chopped cilantro and sun-dried tomatoes. Place on a hot grill, slit-side down, for 6-8 minutes; turn, and grill to desired doneness. About 2 minutes before removing from the grill, spread a tablespoon of the cream cheese topping over each steak and let melt. Sauté remaining cilantro, tomatoes, mushrooms and onion in butter and spoon over steaks just before serving. Steaks may be stuffed and refrigerated several hours before grilling.

May be served with twice-baked potatoes, steamed or grilled vegetables, and fresh fruit salad.



Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

April Harris, *Ridgeville*
Jacob Saunders, *Cloverdale*
Katelyn Wilson, *Orleans*

Far Eastern Steak Salad

Steak:

1 lb. CAB® flank or sirloin steak
salt and freshly ground pepper, to taste

Vinaigrette:

2 Tbs. Dijon mustard
3 Tbs. peeled and grated fresh ginger
3 Tbs. red wine vinegar
2 Tbs. soy sauce
1 cup olive oil

2 tsp. brown sugar
salt and freshly ground pepper, to taste

Salad

½ lb. green beans, snow peas or snap peas, trimmed
3 bunches watercress or 4 cups young, tender spinach,
stems removed
2 cucumbers, peeled, cut in half lengthwise, seeded, and
cut crosswise into slices ⅛-inch thick
2 red bell peppers, seeded and cut into long, narrow strips

To prepare vinaigrette: In a small bowl, combine the mustard, ginger, vinegar, soy sauce, olive oil, brown sugar, salt and pepper. Place the steak in a shallow dish. Pour ⅓ cup of the vinaigrette over the steak and let stand at room temperature for 1 hour.

Prepare a fire in a grill.

Remove steak from the vinaigrette, discarding the vinaigrette. Pat the steak dry with paper towels, and sprinkle with salt and pepper. Place on the grill rack and grill, turning once, for 3 minutes on each side for rare, or until done to your liking. Transfer to a plate and let cool until it can be handled.

Bring a saucepan filled with salted water to a boil. Add the green beans and boil for 4-5 minutes, or boil peas for 2 minutes. Drain immediately and immerse in ice water until cool. Drain again; pat dry with paper towels.

Place the watercress or spinach in a bowl, adding ¼ cup of the reserved vinaigrette; toss well. Divide the greens among 4 salad plates. In the same bowl combine the cucumbers, bell peppers, green beans or peas and ½ cup of remaining vinaigrette. Toss well and divide among the plates. Cut the steak in slices about ¼-inch thick. Place on top of the vegetables. Drizzle the remaining vinaigrette over the steak.



Team Information

Division: **18 to 21**

State: **Iowa**

Team Members:

Bryanne Duckett, *New Liberty*
Taylor Duckett, *New Liberty*
Ashley Kuehn, *Durant*
Caitlin Kuehn, *Durant*
Lauren Schroeder, *Clarence*



FRESH MEAT COMPETITION



Crab-Stuffed Filet Mignon with Crab Sauce

4 CAB® filet mignons, 6-7 oz. each
2 Tbs. olive oil
1 tsp. onion, minced
1 tsp. green onion, minced
1 tsp. celery, minced
1 tsp. green bell pepper, minced
1 tsp. garlic, minced
2 Tbs. shrimp stock
1 Tbs. bread crumbs
1 Tbs. Creole seasoning
1½ cups lump crabmeat

Crabmeat bordelaise sauce

1 Tbs. shallot, minced
4 turns freshly ground black pepper
1 Tbs. garlic, minced
2 cups beef glaze (thickened stock)
2 Tbs. unsalted butter, room temperature
1 Tbs. chopped green onions
½ lb. lump crabmeat
1 tsp. Creole seasoning

To prepare crabmeat bordelaise sauce: Combine the shallot, garlic and Creole seasoning in a small non-reactive saucepan and place over high heat. Cook for 30 seconds. Watch carefully so it doesn't burn. Add crabmeat, salt and pepper and bring back to a boil. Stir in glaze and bring back to a boil. Reduce heat and simmer, skimming off fat and impurities for about 10 minutes. Turn heat up to high, skim remaining impurities from the top and cook for 1-2 minutes more. Whisk in the butter until thoroughly incorporated, about 30 seconds. Add green onions and remove from heat. Cover to keep warm.

