

30th Anniversary



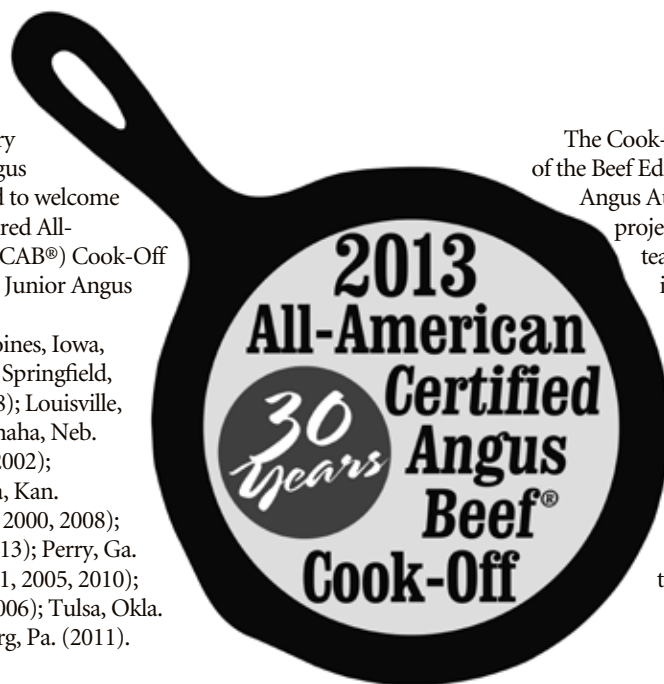
In conjunction with the

2013 NATIONAL JUNIOR ANGUS SHOW

Kansas City, Mo. • July 7, 2013

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 30th Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off in conjunction with the National Junior Angus Show (NJAS).

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



The Cook-Off is conducted under the direction of the Beef Education Committee of the American Angus Auxiliary. It was started as an educational project, as well as for entertainment. Junior teams give skits on beef education to tie in with the theme of their entries. This year's meat categories include steaks, roasts and other beef items. Adults are encouraged to enter the fourth Chef's Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Tammy Bartholomew, Archie, Mo., is serving as the local contact for the event.

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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 14th time) possible.
- **Members of the Pat Grote family**, who are awarding registration fees to the Leaders Engaged in Angus Development (LEAD) Conference to the intermediate steak team overall winner. The award is presented in memory of Pat Grote, an American Angus Auxiliary president and longtime supporter of the Cook-Off contest. This is the ninth time this award will be presented.
- **Tom McGinnis, Heritage Farm, Shelbyville, Ky.**, for sponsoring custom-designed T-shirts for each contestant.
- **Friends of the Black Kettle**, the **Kentucky Angus Association** and **American Angus Auxiliary** for awards.
- **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- **Scavuzzo Inc.**, and **Steve Scavuzzo**, vice president, sales and marketing, Kansas City, Mo., for sponsorship of the contest
- **Marilyn Conley**, CAB administrative assistant, 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.

2013 All-American *Certified Angus Beef*® Cook-Off judges

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Trowbridge Angus
President, American Angus
Association
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ROAST COMPETITION

Beef Brisket

4 lb. CAB® brisket

Rub:

½ cup brown sugar
3 Tbs. Lawry's® seasoned salt
2 Tbs. smoked paprika
1 Tbs. celery salt
1 Tbs. onion powder
1 Tbs. garlic salt
1 Tbs. chili powder
½ Tbs. dry mustard
½ Tbs. ginger

Marinade:

¼ cup apple cider vinegar
¼ cup olive oil
¼ cup lemon juice
1 Tbs. meat tenderizer
2 Tbs. Lawry's seasoned salt
⅛ cup honey
⅓ cup liquid smoke

Marinate brisket in all marinade items but the honey overnight or longer in refrigerator. If needed, cut brisket to fit in slow cooker. Before placing in slow cooker, coat meat with honey and cover with rub.

