

THE 25TH ANNUAL

**2008
All-American
Certified
Angus
Beef®
Cook-Off**

EVENT PROGRAM

In conjunction with the

2008 NATIONAL JUNIOR ANGUS SHOW

Des Moines, Iowa

Editor's Note: The following event program reflects all junior entries in the 2008 Cook-Off. Not all teams competed. Contest results will be reported in September.

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 25th Auxiliary-sponsored All-American Certified Angus Beef® 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, 2008); 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.

In honor of the 25th anniversary of the Cook-Off, entries this year include steak, roast and other beef categories.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event.

Jennifer Bremer, Redfield, Iowa, serves as the local contact for the 2008 contest.



In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Des Moines, Iowa • July 15, 2008

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 ninth 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, a former American Angus Auxiliary president and long-time supporter of the Cook-Off contest. This is the fourth time this award will be presented.
- **Werner Angus, Cordova, Ill.**, for sponsoring custom-designed T-shirts for each contestant.
- **Friends of the Black Kettle** and the **Kentucky Angus Association** for awards.
- **Sysco Food Services of Iowa Inc.** for its sponsorship of the contest.
- **Lance Zimmerman**, CAB Supply Development Division marketing manager, and **Marilyn Conley**, for providing awards, products and encouragement.
- **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.

2008 All-American Certified Angus Beef® Cook-Off contest judges

Tom Burke
American Angus Hall of Fame
Box 660
Smithville, MO 64089

Glen Grote
Previous Cook-Off winner
Rt. 1 Box 37
Bennington, OK 74723

Mike Myers
Myers Grill & Catering
303 S. Highland
Williamsburg, IA 52361

Ken Root
Lead Farm Broadcaster, WHO Radio
2141 Grand Ave.
Des Moines, IA 50312

Jon Davis
Champion Hill
11503 State Rd. 554
Bidwell, OH 46514

Dean & Gloria Hurlbut
Former American Angus Association
director of activities; former
American Angus Association breed
improvement supervisor
3519 Emerald Ln.
Saint Joseph, MO 64506

Dave Nichols
Nichols Farms
2188 Clay Ave.
Bridgewater, IA 50837

Vicki Smith
Horn Springs Angus Farm
5171 Cainsville Rd.
Lebanon, TN 37090

Nancy Degner
Iowa Beef Industry Council
PO Box 451
Ames, IA 50010

Ardyce O'Neill
Previous Cook-Off winner
3270 Reading Trail
Logan, IA 51546

Elizabeth Werner
Werner Angus
14919 277th St. North
Cordova, IL 61242



ROAST COMPETITION

Nebraska School Days Beef Sandwich

10- to 20-lb. CAB® beef chuck, rump or arm roast garlic salt

Place the roast in an electric roaster and bake at 300° F for 12 hours.

Cool slightly. Remove any fat from the meat, and let the meat fall apart or slice any large pieces. Place the drippings into the refrigerator until cold. Discard the top layer of fat. Reheat the remaining juice and add 3 Tbs. garlic salt (more or less to your taste). Freeze.

When ready to serve, reheat in oven or slow cooker and serve on hamburger buns.

Serves approximately 50-75. The recipe can be reduced in size using a 3- to 4-lb. roast.

Team Information

Division: **9 to 13**

State: **Nebraska**

Team Members:

Michaela Clowser, *Milford*
Caylie Egger, *Columbus*
Torie Egger, *Columbus*
Savannah Schafer, *Nehawka*
Hannah Uden, *Franklin*

Fiesta Roast

3-lb. CAB® chuck roast
1 can Ro-Tel®
1 pkg. burrito seasoning

1 medium onion, sliced thin
salt and pepper to taste
10 warm soft tortilla shells

Place sliced onion in bottom of slow cooker and add Ro-Tel. Rub burrito seasoning on roast and top with salt and pepper. Place roast in slow cooker. Sprinkle extra seasoning over roast. Cook 7-8 hours.

Makes filling for approximately 10 soft shells.

Team Information

Division: **9 to 13**

State: **South Dakota**

Team Members:

Brittany Bush, *Britton*
Tyler Bush, *Britton*
Kylee Geppert, *Mitchell*
Christina Mogck, *Olivet*
Alex Rogen, *Brandon*

Zesty CAB® Barbecue Beef

3-lb. CAB® chuck roast
½ Vidalia® onion, sliced
1 tsp. ground pepper
1 tsp. salt

1 tsp. Mrs. Dash® Table Blend seasoning
¾ cup Open Pit® original flavor barbecue sauce
½ tsp. mustard
½ cup brown sugar

To prepare the roast, slice the onion into ½-in. slices. Mix together the seasoning blend, pepper and salt. Rub roast with mixture. Pour 2 cups of water into slow cooker. Add the roast, topping it with sliced onions. Cook on medium for 4-5 hours.

To prepare sauce, mix the barbecue sauce, brown sugar and mustard in a bowl.

Remove the roast from the slow cooker and shred. Wash slow cooker and put shredded meat into it. Add the barbecue mixture and stir. Cook on low heat for 1 hour.

Spoon meat onto bun and serve open-face with lettuce salad and SunChips®

Team Information

Division: **14 to 17**

State: **Michigan**

Team Members:

Justin Kennedy, *Nashville*
Dee Anne Merriman, *Lowell*
Rachel Reid, *Eaton Rapids*
Chelsea Ruggles, *Kingston*
Patricia Vaassen, *Ann Arbor*

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ROAST COMPETITION

CAB® Favorite Beef Brisket

4-lb. CAB® brisket	1 Tbs. black pepper, coarsely ground
2 Tbs. chili powder	1 Tbs. sugar
2 Tbs. salt	2 tsp. dry mustard
1 Tbs. garlic powder	1 bay leaf, crushed
1 Tbs. onion powder	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 brisket from plastic bag and place on rack in roasting pan. Roast, uncovered, for 1 hour at 350° F.

Add the beef broth and enough water to make ½-in. liquid in roasting pan. Cover pan tightly, lower oven temperature to 300° and 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: **14 to 17**

State: **Minnesota**

Team Members:

Betsy Hansen, Marshall
Jorli Hauge, Winona
Andrew Scholtz, Comfrey
Emily Scholtz, Comfrey
Alissa Stai, New London
Taylor Waugh, Goodhue

Chuck Roast with Vegetable Pudding

3-lb. boneless CAB® chuck roast	½ cup celery, chopped
3 Tbs. Minute® tapioca	1 cup water
1 large can diced tomatoes	1 onion, chopped
3 Tbs. sugar	1 green pepper, diced
4 carrots, chunked	salt to taste
5 potatoes, cut into large chunks	garlic to taste
1½ slices white bread, torn into small pieces	V8® juice as needed

Do not brown roast. Place roast in bottom of baking pan. Add all other ingredients around roast. Bake, covered, at 350° F for 4 hours, stirring every 30 minutes. Add V8 juice as needed. Let sit for 30 minutes to enhance flavor. Serve immediately.

Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

Erica Atkinson, Walnut Grove
Taylor Short, Ava
Forrest Thompson, Mount Vernon
Cameron Ward, Plattsburg
Shannon Yokley, Jefferson City



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to increase demand for registered Angus cattle through a specification-based, branded beef program to identify consistent beef with superior taste.

Today that mission is being accomplished. More than 13,500 businesses market the *Certified Angus Beef®* (CAB®) brand in more than 30 countries, including the United States. Licensed packers have paid more than \$200 million in grid premiums since 1998 for finished cattle with carcasses that qualify for the brand. Additional benefits are garnered in premiums for known-Angus calves at the sale barn.

Visit www.cabpartners.com for more information on aiming high for the CAB® target and for a list of licensed feedlots.



To order product or to find a CAB-licensed retailer or restaurant near you, visit
www.certifiedangusbeef.com.



ROAST COMPETITION

Chipotle Beef Kabobs with Chimichurri Sauce

2-lb. CAB® chuck roast, trimmed
and cut 1-in. thick
1½ cup grapefruit juice
⅓ cup soy sauce
⅓ cup honey
1 clove garlic, mashed
1 tsp. salt
½ to 1 tsp. chipotle chili powder

Chimichurri sauce:

1 stick butter, softened
3 Tbs. green onion, minced
1 tsp. fresh cilantro, minced
1 Tbs. chipotle peppers in adobo sauce, minced
2 Tbs. fresh lime juice

Vegetables:

onion slices
green pepper slices
4-6 whole button mushrooms

Combine juice, soy sauce, honey, garlic, salt and chipotle chili powder in nonreactive dish or sealable food storage bag. Stir to blend well. Add meat cubes and marinate sealed or covered in refrigerator for several hours or overnight, turning occasionally to keep meat coated.

When ready to cook kabobs, alternately thread skewers with the cubes of meat, alternating with vegetables onto four 12-in. metal skewers. Grill for 14-18 minutes for medium-rare to medium doneness, turning once.

Meanwhile, prepare chimichurri sauce. Place cilantro, garlic, salt and chipotle peppers in food processor container. Cover; process until chopped. While running food processor, slowly add butter and lime juice through opening in cover, processing until blended.

Remove kabobs from grill and season with salt, as desired. Serve kabobs with chimichurri sauce. Garnish with parsley sprigs, if desired.

Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

Josh Goff, Jay

Jacee May, Stillwater

Rebecca Park, Orlando

Kelsey Pfeiffer, Orlando

Karisa Pfeiffer, Orlando

Kassandra Pfeiffer, Orlando

Old-Fashioned Beef Pot Pie

2-lb. CAB® chuck roast or stewing beef
6 cups water
1½ tsp. salt
4 medium-sized potatoes
½ cup diced carrots
2 cups flour
1 egg

1 tsp. baking powder
½ tsp. salt
1 Tbs. butter
3 Tbs. milk or water
1 tsp. onion, minced
1 tsp. parsley, minced

Cook meat in salt water until it is tender. Remove meat from broth; add minced onion and parsley to broth. Bring to a boil and add alternate layers of cubed potatoes, carrots and squares of dough.

To make pot pie dough, beat egg and add milk and butter. Add flour mixture to make a stiff dough. Roll out paper-thin and cut in 1-inch squares. Keep broth boiling while adding dough squares in order to keep them from packing together.

Cover and cook for 20 minutes, adding more beef broth or water if needed. Add meat and stir through pot pie.

Serves 6 to 8.

Team Information

Division: **18 to 21**

State: **Pennsylvania**

Team Members:

Katrina Frey, Quarryville

Denton Grim, East Berlin

Hannah Grim, East Berlin

Cory Thompson, Wellsville

Jaclyn Upperman,

Chambersburg

Lindsay Upperman,

Chambersburg

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ROAST COMPETITION

Wild Mushroom Beef Stew

2-lb. CAB® bottom round roast,
cut into 1-in. pieces
¼ cup all-purpose flour
1 tsp. salt
½ tsp. black pepper
½ tsp. dried thyme leaves, crushed
1 cup ready-to-serve beef broth
¼ cup tomato paste

2 cloves garlic, minced
1 lb. red-skinned potatoes, (1½-in. diameter),
cut into quarters
8 oz. assorted mushrooms, such as shiitake,
cremini, oyster and button, cut into quarters
1 cup baby carrots
fresh parsley (optional)

Combine flour, salt, pepper and thyme in small bowl. Place beef in 4½- to 5½-quart slow cooker. Sprinkle with flour mixture; toss to coat.

Combine broth, tomato paste and garlic in small bowl; mix well. Add to beef. Add potatoes, mushrooms and carrots; mix well.

Cover and cook on high heat 5-6 hours or on low heat 8-9 hours until beef and vegetables are tender. No stirring is necessary during cooking. Stir well before serving. Garnish with parsley, if desired.

Makes 6 servings (about 1½ cups each).

Team Information

Division: **18 to 21**

State: **Texas**

Team Members:

Gretchen Ettredge,
Pilot Point

Katy Satree, *Montague*

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

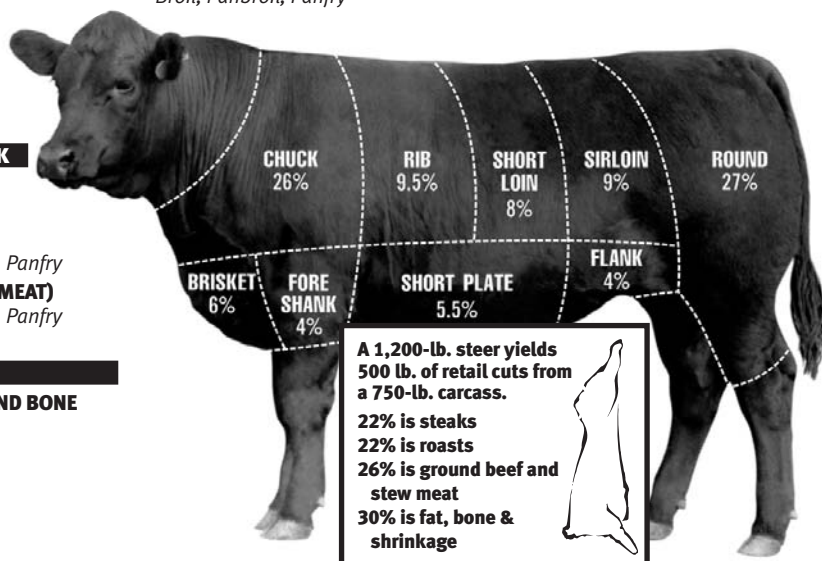
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise





STEAK COMPETITION

Beef Sirloin Kabobs

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

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

1. Place meat in bowl and add Italian dressing and steak seasoning. Cover and refrigerate for about 1 hour or more.
 2. Start grill.
 3. Wash and cut up peppers and onions in approximately 2-in. pieces.
 4. Spread coals and begin placing the beef, peppers and onions on skewers, alternating each one until full.
 5. Place kabobs on grill and cook about 10 minutes or according to desired doneness.
- Suggested side dishes: corn-on-the-cob and watermelon slices.