To prepare crabmeat stuffing: Heat 1 Tbs. olive oil in a medium skillet over high heat. Add the onion, green onion, celery, bell peppers and garlic. Sauté for 1 minute. Add crabmeat, stock, bread crumbs and 1 tsp. Creole seasoning and cook for 2 minutes. Remove from heat and set aside to cool for at least 15 minutes. Makes 1 cup.

To prepare filet mignon: Using a small knife, cut a slit about 2 inches long and 2 inches deep into the side of each steak to make a pocket. Sprinkle the remaining 2 tsp. Creole seasoning over the meat, using ½ tsp. for each steak and inside its pocket. Use your hand to coat the meat thoroughly inside and out. Stand the filets on their uncut edges and open the pockets. Using a spoon, fill each pocket with ¼ cup of the cooled stuffing. Heat the remaining 1 Tbs. oil in a skillet over high heat. When the oil is hot, add the filets and sauté until rare, about 3 minutes on each side; or medium rare, about 4 minutes on each side. To serve, place filet on a dinner plate and cover with a generous amount of the crabmeat bordelaise sauce.



Western Marinated Ribeye Steaks

6 CAB® ribeye steaks
1½ cups vegetable oil
¼ cup soy sauce
1½ Tbs. dry mustard
2 tsp. salt
1 Tbs. black pepper

½ cup Worcestershire sauce
½ cup red wine vinegar
1½ Tbs. dried parsley flakes
3 cloves fresh garlic, diced
¼ cup lemon juice

Combine all ingredients and mix well. Pour marinade over steaks and refrigerate for 18-24 hours. Allow steaks to come to room temperature before grilling.



Team Information

Division: **18 to 21**

State: **Louisiana**

Team Members:

Allison Gravois, *Vacherie*

Ben Greene, *Covington*

Matthew Greene, *Covington*

Katie Hymel, *Vacherie*

Stephanie Hymel, *Vacherie*

Kayla St. Blanc, *Folsom*

Team Information

Division: **18 to 21**

State: **Maryland**

Team Members:

Brittany Full, *Mount Airy*

Christina Ritter, *Laytonsville*

Emily Velisek, *Gaithersburg*

Robert Velisek, *Gaithersburg*

Trevor Whiteside,
Queenstown



FRESH MEAT COMPETITION



Dream Team's Steak Sandwiches

1½ lb. boneless CAB® sirloin steak, about 1 in. thick, trimmed, cut into thin, bite-sized strips

1 medium onion, halved crosswise, sliced

¼ cup lime juice

3 Tbs. oil

2 cloves garlic, sliced

2 tsp. chili powder

1 tsp. cumin

½ tsp. salt

1 green pepper, cut into strips

1 red pepper, cut into strips

6 sandwich buns (onion, Kaiser or wheat), split

6 ¾-oz. slices of favorite cheese (pepper jack, provolone, Swiss, etc.)

Place steak and onion in a Ziploc® bag. In a small bowl, combine lime juice, oil, garlic, chili powder, cumin and salt; mix well. Pour over steak and onion in bag. Seal bag. Turn bag to distribute marinade. Refrigerate 3 hours, turning occasionally.

Heat 12-inch nonstick skillet over high heat until hot. Add steak, onion and all of marinade. Add bell peppers; cook and stir until beef is no longer pink, bell peppers and onion are crisp-tender and most of liquid has evaporated.

Place bun halves, cut side up, on ungreased cookie sheet; broil 4-6 inches from heat for 1 or 2 minutes or until toasted. Spoon beef and vegetables onto bottom halves of buns. Top each with 2 pieces of cheese; return to broiler for 1 minute to melt cheese. If desired, top with salsa, sour cream or guacamole. Cover with tops of buns.



Team Information

Division: **18 to 21**

State: **Michigan**

Team Members:

Danielle Foster, *Niles*

Tabitha Grochowalski, *Ada*

Wren Schroeder, *Deckerville*

Julie Thelen, *Saline*

Rachael Vaassen, *Ann Arbor*

CAB® Favorite Beef Brisket

4 lb. CAB® beef brisket

2 Tbs. chili powder

2 Tbs. salt

1 Tbs. garlic powder

1 Tbs. onion powder

1 Tbs. coarsely-ground black pepper

1 Tbs. sugar

2 tsp. dry mustard

1 bay leaf, crushed

1 can (10-oz.) beef broth

Make a dry rub by combining chili powder, salt, garlic powder, onion powder, black pepper, sugar, dry mustard and crushed bay leaf. Season the raw brisket on both sides with the rub. Place in a sealed plastic bag overnight. Remove the brisket from plastic bag and place on rack in roasting pan and roast, uncovered, for 1 hour at 350° F.

