

# Cooking Showdown

Angus juniors serve sweet Southern cooking at the Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off.

by Jamie May



PHOTO BY JAMIE MAY

Leaving the cattle and stalls behind, Angus juniors headed to the kitchen to prepare some sweet Southern cooking for the 26th Annual All-American *Certified Angus Beef*® (CAB®) Cook-Off hosted in conjunction with the 2009 National Junior Angus Show (NJAS) in Perry, Ga., July 19-25.

Thirty-seven teams from 23 states competed in this heated competition that showcased the exceptional taste and quality of the CAB brand. Teams served up delectable beef dishes and showcased their talents and knowledge in skits they presented to the judges.

Contestants competed in one of three categories: roast, steak or other beef items. The categories were broken into four age divisions — junior, ages 9-13; intermediate, ages 14-17; senior, ages 18-21; and adult.

Within each category, winners were selected in showmanship and recipe in each age division. Showmanship criteria judged contestants on their presentation, knowledge of CAB, costumes and skit creativity. The recipe criteria evaluated the actual dish's taste and ease of preparation. Overall winners were also selected within each age division and category.

Anne Lampe, co-coordinator of the event, was impressed with the contestants and applauds this year's winners. "The quality of entries this year was up, and the dish presentation continues to get more creative every year," she says.

## Black Kettle Award

The senior team from Indiana swept the competition and took home the highest honor — the Black Kettle Award. This award is given in memory of Paul St. Blanc, a passionate supporter and long-time friend of the contest, to the highest-scoring team among all meat and age divisions.

The team claimed top honors with their "Nothing Better Spicy Beef Filets" after they earlier won the senior steak category, including first place in both showmanship and recipe in the senior division. Team members were Adam Leeper, Argos; Catherine and Garrett Knebel, Winamac; and Katelyn Wilson, Orleans.

During the last several years,

the Indiana Junior Angus Association has consistently dished up delectable dishes and has won multiple Black Kettle awards.

"Every state seems to have a strong point and is really competitive in a certain contest; for the last several years the whole state of Indiana has stood behind the Cook-Off team. They are so supportive, and everyone is there to watch us perform, which makes us want to do even better," says Wilson, who won her fourth Black Kettle award this year.

The Indiana team performed a skit that seemed a little too realistic to most Angus producers. Wilson and Catherine Knebel, who played a mother-daughter team grilling steaks, were explaining to their backward-neighbors, played by Garrett Knebel and Leeper, over the fence about the importance of CAB and the benefits it has.

"As Angus breeders, it is easy for us to forget that not everyone knows about CAB and the standards it meets," Wilson says. "The Cook-Off has helped me stay informed on CAB updates and facts so I can relay the most accurate information to my friends and neighbors — who are beef consumers."

## Steak Division

There is nothing tastier than a perfectly cooked piece of CAB, especially when it is in the form of a juicy steak at the NJAS. Nineteen teams prepared steaks that showcased the exceptional taste of a CAB steak.

Georgia juniors claimed top honors in all categories of the junior steak division. Their "Beef Honey Teriyaki Stir Fry" won them honors in both the recipe and showmanship divisions. Team members included Haley Throne, West Point; Drew Williams, Milan; and Anna Scott and K.C. Smith, both of Douglas.

The Kansas team consisting of Cole and Ransom Gardiner, Ashland; Hannah and Esther McCabe, Elk City; and Meghan and Allison Blythe, White City; won first-place overall in the intermediate steak division. Their "CAB Tenderloin with Morel Mushroom Cream Sauce" also won first place in the recipe category. Each member of the winning intermediate steak team received a paid registration to the Leaders Engaged in Angus



PHOTO BY SHEILA STANNARD

► The Indiana senior steak team won the Black Kettle Award. Pictured are (from left) presenters Melanie Kiani and Emma Collins, team members Adam Leeper, Argos; Garrett Knebel, Winamac; Katelyn Wilson, Orleans; and presenter Anne Lampe. They prepared "Nothing Better Spicy Beef Filets."

Development (LEAD) Conference from the Pat Grote Fund for their achievements.

Louisiana's "Sweet Southern Filets" won the showmanship category of the intermediate steak division. Team members Jarred and Samantha Yantis, Bunkie; Samantha Bickham, Saint Francisville; Joshua Scott, Loranger; and Daniel McFarland, Keithville; won the judges over with their sweet southern skit.

Indiana's team of Leeper, Knebel, Wilson and Knebel swept the senior steak division.

### Roast Division

Ten teams impressed the judges with their mouth-watering CAB roast dishes. From brisket to barbecue beef, these juniors impressed judges with their beef knowledge and tasty treats.

North Carolina's "Old Fashioned Southern Beef Brisket with Browned Potatoes" won top overall honors in the junior roast division. Team members included Joezell Fullbright, Vale; LeAnn and Catherine Harward, Richfield; and Jenna Woodard, Princeton. Their creative skit also earned them first place in the showmanship category.