Team Information

Division: **9 to 13**

State: **Georgia**

Team Members:

Mekayla McIver, *Wray*
Emily Ricketson, *Broxton*
Drew Williams, *Milan*

Balsamic Parmesan Steak

4 CAB® strip steaks, 1¼-in. thick

Marinade:

½ cup balsamic vinegar

¼ cup olive oil
⅓ cup grated Parmesan cheese
½ tsp. granulated garlic

Mix marinade ingredients in a glass or plastic container with a lid. Place steaks in marinade and marinate 8 hours or overnight. Grill steaks over medium fire until desired doneness. Serve with fresh salad and baked potato or pasta salad.

Note: Other cuts of steak — such as ribeye, sirloin or filets — work well with this marinade.

Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Laramie Chaffin, *Roodhouse*
Sierra Day, *Cerro Gordo*
Erica Harrell, *Roseville*
Preston Scott, *Tremont*
Ashley McEwen, *Bushnell*
Mitchell McEwen, *Bushnell*

Superhero CAB® Sizzling Steak

3 CAB® New York strip steaks, cut 1-in. thick
2 large cloves garlic, coarsely chopped
1 tsp. pepper, coarsely ground

½ tsp. salt
2 cups beef broth
2 tsp. Dijon-style mustard

To prepare steak, mix together the garlic, pepper and salt. Rub each steak on both sides, and press the mixture into the steak. Let stand while making sauce.

To prepare sauce, add the broth to a medium-sized skillet and stir. Cook on high heat for 4-5 minutes. Whisk in Dijon-style mustard; keep warm.

To cook, preheat the broiler on high setting (425° F). Place steaks on an unheated broiler pan. Broil 3-4 in. from heat according to the following chart, turning only once:

Medium-rare	4-5 minutes per side
Medium	5-6 minutes per side
Medium-well	6-7 minutes per side

To present, spoon warm sauce on serving plate. Cut steak in half crosswise. Arrange steak halves on top of sauce. Garnish with broiled asparagus. Serve with mandarin mixed green salad, roll and butter.

Team Information

Division: **9 to 13**

State: **Michigan**

Team Members:

Claudia Albrecht, *Kingston*
Hayley Albrecht, *Kingston*
Kollin Johnson, *Quincy*
Dylan Kennedy, *Nashville*
Justin Ruggles, *Kingston*
Kyle Ruggles, *Kingston*

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STEAK COMPETITION

Grilled Southwestern Smart Steak with Colorful Vegetables

4 CAB® sirloin steaks, cut 1½-in. thick

Marinade:

¼ cup fresh lime juice
¼ cup prepared mild salsa
1 Tbs. chopped garlic
1 Tbs. olive oil
½ tsp. coarse black pepper

Colorful vegetables:

2 Tbs. olive oil

1 medium green pepper, cut into ¼-in. strips
1 medium red or yellow pepper, cut into ¼-in. strips
8 oz. button mushrooms, sliced ¼-in. thick
2 cups zucchini, sliced ¼-in. thick
dash of cumin
½ tsp. salt
¼ tsp. coarse black pepper
1 cup finely chopped tomatoes
¼ cup chopped green onions

1. Combine marinade ingredients in an air-tight container. Place CAB steaks in container. Close and marinate in refrigerator for at least 6 hours or overnight, turning occasionally.
 2. Remove steak from marinade; discard marinade. Place steaks on grill over medium, ash-covered coals. Grill, uncovered, 16-18 minutes for medium-rare doneness, turning once.
 3. Meanwhile, prepare colorful vegetables. Heat olive oil in a large nonstick skillet over medium-high heat. Add bell pepper strips; cook and stir 1-2 minutes or until crisp-tender. Add mushrooms, zucchini, cumin, salt and black pepper; cook and stir 1-2 minutes or until crisp-tender. Add tomato and green onion; cook and stir 1 minute.
 4. Carve steak into thin slices; season with salt, as desired. Serve with colorful vegetables.
- Makes 4 servings.

Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

Brittany Eagleburger,
Buffalo

Madison Gooden, *Iberia*

Jera Pipkin, *Republic*

Layne Robinson, *Wellsville*

Katey Smith, *West Plains*

Carter Ward, *Plattsburg*

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



STEAK COMPETITION

CAB® Ribeye Steaks with Red Chili Onion Rings

4 CAB® steaks, cut 1½-in. thick
Jim Baldridge's Secret Seasoning

Salsa:

2 small red onions, diced
2 lb. tomatoes, cut into ¼-in. pieces
6 Tbs. fresh lime juice
6 Tbs. fresh cilantro, finely chopped
2 Tbs. jalapeño chile peppers, finely chopped and seeded
2 Tbs. olive oil
Salt to taste

Onion rings:

4 white onions, cut into ¼- to ⅜-in.-wide rings
3 cups milk
3 cups sifted all-purpose flour
½ cup chili powder
2 Tbs. plus 2 tsp. cornstarch
3 tsp. salt
3 tsp. ground cumin
2 tsp. sugar
2 tsp. Jim Baldridge's Secret Seasoning
Vegetable oil (for frying)

Sprinkle a generous amount of the Secret Seasoning on both sides of each steak. Let sit while heating grill and preparing salsa and onion ring ingredients.

Mix salsa ingredients together in a small bowl. Set aside. Prepare onion rings.

Pour milk into bowl. Add onion rings. Mix together dry ingredients and place in plastic bag.

Remove onions from milk and place in bag and shake to coat. Heat oil for frying. Place steaks on medium-hot grill and grill to preferred doneness. When steaks are almost done, fry onion rings until golden brown. Plate steaks with salsa and onion rings; serve immediately. Salsa may be served warm or cold.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Megan Fink, *Randolph*

MacKenzie Flory,
Baldwin City

Cole Gardiner, *Ashland*

Ransom Gardiner, *Ashland*

Hannah McCabe, *Elk City*

Tanner Rayl, *Hutchinson*

Berry Good Steak Salad

1½ lb. of your favorite CAB® cut of steak
Montreal Steak Seasoning
8 oz. balsamic vinaigrette (such as Newman's Own®)
⅓ cup maple syrup
4 oz. dried blueberries

4 oz. dried cranberries
8 oz. washed baby spinach spring salad mix
¾ cup roasted pine nuts
½ cup Asiago cheese, freshly grated
½ cup Romano cheese, freshly grated

Season selected cut of steak with Montreal Steak Seasoning. Grill until medium/medium-rare.