Add the beef broth and enough water to make ½ inch liquid in roasting pan. Lower oven temperature to 300° and cover pan tightly. Continue cooking for 3 hours or until fork-tender. Slice meat thinly across the grain. Make gravy from pan drippings by mixing 3 Tbs. cornstarch with ½ cup cold water for each cup of pan drippings. Stir cornstarch mixture into pan drippings. Cook and stir until desired thickness. To serve, pour gravy over sliced brisket on serving plate.



Team Information

Division: **18 to 21**

State: **Minnesota**

Team Members:

Chelsey Drysdale, *Wabasha*

Alisha Nord, *Wolverton*

Audra Nord, *Wolverton*

Luke Nord, *Wolverton*

Peter Scharpe, *Arlington*

Taylor Waugh, *Goodhue*

Country Ribeye Steaks

4 10-oz. CAB® ribeye steaks

1 cup Italian dressing

1 pkg. au jus mix

½ cup Worcestershire sauce

Mix ingredients together. Place meat and marinade in large oven bag or a covered plastic container. Can marinate up to 24 hours before cooking. Cook on hot grill until done. Salt and pepper to taste, if desired.



Team Information

Division: **18 to 21**

State: **Mississippi**

Team Members:

Deanna Alderson, *Potts Camp*

Zachery Brower, *Water Valley*

Colbi Parker, *Bruce*

Jon Paul Whitlock, *Iuka*



FRESH MEAT COMPETITION



Collegiate Steak with Flavored Butter

CAB® top loin (strip) steaks
salt and pepper
½ stick salted butter, completely softened

2 Tbs. green onion, finely chopped
1 tsp. garlic, minced

Grill steaks 9-11 minutes per side for medium doneness. Season with salt and pepper to taste. Combine last three ingredients until well-blended. Top just-cooked steaks with butter mixture for delicious flavor.



Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

Holly Bellis, *Orrick*
Emelia Heimsoth, *Lathrop*
Austin Sayre, *Creighton*
Jessica Weigand,
Warrensburg

Beef Casserole and Spanish Rice

2 lb. CAB® tenderloin
1½ Tbs. olive oil
½ cup green bell pepper, chopped
⅓ cup onion, chopped
¼ cup green olives, chopped
1 clove garlic, crushed
¾ cup uncooked regular long grain rice

2 tsp. chili powder
¾ tsp. salt
⅓ tsp. black pepper
dash cumin
1 can Mexican-style diced tomatoes, undrained
1 cup water
¾ cup frozen peas

Heat oven to 350° F.
Trim fat off tenderloin and slice lengthwise in half, then crosswise in ¼-inch strips.
Cook beef, bell pepper, onion, olives and garlic until beef is no longer pink.
Add rice, spices and tomatoes.
Bake in oven for 30-35 minutes or until rice is tender.
Remove from oven and stir in peas.



Team Information

Division: **18 to 21**

State: **Montana**

Team Members:

Beth Hooker, *Roscoe*
Shane Hooker, *Roscoe*
Travis Winters, *Joliet*

Texas Ribeye

CAB® ribeye steak, 1 in. thick

1 bottle Allegro® marinade

Pour bottle of Allegro into a Ziploc® bag and place steak in the bag. Marinate the steak overnight or first thing in the morning. When charcoal grill is ready, discard the marinade. Grill. Be sure to add mesquite wood to your coals.



Team Information

Division: **18 to 21**

State: **Texas**

Team Members:

Kevin Gleason, *Waxahachie*
Drew Slattery, *Chappell Hill*
Jennifer Smith, *Marshall*
Eric Yates, *Carthage*

Slow-Cooker Sloppy Joes

2½ lb. CAB® ground chuck
1 small onion, chopped
½ medium green bell pepper, chopped
1 can (8-oz.) tomato sauce
½ cup water
½ cup ketchup
¼ cup brown sugar

2 Tbs. cider vinegar
2 Tbs. yellow mustard
1 Tbs. chili powder
1 Tbs. Worcestershire sauce
½ tsp. salt
¼ cup all-purpose flour
8 hamburger buns

Brown beef with onion and bell pepper over medium-high heat until beef is no longer pink. Place beef mixture in 4½ quart slow cooker. Stir in tomato sauce and next nine ingredients. Cover and cook on high for 4 hours. Serve on hamburger buns.



Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Nathan Butler, *Midland*
Shane Clary, *Brodnax*
Will Earhart, *Verona*
Will Epperly, *Moneta*
Emily Murray, *Leesburg*

CONTINUED ON PAGE 276



FRESH MEAT COMPETITION



American Grilled Steak with Avocado Salsa

2 lb. CAB® flank steak or 4 CAB® ribeye steaks,
about ½ lb. each
1 yellow onion
2 cloves garlic, finely minced
2 tsp. ground cumin
2 tsp. black pepper
½ cup fresh lemon juice

1 tsp. jalapeño chile, minced
1 tsp. garlic, minced
¼ cup green bell pepper, finely chopped
3 Tbs. red onion, finely minced
2 Tbs. red wine vinegar or fresh lemon juice
2 Tbs. fresh cilantro, minced
½ cup olive oil
salt and freshly ground pepper

Avocado salsa:

2 avocados
4 plum (Roma) tomatoes

olive oil for brushing

Put the steak(s) in a shallow nonaluminum dish. Coarsely chop the yellow onion. In a blender or food processor, combine the onion, garlic, cumin, pepper and lemon juice. Pulse a few times to chop. Pour over the steak(s), cover, and let stand at room temperature for at least 1 hour.

Meanwhile, prepare the salsa. Peel and pit the avocados, cut into ½-inch chunks, and place in a bowl. Peel and seed the tomatoes, cut into ½-inch chunks, and add to the bowl with the avocados. Add the jalapeño, garlic, bell pepper, red onion, vinegar, cilantro, olive oil, and salt and pepper to taste and mix well. Set aside at room temperature.

Prepare a fire in a charcoal grill, or preheat a gas grill or broiler (grill). Remove the steak(s) from the marinade. Brush lightly with oil and sprinkle with salt. Place on the grill rack or on a broiler (grill) pan. Grill or broil 4-6 inches from the heat source for about 4 minutes on each side for medium-rare. If using a flank steak, slice crosswise on the diagonal. Serve at once and pass the salsa at the table.

Serves 4.



Team Information

Division: **Adult**

State: **California**

Team Members:

Becky Judge, *San Luis Obispo*

Joel Judge, *San Luis Obispo*

Cory Meyers, *Madera*

Randy Perry, *Prather*

Susan Perry, *Prather*

Mindy Schnoor, *Chowchilla*

Georgia-Style CAB® Sirloin Kabobs

2 lb. CAB® sirloin, cut into 1½-in. cubes
1 cup Italian dressing
¾ cup Dale's Liquid Steak Seasoning
black pepper

2 whole green peppers
2 whole red peppers
4 Georgia Vidalia onions
1 pkg. wooden skewers

Place meat in bowl and add Italian dressing and Dale's steak seasoning. Cover and refrigerate for about 1 hour or more.

Start grill.

Wash and cut up peppers and onions in about 2-inch pieces.

Spread coals and begin placing the ingredients of beef, peppers and onions on skewers, alternating each one until full.

Place on grill when finished and allow cook time for about 10 minutes or according to desired doneness.

Suggested side dishes: Corn-on-the-cob; watermelon slices.



Team Information

Division: **Adult**

State: **Georgia**

Team Members:

Donnie Clark, *Rochelle*

Chris Throne, *West Point*

Doug Williams, *Milan*



FRESH MEAT COMPETITION



Granny's Beef Kabobs on Mini Pot-Passers

2 lb. CAB® boneless sirloin steak,
cut into 1½-in. cubes
½ cup soy sauce
¼ cup olive oil
2 Tbs. wine vinegar
4 cloves garlic, minced
4 Tbs. brown sugar

fresh cracked black pepper
2 green peppers, chunked
2 red peppers, chunked
16-20 mushrooms
3 onions, quartered
2 zucchini, sliced in ½-in. chunks

Mix soy sauce, olive oil, wine vinegar, garlic, brown sugar and black pepper together. Pour into Ziploc® bag; add sirloin and marinate overnight or for at least 8 hours.

Reserve some marinade for basting.

Alternately thread kabobs with meat and vegetables. Grill 8-10 minutes or until desired doneness, turning once.