"Cola Roast" won Virginia juniors top honors in the recipe category of the junior roast division. Morgan and Mark Alexander, Berryville; Callie Eastin, Gretna; Catie Hope, Berryville; Courtney Pooton, Sperryville; and Connor Orrock, Woodford, created the tasty dish.

The Kansas team consisting of Jennifer Hager, Stafford; Amanda Laas, Brookville; Tyler Ottensmeier, McLouth; Peter Lundgren, Ottawa; Jacinda Dickinson, Glasco; and MacKenzie Flory, Baldwin City, won the intermediate roast division. Their "CAB Holiday Brisket with Red Cabbage and Creamy Mustard Sauce" also claimed first place in the showmanship and recipe categories.

Nebraska won overall top honors in the roast division and first place in the senior roast division with their "College Boy Brisket." Kellen and Klaire Jorgensen, Exeter; Jara Settles, Hoskins; Jessica Clowser, Milford; Ellen Hoffschneider, Arlington; and Claire Volk, Bennington, made up the winning team, which also won first place in the showmanship category.

Pennsylvania's "Sweet Southern Brisket" won them first place in the recipe category of senior roast. Lindsay and Jaelyn Upperman, Chambersburg, created the winning entry.

### Other beef items

Kansas juniors swept the junior "other beef" division, winning first overall and first in the recipe and showmanship categories. The team was made up of Quannah Gardiner, Ashland; Johanna Lundgren, Ottawa; Grady Dickerson, Paradise; Caleb Flory, Baldwin City; and Cale Hinrichsen, Westmoreland. Their winning dish was "Beef Ravioli."

Winning overall honors in the intermediate other beef division was the Virginia team, who prepared "Ranch Chili." They also claimed first in the recipe and showmanship categories. The winning team consisted of Mackenza and Luke Muncy, Staunton; Kraig Smith, Catlett; Dale Eastin, Gretna; Cody White, Staunton; and Casey Johnson, Nokesville.

Pennsylvania's "Beef Rouladen" claimed overall honors in the senior other beef division after claiming first in the recipe category. Team members included Freddy and Katrina Frey, Quarryville; Kate Livingston, Dover; Hannah Grim, East Berlin; and Brody and Bryce Fitzgerald, West Grove.

The Kansas team made up of Chelsea Dickinson, Glasco; Kyleigh Santee, Langdon; Ashley Laas, Brookville; and David Lundgren, Ottawa, won the showmanship category of the senior other beef division. They prepared "CAB Roast Beef Pita."

Georgia's "Poor Man's Philly" won top honors in the adult other beef division, as well as first place in showmanship and recipe. The team consisted of Cindy and Morgan Smith and Ben Scott, all of Douglas.

### Wrapping up

More than 160 youth participated in this year's Cook-Off. Each contestant received a custom-designed T-shirt sponsored by Ankony Angus, Clarkesville, Ga. Gifts were given to winners in recipe, showmanship and overall in each category. Recipe winners received a custom collector's plate sponsored by the Friends of the Black Kettle. Showmanship winners received a steak flipper grill tool sponsored by the Kentucky Angus Association. Overall winners received a camp seat with a cooler from CAB, and all winners received a "green" shopping bag with the CAB logo.

The Cook-Off started in 1983 at what was then called the National Junior Heifer Show in Des Moines, Iowa. The Cook-Off was designed to be an educational project for juniors, teaching them to be knowledgeable of the beef industry. It has since grown into a competitive and entertaining event that everyone looks forward to attending at the NJAS. The Cook-Off celebrated its 26th Anniversary in Perry.

The Auxiliary this spring published a cookbook containing recipes from the first 25 competitions. The *25 Years of Winners* was premiered at this year's NJAS and is available through the "Kitchen & Housewares" section of The Sale Barn at [www.angusauxiliary.com](http://www.angusauxiliary.com).

To see the winning recipes of this year's contest and others entered in the contest, see this year's cookbook posted as an online bonus feature at [www.angusjournal.com](http://www.angusjournal.com).



**Table 1: Winners of the 2009 Auxiliary-sponsored All-American CAB® Cook-Off**

Black Kettle Winner			
Senior Steak Team from Indiana — "Nothing Better Spicy Beef Filets"			
Pat Grote LEAD Scholarship Winner			
Intermediate Steak Team from Kansas — "CAB® Tenderloin with Morel Mushroom Cream Sauce"			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Georgia	Georgia	Georgia
<i>Intermediate</i>			
1.	Kansas	Louisiana	Kansas
<i>Senior</i>			
1.	Indiana	Indiana	Indiana*
Roast division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Virginia	North Carolina	North Carolina
<i>Intermediate</i>			
1.	Kansas	Kansas	Kansas
<i>Senior</i>			
1.	Pennsylvania	Nebraska	Nebraska*
Other beef division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Kansas	Kansas	Kansas*
<i>Intermediate</i>			
1.	Virginia	Virginia	Virginia
<i>Senior</i>			
1.	Pennsylvania	Kansas	Pennsylvania
<i>Adult</i>			
1.	Georgia	Georgia	Georgia

\*Denotes overall winner of the product division.