While steak is grilling, arrange spring mix on serving platter, adding dried berries on top. Roast pine nuts in skillet until they are warm and have a light brown color to them.

When your steak is done cooking, slice into thin slices and arrange or lay slices on salad. Sprinkle cheese and pine nuts on top of steak. Mix maple syrup and vinaigrette and pour desired amount over salad. Serve with a crusty bread and enjoy!

Total preparation and cooking time is 30 minutes.

Team Information

Division: **14 to 17**

State: **Maine/New Hampshire**

Team Members:

Morgan Clauss,
Lancaster, N.H.

Cody Mills, *Rockwood*

Tyler Stevenson, *Thorndike*

Mackenzie White, *Shapleigh*

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STEAK COMPETITION

Mariann's Famous Island Tenderloin Steaks

4 CAB® tenderloin steaks, cut 1¼- to 1½-in. thick
1 tsp. coarse black pepper
1 tsp. garlic salt
1 tsp. Canadian Steak Seasoning
grilled pineapple slices
island fruit garnish

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

Grill steaks until they reach medium-rare on a meat thermometer. Grill sliced pineapple. Arrange steaks with pineapple and island fruit garnish. 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

Grilled Ribeye with Barbecue Rub

2-4 CAB® ribeye steaks, well-trimmed and cut 1-in. thick (about 2-4 lb.)
2 Tbs. ground cumin
2 tsp. minced garlic
2 tsp. cider vinegar
1 tsp. Worcestershire sauce
¼ tsp. ground red pepper
Barbecue rub:
2 Tbs. chili powder
2 Tbs. packed brown sugar

Combine rub ingredients; press evenly onto steaks.

Place steaks on grill over medium, ash-covered coals. Grill, uncovered, 14-16 minutes for medium-rare to medium doneness, turning occasionally. Season with salt as desired.

Team Information

Division: **14 to 17**

State: **Oklahoma**

Team Members:

Logan Edmonds, Morris
Amy Emberson, Nowata
Jaryn Frey, Kingfisher
Sydnee Gerken, Cashion
Kolby Shepard, Wellston
Cole Webster, Morris

Tenderloin Pita Pockets

1 lb. CAB® tenderloin steak, cut into lengthwise strips
2 tsp. olive oil
1 small onion, sliced and separated into rings
½ green pepper, diced
2 cloves garlic, minced
½ tsp. dried oregano leaves
4 pita pockets, cut in half

Combine oil, onion, green pepper, garlic and oregano in a nonstick frying pan and cook for 2-3 minutes. Add beef strips, brown all sides and season to taste. Place one-fourth of the meat mixture into a pita and top with sauce of your choice.

Makes 4 pitas.

Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Tyler Bond-Jones, Bleiberville
Kyle Jones, Bleiberville
Melanie Knighten, Kountze
Stephanie Lastovica, Salado
Clayton Schram, Sealy



STEAK COMPETITION

Stuffed CAB® Tenderloin

1 CAB® tenderloin, 3-4 lb., or 4 tenderloin
filet steaks, cut 2-in. thick
salt, pepper, other seasonings to taste
olive oil

Stuffing:

5-6 oz. Pepperidge Farm stuffing mix
1½ cups dried cherries
1 oz. chopped walnuts
1 oz. Gorgonzola cheese crumbles
1 can (14 oz.) beef broth

To prepare stuffing, slightly reconstitute cherries by heating in a bowl with water for 1 minute in microwave oven. Drain cherries and mix all ingredients, adding broth gradually to reach a moist consistency. Bake extra stuffing for the meal if desired.

Heat grill to 500° F.

Coat the tenderloin with olive oil and season with salt, pepper and other seasonings of your preference. Place on hot grill and sear all sides well. Remove from heat and allow to rest for 15 minutes. Lower grill temperature to 400° F.

After meat has rested, using an 8-in. knife, carefully pierce the meat in the center of one end. Cut a hole through that side as far into the end as the knife will allow. Turn to the other end and repeat this process, until the hole extends all the way through the filet. Open the hole like a tunnel, being careful not to break through to the outside of the filet. Using small amounts at a time, stuff the stuffing mix into the tunnel opening from one end to the other.

Wrap the stuffed tenderloin in foil and return to the grill. Cook to an internal temperature of 120°-125°.

Slice the stuffed tenderloin onto a platter and garnish with more cherries and sauce, if desired.

If using steaks, slice a pocket into the side of each steak, stuff each pocket with stuffing. Press cut to seal or secure with toothpicks presoaked in water. Grill steaks until desired doneness.

Note: The tenderloin may also be butterflied, stuffed and tied back together with kitchen string. The tenderloin can also be roasted in the oven after stuffing it.

Team Information

Division: **18 to 21**

State: **Arkansas**

Team Members:

Sarah Connolly, Rogers
Brandi Cromer, Lamar
Haley Rieff, Bentonville
Christine Taylor, Lavaca
Madeline Taylor, Lavaca
Elizabeth Williams,
Fort Smith

Espresso Steak

4 CAB® ribeye steaks, cut 1¼ -in. thick

2 tsp. black pepper, coarsely ground
1 tsp. chili powder

Espresso rub:

¼ cup instant coffee or espresso powder
2 tsp. finely grated lemon zest
3 Tbs. sugar
2 Tbs. sea salt
2 tsp. garlic, powder or granulated

Espresso sauce:

3 Tbs. melted butter
2 Tbs. hot water
1 tsp. instant coffee or espresso powder
1 Tbs. molasses

Mix rub ingredients together. Rub may be stored in a tightly closed container in the refrigerator for up to one month.

Pat the steaks dry with paper towels, then sprinkle all over with the espresso rub; pat it in with fingertips. Let sit at room temperature for at least 30 minutes or up to 1 hour. Combine the sauce ingredients. Heat the grill and brush with oil. Grill the steak over high heat until darkly crusted, 3-4 minutes per side. Reduce heat to medium-low and grill for 3-4 minutes for medium doneness. Brush both sides with the espresso sauce as the steaks finish cooking over low heat. Transfer to a platter, cover loosely with foil and let rest for 5-8 minutes before serving.

Serve with spinach salad and pasta or potato salad.