Team Information

Division: **Adult**

State: **Missouri**

Team Members:

Gary Naylor, *Buffalo*

Pam Naylor, *Buffalo*

Joann Pipkin, *Republic*

Tammy Pleimann, *Jackson*

Payree Short, *Ava*

Kelly Smith, *West Plains*

Texas-Style Beef Brisket

10 lb. CAB® beef brisket, untrimmed
2 Tbs. 4R Ranch liquid seasoning rub

⅓ cup 4R Ranch seasoning

With a paintbrush, apply 2 Tbs. 4R Ranch liquid seasoning rub to both sides of the brisket. Sprinkle both sides of the brisket with the ⅓ cup of 4R Ranch seasoning, then rub into the meat. Heat grill to 250° F. When grill is at appropriate temperature, place meat, fat side up, on grill. Do not move or turn the meat for approximately 7 hours. You may check from time to time, but it is best to leave lid closed. After 7 hours, wrap meat in foil and return to grill, fat side up. Continue to cook an additional 3 hours. Remove from grill and let stand 10-15 minutes, then slice.

Note: Time will vary according to the size of brisket and grill.



Team Information

Division: **Adult**

State: **North Carolina**

Team Members:

David Ridling, *Salisbury*

CONTINUED ON PAGE 278

Integrity is built into the **Certified Angus Beef®** brand. It is the only brand that tracks every pound of meat from initial identification through sales to consumers, ensuring they get genuine CAB® products.



HEAT-AND-SERVE COMPETITION



Guaco Tacos

2 lb. CAB® Quick-N-Easy® shredded beef
2 pkg. taco seasoning
½ cup water
2 cups guacamole
2 cups shredded taco cheese

1 large tomato, diced
shredded lettuce
8 flour tortillas, warmed
salsa and sour cream to garnish

Mix taco seasoning and water into shredded beef; heat through. Spread each tortilla with ¼ cup guacamole. Top with seasoned meat, ¼ cup cheese and shredded lettuce. Roll up tortillas. Serve with salsa and sour cream. Accompany with fresh fruit and a chocolate dessert.



Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Laramie Chaffin, *Roodhouse*

Preston Scott, *Tremont*

Kayla Widerman, *Good Hope*

Super CAB® Sundaes

1 CAB® Quick-N-Easy® pot roast
1 pkg. ready-to-serve refrigerated or frozen
mashed potatoes

1 jar beef gravy
4 Tbs. sour cream
4 cherry tomatoes

Heat mashed potatoes according to package directions.
Heat pot roast according to package directions.
Heat gravy according to package directions.
Using a No. 12 ice cream scoop, put 1 scoop mashed potatoes into each parfait cup.
Using a No. 12 ice cream scoop, put 1 scoop pot roast on top of mashed potatoes.
Drizzle with gravy, top with sour cream and cherry tomato.
Serve hot.



Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Allison Blythe, *White City*

Trenton Blythe, *White City*

Cole Gardiner, *Ashland*

Ransom Gardiner, *Ashland*

Tyler Ottensmeier, *McLouth*

Beefy Breakfast Burritos

2-lb. pkg. CAB® heat-and-serve boneless short ribs
scrambled eggs
green or red peppers, chopped and sautéed until
tender
onion, chopped and sautéed until tender
cooked tater tots, sliced

burrito-sized soft flour tortillas, warmed
cheese sauce
shredded cheese (Co-Jack, cheddar, etc.)
sour cream
pico de gallo, salsa or diced tomatoes

Flake or shred short ribs and warm in skillet over medium heat. Add any or all of the next four ingredients to your taste. Cook until hot over medium heat, stirring gently. Fill tortillas, roll up and top with cheese sauce and garnish as you would like with the next three ingredients.

The 2 pounds of meat will make enough burritos to serve approximately 8-10 people.



Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

McKenzie Adam, *Long Lane*

Jacob Heimsoth, *Lathrop*

Caleb Sayre, *Creighton*

Chase Thummel, *Sheridan*

Sydney Thummel, *Sheridan*

Samuel Wallace, *Stotts City*



HEAT-AND-SERVE COMPETITION



CAB® Steak Chili-Cheese Party Dip

1 pkg. CAB® steak chili	¼ cup milk
¼ cup butter	1 tsp. hot pepper sauce
½ cup onion, chopped	1 Tbs. red cooking wine (optional)
¼ cup bell pepper, chopped	2 Tbs. parsley, chopped
1 Tbs. garlic, minced	1 16-oz. round bread loaf
1 can (10-oz.) Ro-Tel® tomatoes and green chiles	choice of cubed bread, tortilla chips or fresh vegetables
1 lb. Velveeta® cheese, cubed	

Melt butter and sauté onion, bell pepper and garlic until soft. Add Ro-Tel and simmer over low heat. Add Velveeta and milk. Cook over low heat until melted, stirring frequently. Cut top off of round bread and remove center, forming a bread “bowl.” Gently add CAB steak chili to cheese mixture. Add pepper sauce, cooking wine and parsley. Stir gently. Pour into bread bowl and serve hot with your choice of bread cubes, chips or fresh vegetables. May also prepare and serve in a slow cooker.



Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Jacinda Dickinson, *Glasco*
Ashley Laas, *Brookville*
Allison Jones, *Manhattan*
Peter Lundgren, *Ottawa*
Cole Pearson, *Scott City*
Miles Pearson, *Scott City*

Quesadilla Burgers

4 fully-cooked CAB® burger patties	2 tomatoes, diced
8 small flour tortillas	1 medium onion, diced
2 cups shredded cheddar cheese	2 cups shredded lettuce
2 cups shredded pepper-Jack cheese	jalapeños, chopped (optional)
4 slices bacon, cooked and crumbled	

Heat burger patties, season if desired. On each of 4 tortillas, place ¼ cup shredded cheddar cheese and ¼ cup shredded pepper-Jack cheese. Sprinkle each with a crumbled slice of bacon and ½ cup shredded lettuce. Place burger patty on each and top with tomatoes, onion, jalapeños (if desired), and remaining cheeses. Place remaining tortillas on top and grill over medium heat, turning once, until heated through and cheeses are melted. Cut in halves or quarters and serve warm.



Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Megan Ahearn, *Wills Point*
Brittany Blum, *Howe*
Gretchen Ettredge, *Pilot Point*
Mollie Lastovica, *Fredericksburg*
Katy Satree, *Montague*

Touchdown Taco Dip

2 lb. CAB® frozen hamburger patties	1 jar (16-oz.) salsa
1 can (14.5-oz.) refried beans	2 cups shredded lettuce
1 pkg. taco seasoning mix	1 large tomato, diced
¼ cup water	4 green onions, chopped
2 cups shredded cheddar cheese	2 cups shredded Colby-Monterey Jack cheese
1 container (16-oz.) sour cream	1 large bag Tostitos® or Scoops® corn chips

In a large skillet brown ground beef. Drain grease. Add the refried beans, taco seasoning and water to beef. Stir well and heat on low. Spread the mixture into a 9×13-inch baking dish. Sprinkle cheddar cheese on top. Cover with sour cream and salsa. Top with shredded lettuce, tomato, green onions and Colby-Monterey Jack cheese. Serve with corn chips.



Team Information

Division: **18 to 21**

State: **Georgia**

Team Members:

Caroline Black, *Commerce*
Trey Davis, *Doerun*
Kathleen Gazda, *Athens*
Clay Williams, *Bishop*



HEAT-AND-SERVE COMPETITION



Celebrity "Prime" Rib with Chipotle Butter

6 8- to 10-oz. fully cooked CAB® prime rib slices,
¾-in to 1-in. thick
1 Tbs. butter

Chipotle butter:

¼ lb. (1 stick) butter, softened
3 Tbs. shallots, minced
1 Tbs. fresh cilantro, minced
1 Tbs. chipotle peppers, minced in adobo sauce
1 Tbs. fresh lime juice
½ tsp. salt

Combine chipotle butter ingredients in small mixer bowl; beat until light and fluffy.
Heat ½ Tbs. butter in large, nonstick skillet over medium-high heat until hot. Place two beef rib slices in skillet; sear 4-5 minutes or until lightly browned and heated through, turning once.
Remove; keep warm. Repeat with remaining ½ Tbs. butter and beef slices.
Top beef slices with chipotle butter, as desired.
Makes 6 servings.



Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

Brooklynn Bell, *Delaware*
Jordan Davis, *Foss*
Cali Emberson, *Nowata*
Colton Henricks, *Anadarko*
Kelsey Pfeiffer, *Orlando*
Amanda Rauh, *Thomas*

Barbecue Beef Pizza

1 container (18-oz.) CAB® shredded beef in
barbecue sauce
4 individual (7-in.) pre-baked pizza crusts
1 cup cream cheese, softened

1 can (4-oz.) diced mild green chiles, drained
½ cup short thin red bell pepper strips
1 cup shredded Monterey Jack cheese

Heat oven to 400° F. Place pizza crusts on ungreased large baking sheet. Spread 2 Tbs. cream cheese on each crust. Spoon shredded barbecue beef evenly onto crusts. Top evenly with chilies, bell pepper and cheese. Bake in 400° oven 15-20 minutes or until topping is hot and bubbly.
Cut each pizza into 4 wedges.



Team Information

Division: **18-21**

State: **South Dakota**

Team Members:

Sydney Geppert, *Mitchell*
Weston Geppert, *Mitchell*
Brian Graff, *Rutland*
Heidi Graff, *Rutland*
Andrew Rogen, *Brandon*
Matthew Tollefson, *Clark*



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www.certifiedangusbeef.com.



DELI MEAT COMPETITION



CAB® & Avocado-N-Pockets

- | | |
|---|------------------------------|
| ¾ lb. CAB® deli-style roast beef, sliced thin | 1 Tbs. Dijon mustard |
| ⅓ cup oil | 2 avocados, peeled and cubed |
| 3 Tbs. apple cider vinegar | 2 green onions, chopped |
| ¼ tsp. salt | 3 pocket breads, cut in half |
| dash pepper | |

In medium bowl, combine oil, vinegar, salt and mustard and whisk vigorously to blend. Add roast beef and avocado to dressing and toss to coat. Fill pocket breads with filling and serve. Makes 6 sandwiches.



Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Meaghan Crenshaw, *Beloit*
Hadley DeHoff, *Tonganoxie*
Amanda Laas, *Brookville*
Johanna Lundgren, *Ottawa*

Yummy Beef and Cheese Roll-Ups

- | | |
|---|-------------------------------------|
| 1 lb. CAB® deli-style roast beef | 1 cup shredded carrots |
| 2 pkg. (6-oz.) garden vegetable-flavored soft spreadable cheese | 1 cup shredded Monterey Jack cheese |
| 4 large (10-in.) flour tortillas | 8 leaves green leaf lettuce |

Spread soft cheese evenly over one side of each tortilla; top each with ¼ cup shredded carrots and ¼ cup Monterey Jack cheese. Layer lettuce and roast beef over carrots, leaving ½-inch border around edge. Roll up tightly; wrap in plastic wrap. Refrigerate 30 minutes before serving. To serve, cut each roll diagonally in half.



Team Information

Division: **9 to 13**

State: **South Dakota**

Team Members:

Kylee Geppert, *Mitchell*
Christina Mogck, *Olivet*
Alex Rogen, *Brandon*

Ranch-Style Monte Cristo Sandwich

- | | |
|---|---|
| 2 lb. CAB® deli-style roast beef, sliced | 1 medium tomato, sliced thin |
| 1 packet (1-oz.) Hidden Valley® Ranch® salad dressing and seasoning mix | ½ of medium onion, thinly sliced and separated into rings |
| ½ cup sour cream | 1 small avocado, diced |
| 4 large eggs | 2 Tbs. mayonnaise |
| 1½ cups milk | 2-4 large romaine lettuce leaves, washed and dried |
| 2 12-in. French baguettes, halved lengthwise | |

Reserve 1 tsp. of the seasoning mix. Mix remaining seasoning mix with sour cream. Whisk in eggs and milk. Divide bread halves between two 13×9-inch baking dishes, cut-side down. Pour egg mixture evenly over bread in each dish, dividing equally. Cover, refrigerate overnight.

Remove baking dish from refrigerator. Place bread on tray. Discard excess liquid from dishes. Wash and wipe out. Spray bottoms of pans with nonstick spray. Place bread cut side up in dish. Put into 350° F oven. Bake 35-40 minutes, or until tops are puffed and lightly golden.

Toss together onions and tomatoes with reserved seasoning mix. If desired, season with salt and pepper.

In small bowl, mash together avocado and mayonnaise, creating a chunky spread.

Once bread is removed from oven, place on large platter. Spread with some of the avocado mixture. Assemble sandwich as follows: lettuce, roast beef, top with tomatoes and onions. Spread top half of bread with avocado mixture and top sandwich.

Serve warm.