Team Information

Division: **18 to 21**

State: **Illinois**

Team Members:

Gretchen Frost, Tallula
Tera Moritz, Piper City

CONTINUED ON PAGE 270



STEAK COMPETITION

Worth Millions Beef Filets

4 8-oz. CAB® filets, sliced 1¾-in. to 2-in. thick
Jim Baldridge's Secret Seasoning
4 thin slices bacon

4 oz. Kraft® cream cheese spread with Parmesan,
garlic and herbs
2 Tbs. chopped cilantro

Lightly sprinkle both sides of each filet with the Secret Seasoning and gently rub it into the meat. Stir the chopped cilantro into the spreadable cream cheese. Cut a slit into the edge of each filet, cutting into the center, and stuff with the cheese mixture. Wrap each filet with a slice of bacon, placing the thickest part of the bacon over the slit; secure with a toothpick. Place on a hot grill for 6-8 minutes, turn, and grill to desired doneness. Steaks may be stuffed and refrigerated several hours before grilling.

Note: May be served with hand-mashed red potatoes, green bean casserole and salad.

Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

April Harris, *Ridgeville*
Garrett Knebel, *Winamac*
Adam Leeper, *Argos*
Katelyn Wilson, *Orleans*

Grinch Steaks

4 CAB® ribeye steaks
16 stalks cooked asparagus
¼ cup cooked and chopped lobster or crab meat
2 Tbs. cooking wine
1 Tbs. tarragon vinegar
1 Tbs. dry tarragon

2 shallots, chopped
¼ tsp. pepper
½ cup butter
3 egg yolks
pinch cayenne pepper

To make grinch oscar sauce, combine cooking wine, tarragon vinegar, dry tarragon, shallots and pepper in skillet. Boil rapidly until liquid is evaporated by half. Melt butter. Put egg yolks in blender with a pinch of cayenne pepper and tarragon mixture. Turn on and off a few times, then slowly pour in melted butter.

Pour over grilled steaks that have been topped with 4 asparagus stalks each and chopped lobster or crab meat.

Cook time for sauce: 5 minutes

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*

Western Marinated Steaks

4 CAB® strip sirloin steaks
1½ cup 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 garlic, diced
½ cup condensed lemon juice

Combine all ingredients and mix well. Marinate steaks in refrigerator for 8-12 hours. Bring steaks to room temperature before grilling.

Team Information

Division: **18 to 21**

State: **Maryland**

Team Members:

Jessica Clark, *Rocky Ridge*
Brittany Full, *Mount Airy*
James Full, *Mount Airy*
Shelby Stabler, *Gaithersburg*
Robert Velisek, *Gaithersburg*
Trevor Whiteside,
Queenstown



STEAK COMPETITION

Black Angus New York Steak With Mesa Sauce

4 CAB® New York strip steaks, 10 oz. each
olive oil
salt and pepper

Mesa steak sauce:

1 cup ketchup

2 Tbs. freshly grated horseradish
1 Tbs. honey
1 Tbs. maple syrup
1 Tbs. ancho chili powder
1 Tbs. Dijon mustard
salt and pepper to taste

To prepare steaks, preheat grilling pan over heat until smoking. Brush steaks with oil, salt and pepper. Grill 4-5 minutes on each side; reduce heat once the first side is brown.

To prepare sauce, combine all ingredients for sauce in medium-size bowl. Whisk and season with salt and pepper.

Serve sauce over medium-rare steaks.

Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

Rachel Bartholomew, *Archie*
Nathan Eagleburger, *Buffalo*
Kathryn McDonald, *Seneca*
Austin Sayre, *Stotts City*
Caleb Sayre, *Stotts City*
Cody Smith, *West Plains*

Philadelphia Freedom CAB Cheesesteak

2 lb. CAB® ribeye steak, very thinly shaved or sliced $\frac{3}{4}$ tsp. salt
3 fresh Amoroso's Italian rolls, split $\frac{3}{4}$ tsp. freshly ground pepper
 $\frac{1}{4}$ cup extra virgin olive oil $\frac{3}{4}$ lb. American or provolone cheese, thinly sliced,
1 tsp. minced garlic or 6 oz. melted Cheese Whiz®

Preheat oven to 200° F.

Heat a griddle/skillet over medium-high heat. When hot, add a little oil, the garlic, salt and pepper. Cook, stirring for 30 seconds. Push off to one side of the griddle.

Add the meat to the hot pan and cook, stirring and breaking up with the back of two metal spatulas, until almost no longer pink, about 2 minutes. Mix in the sautéed vegetables. Top with cheese slices and let melt. Spoon the Cheese Whiz onto the warm buns and serve immediately with condiments of choice.

Team Information

Division: **18 to 21**

State: **Pennsylvania**

Team Members:

Alana Eisenhour, *Wellsville*
Caitlin Fairbairn,
Coatesville
Ryan Fairbairn, *Coatesville*
Brody Fitzgerald,
West Grove
Bryce Fitzgerald,
West Grove
Alysha Sweitzer, *Wellsville*

Teriyaki Finger Steaks

2 lb. CAB® boneless sirloin steak
 $\frac{1}{2}$ cup low-sodium soy sauce
 $\frac{1}{4}$ cup vinegar
2 Tbs. brown sugar
2 Tbs. minced onion

1 Tbs. vegetable oil
1 garlic clove, minced
 $\frac{1}{2}$ tsp. ground ginger
 $\frac{1}{8}$ tsp. pepper

Slice steak lengthwise into $\frac{1}{2}$ -in. strips; place in a large glass bowl. Combine all remaining ingredients; pour over meat and toss gently. Cover and refrigerate for 2-3 hours. Drain, discarding marinade. Loosely thread meat strips onto skewers. Grill over medium-hot coals, turning often, for 7-10 minutes or until meat reaches desired doneness. Remove from skewers and serve.

Team Information

Division: **18 to 21**

State: **South Dakota**

Team Members:

Sydney Geppert, *Mitchell*
Andrew Rogen, *Brandon*
Madison Styles, *Brentford*
Matthew Tollefson, *Clark*



STEAK COMPETITION

Christmas Kabobs

2 lb. CAB® center-cut sirloin
1 large red bell pepper
1 large green bell pepper
3 medium Vidalia® onions
1 fresh pineapple
2 medium zucchinis

Marinade:

1½ cups canola oil

¾ cup soy sauce
¼ cup Worcestershire sauce
2 tsp. mustard
2 tsp. salt
1¼ tsp. pepper
½ cup wine vinegar
½ tsp. parsley
2-3 cloves minced garlic
½ cup lemon juice

To prepare marinade, mix all marinade ingredients together. Reserve ½ cup of marinade for grilling. Place remaining marinade in a glass bowl. Add sirloin, vegetables and pineapple. Marinate for 2-3 hours.

To cook, cut sirloin into 1¼-inch squares. Wash and drain vegetables. Cut vegetables and pineapple in proportion to sirloin size. Alternate sirloin, vegetables and pineapple on skewers. Grill over hot coals 3-4 minutes per side. Brush with reserved marinade several times during grilling. Best if served while hot.

Note: If using wooden skewers, skewers should be soaked in water prior to grilling.

Team Information

Division: **Adult**

State: **Georgia**

Team Members:

Donnie Clark, *Rochelle*

Janice Clark, *Rochelle*

Doug Williams, *Milan*

Cranberry-Orange Stuffed Sirloin

2 lb. CAB® sirloin steak, cut 2-in. thick

Marinade:

1 cup orange juice
1 Tbs. minced garlic
¼ cup oil
1 tsp. salt
½ tsp. black pepper

Stuffing:

1½ cup fresh cranberries, coarsely chopped
2 cups oranges, coarsely chopped
½ cup pecans, chopped
2 Tbs. brown sugar
1½ Tbs. Worcestershire sauce

Mix marinade ingredients. Cut slit horizontally through steak, leaving ½ in. uncut to form pocket for stuffing. Place steak in marinade and marinate overnight.

Remove from marinade and fill with stuffing. Secure slit with toothpicks. Grill over medium heat approximately 20-30 minutes, turning occasionally. Remove from fire and place on platter. Cover with foil and let stand 10 minutes. Remove toothpicks and slice into ½-in. slices. Serve with green vegetable and roasted potatoes. This makes a good holiday meal. (Beef can be prepared in 350° F oven for about 1 hour.)

Team Information

Division: **Adult**

State: **Illinois**

Team Members:

**Rachel Frost and
Illinois gang**, *Tallula*

**Certified Angus Beef LLC is a nonprofit subsidiary of the American Angus Association.
It was founded in 1978 as the first fresh beef brand.**



OTHER BEEF COMPETITION

The Big Angus Burger

3 lb. CAB® ground beef or ground chuck
6 slices bacon
½ cup chopped pecans
3 Tbs. chopped parsley leaves
2 Tbs. grated onions
4 Tbs. (½ stick) butter, softened
salt
freshly ground black pepper
4 Tbs. butter, cut into small cubes
4 oz. American cheese, cut into 6 portions
1 cup mayonnaise
½ cup yellow mustard
¼ cup ketchup
hot sauce
2 Tbs. finely chopped pickled jalapeños
12 hamburger buns
6 lettuce leaves
6 tomato slices
6 onion slices

Patty No. 1:

1½ lb. ground beef
6 slices bacon
1/2 cup chopped pecans
3 Tbs. chopped parsley leaves
2 Tbs. grated onion
4 Tbs. (½ stick) butter, softened

Patty No. 2:

salt and freshly ground black pepper
1½ lb. ground beef or ground chuck
4 Tbs. butter, cut into small cubes
4 oz. American cheese, cut into 6 portions

Special sauce:

1 cup mayonnaise
½ cup yellow mustard
¼ cup ketchup
hot sauce
2 Tbs. finely chopped pickled jalapeños

To prepare patty No. 1, preheat broiler or grill. Divide ground beef into 12 flat patties. Partially sauté bacon — the fat should start rendering, but it shouldn't be crispy. Drain bacon. Mix pecans, parsley, onion and butter together. Spread mixture on 6 of the patties. Top with remaining 6 patties, seal the edges with the partially sautéed bacon and secure with a wooden toothpick. Broil or grill 10-15 minutes or until cooked to desired doneness, turning once.

To prepare patty No. 2, salt and pepper the beef to taste. Mix beef and cubed butter together with hands and form 6 balls. Push a piece of American cheese into the center of each ball. Mold ground beef around the cheese in the shape of a patty. Cook on hot grill or in skillet to desired doneness.

To prepare sauce, stir all ingredients together until blended well.

To serve, place one pecan burger on a bottom piece of 6 buns. Top with another bottom piece of bun and the butter burger. Top with sauce, lettuce, tomato, onion and a top piece of bun. Discard the remaining 6 top bun pieces or save them for another use.

Yield: 6 double burgers

Team Information

Division: **9 to 13**

State: **Arkansas**

Team Members:

Carson Alsop, Gravette

Caitlin Haley, Quitman

Haley Hipp, Harrison

Taylor LaCour, Berryville

Will Pohlman, Prairie Grove

Katlyn Tunstill, Fayetteville

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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.



OTHER BEEF COMPETITION

Certified Angus Beef® in a Blanket

1½ lb. CAB® ground chuck	1 tsp. ginger
1 medium onion, finely chopped	1 carrot, shredded
1 tsp. oil	salt
1 Tbs. soy sauce	pepper
¼ cup hoisin sauce	2 green onions, chopped
¼ cup peanut butter	12 large whole iceberg lettuce leaves, washed and patted dry (do not tear)
1 tsp. minced garlic	
1 can (8 oz.) water chestnuts, drained and finely chopped	

1. In a skillet over medium-high heat, brown the ground chuck until cooked through and tender; do not fry. Drain and set aside.
 2. In the same skillet, sauté the onion until soft. Lower heat. Add carrot, garlic, ginger, salt and pepper to taste, water chestnuts, soy sauce, hoisin sauce and peanut butter; heat through, gently stirring, about 5 minutes.
 3. Add cooked ground chuck to the vegetable and sauce mixture. Gently fold or mix together; do not overstir.
 4. Arrange lettuce leaves on individual plates or on a large platter around outer edge, leaving center open. Pile meat mixture in the center of plate or platter. Sprinkle with green onion.
 5. Serve immediately, allowing each person to spoon portion of meat into lettuce leaf and wrap around like a burrito.
- Serves 12 as an appetizer or 4 as a main dish.

Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Caleb Flory, Baldwin City
Quanah Gardiner, Ashland
Johanna Lundgren, Ottawa
Tucker Rayl, Hutchinson

Ultimate 'Shroom Burgers

3 lb. CAB® ground chuck	⅓ lb. smoked Gouda, grated
¼ cup cooking wine	3 Tbs. butter
8 cups sliced mushrooms	buns
salt and pepper, to taste	additional butter if desired

1. Season ground chuck with salt and pepper, portion into 8-oz. patties and grill to desired doneness.
2. Melt butter in a medium frying pan. Add sliced mushrooms and cooking wine, and cook for about 8-10 minutes over medium heat.
3. To assemble, top each burger with mushroom slices and grated Gouda cheese. Move to the top shelf of grill and close lid until cheese is soft and slightly melted.
4. Serve immediately on toasted buns.

Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

Jacob Heimsoth, Lathrop
Cole Houston, Savannah
Chase Thummel, Sheridan
Sydney Thummel, Sheridan
Samuel Wallace, Stotts City
DeAnn Warne, Worth

Summer Chili

2 lb. CAB® ground beef	1 can (29 oz.) tomato sauce
1 large sweet onion, coarsely chopped	3 Tbs. chili powder
2 sweet green peppers, coarsely chopped	2 tsp. sugar
2 large tomatoes, coarsely chopped [may substitute 1 can (30 oz.) chopped tomatoes]	salt and pepper to taste

Brown ground beef. Place ingredients in slow cooker in listed order. Cook on high for 2 hours; stir. Continue to cook (on high heat for 2 hours or on low heat for 4 hours).

Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:

Mark Alexander, Berryville
Morgan Alexander, Berryville
Callie Eastin, Gretna
Catie Hope, Berryville
Mackenza Muncy, Midland
Cameron Simmons, Moneta



OTHER BEEF COMPETITION

Pesto-Stuffed Burgers

2 lb. CAB® ground chuck
1/3 cup quick oatmeal
2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. granulated garlic
8 tsp. prepared pesto sauce

4 Tbs. minced sun-dried tomatoes in oil
1 cup shredded mozzarella cheese
1/3 cup mayonnaise
2 Tbs. prepared pesto sauce
8 hamburger buns
lettuce leaves, sliced tomatoes

Mix together ground chuck, oatmeal (helps the meat hold its shape on the grill), salt, pepper and garlic. Shape into 16 patties. Spread 1 tsp. pesto sauce, 1/2 Tbs. sun-dried tomatoes and 1-2 Tbs. cheese on eight of the beef patties. Top with the other eight patties and press edges together to seal. Grill over medium fire about 5 minutes per side.

Stir together the mayonnaise and 2 Tbs. pesto sauce and spread on top of buns. Place burgers on buns and cover with tops. Serve with optional garnish of lettuce and tomato slices. Fruit and pasta salad complete this meal.

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Jennifer Ewing, *Rushville*
Emily Harrell, *Roseville*
Andrea Hosto, *Alhambra*
Gabrielle Lemenager, *Clifton*
Caitlin McClure,
Saint Francisville
Kayla Wideman, *Good Hope*

Farmer's Market Vegetable, Beef and Brown Rice Salad

2 lb. precooked, sliced CAB® beef brisket
2 tsp. olive oil
4-6 asparagus spears, cut to make 2 cups of 2- to 3-in. pieces
1 medium yellow squash, cut lengthwise in half, then crosswise into 1/4-in.-thick slices
1 cup broccoli florets
3 cups hot precooked brown rice
1 large tomato, seeded and diced
1 cup canned garbanzo beans, rinsed and drained
1/4 cup fresh basil, thinly sliced

Vegetable dressing:

1/4 cup olive oil
2 Tbs. fresh lemon juice
1 tsp. minced garlic
2 Tbs. honey
1 tsp. fresh thyme, chopped
1/4 tsp. fresh oregano, chopped
1/4 tsp. salt
1 tsp. pepper

1. Combine dressing ingredients in small bowl. Warm; do not boil. Set aside 3 Tbs. dressing for the meat.

2. Heat 2 tsp. oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7-8 minutes or until tender-crisp. Toss with hot brown rice, tomatoes, beans, basil, salt and the dressing.

3. Heat brisket in microwave or in skillet, drizzling remaining dressing over meat. Carefully remove heated brisket, keeping slices intact.

4. Serve brisket slices over rice and vegetable salad.

Makes 4 servings. Your favorite in-season vegetables may be added or substituted. This quick, healthy, fresh salad is a complete summer meal.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Jacinda Dickinson, *Glasco*
Amanda Laas, *Brookville*
Ashley Laas, *Brookville*
Peter Lundgren, *Ottawa*
Tyler Ottensmeier, *McLouth*



OTHER BEEF COMPETITION

Tailgate Stew

- | | |
|--|--|
| 1 lb. CAB® ground beef, browned | 1 can stewed tomatoes |
| 1 envelope dry onion soup mix | ¾ pkg. dry macaroni or tortellini (any pasta may be substituted) |
| 3 cups V8® juice (may use tomato juice or water) | |

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

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

Serves 6.

Team Information

Division: **14 to 17**

State: **Pennsylvania**

Team Members:

Andrea Foore, *Seven Valleys*

Logan Foore, *Seven Valleys*

Fred Frey, *Quarryville*

Kate Livingston, *Dover*

Kyle Livingston, *Dover*

Amanda Thompson,
Wellsville

Mock Filets

- | | |
|------------------------------|--|
| 1 lb. CAB® ground beef | 2 Tbs. finely chopped green pepper |
| lemon pepper | 2 Tbs. finely chopped onion |
| ¼ cup Parmesan cheese | 1 can (2 oz.) finely chopped mushrooms |
| 3 Tbs. finely chopped olives | 5 slices bacon, partially cooked |

Pat hamburger into a 12-inch by 7½-in. rectangle on wax paper. Sprinkle with lemon pepper, salt and cheese. Combine olives, green pepper, onion and mushrooms. Sprinkle evenly on meat. Roll up like a jelly roll, starting at 7½-in. end. Cut into 1½-in. slices. Wrap with bacon and secure with toothpick. Broil or grill until cooked to desired doneness.

Team Information

Division: **14 to 17**

State: **South Dakota**

Team Members:

Taylor Geppert, *Kimball*

Ann Kroupa, *Kimball*

Chase Mogck, *Olivet*

Calli Pritchard, *Aurora*

Slow Cooker Sloppy Joes

- | | |
|-------------------------------------|-----------------------------|
| 2½ lb. CAB® ground chuck | 2 Tbs. cider vinegar |
| 1 small onion, chopped | 2 Tbs. yellow mustard |
| ½ medium green bell pepper, chopped | 1 Tbs. chili powder |
| 1 can (8 oz.) tomato sauce | 1 Tbs. Worcestershire sauce |
| ½ cup water | ½ tsp. salt |
| ½ cup ketchup | ¼ cup all-purpose flour |
| ¼ cup brown sugar | 8 hamburger buns |

Brown beef with onion and bell pepper over medium 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: **14 to 17**

State: **Virginia**

Team Members:

Nathan Butler, *Midland*

Shane Clary, *Brodnax*

Dale Eastin, *Gretna*

Casey Johnson, *Nokesville*

Luke Muncy, *Midland*

Adam Murray, *Leesburg*



OTHER BEEF COMPETITION

Smoky Chipotle Carne

- | | |
|--|--|
| 2 lb. CAB® precooked, sliced brisket, cut into bite-sized pieces | 1 cup prepared salsa, divided |
| 1 cup sliced mixed red, green and yellow bell peppers | 1 cup shredded cheese |
| 1 Tbs. oil | 2 large avocados, peeled and sliced |
| 1 can black beans, drained | lemon juice (sprinkle on avocado slices to prevent browning) |
| 1 cup whole kernel corn, drained | shredded lettuce |
| 1 Tbs. finely chopped, canned chipotle pepper | sour cream |
| | 8 flour tortillas or 4 premade tortilla bowls |

May be prepared in a microwave oven or stovetop skillet.