Team Information

Division: **9 to 13**

State: **Texas**

Team Members:

Emory Geye, *Rising Star*
Tyler Jones, *Bleiblerville*
Clayton Stevenson,
Brenham
Wade Wells, *Hamilton*
Tylee Williams, *Lockney*

CONTINUED ON PAGE 282



DELI MEAT COMPETITION



CAB® Salad Skewers

¼ lb. CAB® deli-style roast beef, sliced
¼ lb. CAB® deli-style pastrami, sliced
4 slices provolone cheese
2 cups baby spinach leaves
12 cherry tomatoes

Honey mustard dipping sauce:

½ cup vinegar
1 cup mayonnaise

1 tsp. prepared yellow mustard
1 tsp. sugar
1 tsp. onion, chopped
½ cup honey
1 tsp. parsley, minced
¼ tsp. salt
¼ tsp. pepper
½ cup vegetable oil

In small bowl, combine the vinegar, mayonnaise and mustard. Add sugar, onion, honey, parsley, salt and pepper.

Slowly pour oil into mixture while mixing briskly with a wire whisk.

Refrigerate until ready to serve.

To prepare:

Place the slices of pastrami on a work surface and top each with a slice of cheese and a slice of roast beef.

Roll up jelly-roll style and slice each roll into three equal pieces.

Alternately thread each skewer with two pieces each of the meat and cheese roll, spinach leaves and cherry tomatoes.

Serve immediately with honey-mustard dipping sauce; or chill until ready to serve.



Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Meghan Blythe, *White City*

Megan Fink, *Manhattan*

MacKenzie Flory, *Baldwin City*

Clinton Laflin, *Olsburg*

Hannah McCabe, *Elk City*

Tanner Rayl, *Hutchinson*

Charlotte's CAB® Relish Wraps

1 lb. CAB® deli-style roast beef
1 block (8-oz.) cream cheese
2 Tbs. honey Dijon mustard
2 Tbs. onion or scallions, chopped

6 8-oz. flour tortillas
spinach leaves
homemade pepper relish

Softened cream cheese; mix in mustard and onion. Spread over tortillas. Spread pepper relish over cream cheese mixture. Layer with slice of roast beef and spinach leaves. Roll and secure with toothpick. Refrigerate for 1 hour before slicing into servings.



Team Information

Division: **14 to 17**

State: **Maryland**

Team Members:

Jessica Clarke, *Rocky Ridge*

Taylor Clarke, *Rocky Ridge*

Tyler Donnelly, *Emmitsburg*

James Full, *Mount Airy*

Jessica Lambert, *Frederick*

Maggie Lanham,
Buckeystown



DELI MEAT COMPETITION



Cave-Man-Easy Beef Sandwiches with Onion Marmalade

1 lb. CAB® deli-style roast beef, sliced thin	1 tsp. Worcestershire sauce
1 cup white or yellow onions, chopped	¼ tsp. salt
1 cup purple onions, chopped	⅛ tsp. pepper
3 green onions, chopped	dash ground cloves
2 Tbs. oil	4 French rolls
¼ cup sugar	4 endive or lettuce leaves
2 Tbs. cider vinegar	

To make onion marmalade, sauté onions in oil in large saucepan over medium-low heat 1 hour or until very tender, stirring occasionally. Stir in sugar, vinegar, Worcestershire sauce, salt, pepper and cloves. Cook over low heat, stirring occasionally 25-30 minutes or until liquid evaporates. Cool completely. Refrigerate in a tightly covered container up to 1 week.

To assemble sandwich, bring onion mixture to room temperature. Place lettuce on bottom half of toasted rolls. Arrange beef mixture over lettuce. Spread onion marmalade evenly over beef; cover with top half of roll. Cut in half and enjoy.



Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Ashley Stevenson, Brenham

Zachary Wells, Hamilton

Brazos Williams, Lockney

Southwest Beef Linguini

1 lb. CAB® deli-style roast beef	1 small onion, sliced into rings
6 oz. linguini, cooked	1 green pepper, sliced
1 Tbs. olive oil	½ tsp. bottled minced garlic
2 tsp. chili powder	½ cup pico de gallo
¼ tsp. cumin	

Cook linguini according to package directions and drain. Cut beef into strips. Put oil into large skillet or wok. Heat over medium heat, stir in chili powder, cumin and garlic and heat for 15 seconds. Add onions and stir for 1 minute. Add peppers and stir-fry for an additional 2 minutes until crisp-tender. Add beef and heat until warmed through. Add linguini and pico de gallo. Toss and cook until heated through.

Serves 4.



Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Chelsea Dickinson, Glasco

Ben Gruver, Luray

David Lundgren, Ottawa

Kristen Lundgren, Ottawa

Courtney Rump, Galva

Bailey Shaw, Erie

CONTINUED ON PAGE 284

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