If preparing in a microwave: Using a microwave-safe bowl, omit oil and steam bell peppers with 1 Tbs. water in a small bowl or zip steam bag until tender. In bowl gently mix together corn, beans, chipotle peppers, ½ cup of salsa and brisket. Microwave until hot, add bell pepper. Toss together.

If you prefer to use stovetop: Heat oil in a skillet and sauté bell peppers until just tender. Add corn, beans, chipotle peppers, ½ cup salsa and brisket. Heat through.

Serve in warm tortilla as a wrap or in warm tortilla bowls as a salad. Garnish with avocado, cheese, lettuce, sour cream and salsa.

Serves 4.

Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Clinton Laflin, *Olsburg*

David Lundgren, *Ottawa*

Kyleigh Santee, *Langdon*

CAB Cakes

- | | |
|---|---|
| 8 oz. precooked CAB® shredded beef, reserving 1-2 Tbs. of the beef juices | 1 tsp. minced garlic |
| 1 cup crushed buttery round crackers | 1 tsp. Tony Chachere's Creole seasoning |
| ¼ cup green onion, chopped | ¼ tsp. pepper |
| 1 egg | 1 Tbs. chopped parsley |
| 3 Tbs. mayonnaise | 1 tsp. dried thyme leaves |
| 4 tsp. lemon juice | 1 Tbs. butter |

1. In a medium bowl, whisk together egg, mayonnaise, lemon juice, 1 Tbs. beef juices and all other seasonings; mix well. Stir in shredded beef. Gradually add cracker crumbs to desired consistency to form patties that will hold together.

2. Heat butter in a skillet over medium heat. Form beef mixture into 4 patties. Place patties in skillet, and cook until golden brown, about 5-6 minutes, on each side.

Yields 4 servings or may be used as appetizers by making smaller patties.

Team Information

Division: **18 to 21**

State: **Louisiana/Mississippi**

Team Members:

Emma Collins, *Morton, Miss.*

Daniel McFarland,
Keithville, La.

Santa's Favorite Barbecue

- | | |
|--|-----------------------------|
| 3 lb. precooked CAB® shredded beef in juices | ¼ cup mustard |
| | 2 Tbs. vinegar |
| Sauce: | 1 Tbs. liquid smoke |
| 3 cups ketchup | 2 Tbs. Worcestershire sauce |
| ½ cup brown sugar | ½ tsp. cayenne pepper |
| ½ cup molasses | |

Combine sauce ingredients and heat. Add shredded beef and serve on your favorite bun. You can also just warm the beef by itself and serve the sauce on the side.

Makes approximately 12 servings at ¼-lb. of meat per person or 9 servings at ⅓-lb. of meat per person.

Team Information

Division: **18 to 21**

State: **Montana**

Team Members:

Allison Dubs, *Billings*

Kyla Olson, *Saint Ignatius*

Jena Wagner, *Billings*

Jordyn Wagner, *Billings*

Travis Winters, *Joliet*

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OTHER BEEF COMPETITION

Blue Cheese Brisket

4 lb. precooked CAB® smoked brisket, flat sliced

Blue cheese topping:

¼ cup Italian salad dressing

¼ cup virgin olive oil

8 strips hickory-smoked bacon, cooked and crumbled

2 Tbs. prepared chopped garlic

2 cups chopped shallots

2 cups red bell pepper, finely diced

2 cups blue cheese crumbles

salt

pepper

Remove beef from refrigerator. Open package, and allow to warm to room temperature while preparing topping. Have grill hot.

In bowl, add Italian dressing, olive oil, crumbled bacon, garlic, shallots and pepper. Toss well. Heat electric skillet to 350°-400° F. Dump bowl ingredients into skillet. Stir and heat until peppers and shallots start to soften, approximately 5 minutes. Remove from skillet, draining excess oil with slotted spoon, return to bowl. Immediately add blue cheese. Toss well, adding salt and pepper as needed.

Place brisket on hot grill for 3-4 minutes, turning once. Remove meat from grill directly onto serving plates, placing 3-4 slices of meat on each plate. Spoon heaping spoonfuls of topping onto meat.

Serve with corn-on-the-cob and new potatoes.

Team Information

Division: **18 to 21**

State: **Nebraska**

Team Members:

Jessica Clowser, *Milford*

Ellen Hoffschneider,
Arlington

Kellen Jorgensen, *Exeter*

Klaire Jorgensen, *Exeter*

Jara Settles, *Hoskins*

Claire Volk, *Bennington*

Summertime Chili

2 lb. CAB® ground beef, browned

1 large sweet onion, coarsely chopped

2 sweet green peppers, coarsely chopped

2 large tomatoes, coarsely chopped [may substitute 1 can (30 oz.) chopped tomatoes]

1 can (29 oz.) tomato sauce

3 Tbs. chili powder

2 tsp. sugar

salt and pepper to taste

Brown ground beef. Place ingredients in slow cooker in listed order. Cook on high heat for 2 hours; stir. Continue to cook (on high heat for 2 hours or on low heat for 4 hours).

Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Garrett Johnston, *Staunton*

Kateland Rich, *Casanova*

Christopher Terembes,
Charlottesville

Lindsey White, *Staunton*

1983 COOK-OFF ALUMNI

Junior team entries:

Wisconsin — Mary Ellen Shaw, Ann Margaret Shaw, Cindy Boehlke — winner, meat dish

Iowa — Bonnie Swanson, Eileen Gannon, Holly Olson, Lori White — winner, showmanship

Oklahoma — Stacey Drake, Tiffany Sewell, Allen Jobes, Michael Frey

Missouri — Jimmy Pipkin, Lee Ann Sydenstricker, Andy Kapp, Julie Frisbee

California — Rick Blanchard, John Toledo, Fred Harrison, John Hess

Northwest — Julie Coonrad, Wash.; Kelly Coonrad, Wash.; Geri Grieb, Ore.; Donald Callison, Idaho

Nebraska — Darla Peterson, Ty Uden

Oregon — Cathy Wiser, Julie Wiser, Cindy Tetric

Arkansas — Kelli Crossland, Leslie Morelock, Cindy Dobbs, Charles Hall

Adult team entries:

Nebraska — Connie Uden

Iowa — Mary Ann Vaassen

Iowa — Marilyn Schlutz

Louisiana — Paul St. Blanc — winner, meat entry & showmanship

Distinguished adult: George Pfander

Guest entry: Paul Vaassen