Place brisket and marinade in slow cooker; add water to fill ¾ of the way to top of brisket and cook for 8-10 hours on low. Take out of slow cooker and let rest 30 minutes to an hour.

Slice the meat and serve.

Team Information

Division: **9 to 13**

States: **Missouri**

Team Members:

Genesis Brannon, Elsinore

Joshua Brannon, Elsinore

Callie Keaton, Anderson

Andrea Larson, Stella

Emily Sinning, Norwood

Holly Sinning, Norwood

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

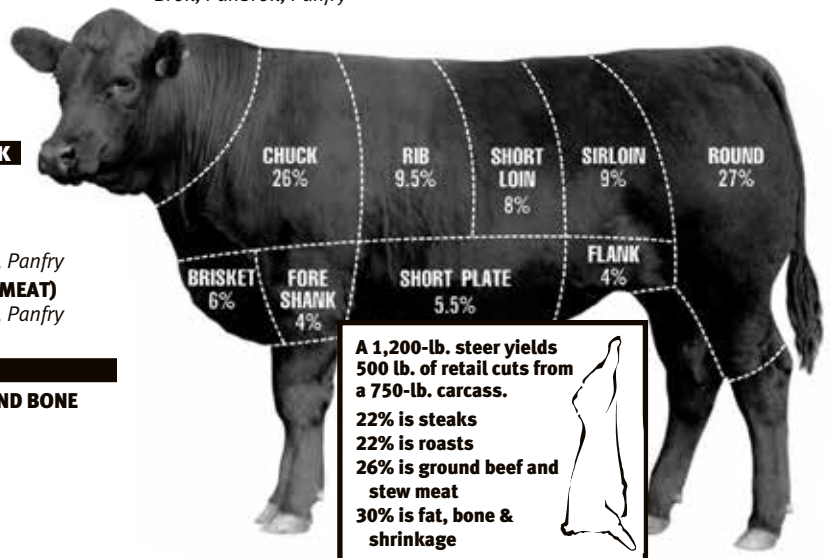
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise





ROAST COMPETITION

Sweet Summertime BBQ Brisket

5 lb. CAB® beef brisket

2 cups soy sauce
1 Tbs. Worcestershire sauce
½ cup brown sugar
1 Tbs. chopped garlic
2 cups puréed fresh peaches

Marinade:

1 quart orange juice concentrate
4 cups sweet pineapple sauce

Combine the ingredients to create a marinade. Fully cover a 5-pound brisket using half of the marinade. Reserve the other half for basting. Marinate brisket 12-72 hours in the refrigerator.

Salt
Freshly ground pepper
3 medium onions, chopped

Remove brisket from marinade and place in a Dutch oven. Salt and pepper generously. Cover meat with onion, adding 2 cups of the reserved marinade. Bake in a covered Dutch oven at 300° F for 6 hours, basting as needed with the remaining marinade.

Sauce:

3 Tbs. brown sugar
16-oz. bottle Heinz® ketchup
4 Tbs. Worcestershire sauce
1 Tbs. dry mustard
¼ cup olive oil
2 Tbs. balsamic vinegar
2 Tbs. lime juice
salt and pepper

Combine the sauce ingredients, simmering uncovered for about 15 minutes. Remove and slice the brisket thinly. Return brisket to the Dutch oven, pouring the sauce over all. Raise the oven temperature to 350° and reheat, covered, for 30 minutes.

Team Information

Division: **14 to 17**

State: **Alabama/Florida**

Team Members:

Joseph Adams, *Union Springs, Ala.*

Clayton McGuire, *Waverly, Ala.*

Reid McGuire, *Waverly, Ala.*

Caroline Nichols, *Graceville, Fla.*

Georgia Nichols, *Graceville, Fla.*

Preston Nichols, *Graceville, Fla.*

Rags to Riches CAB® Top Sirloin Roast

4 lb. CAB® top sirloin cap roast
2 tsp. Worcestershire sauce
Grill Mates® Montreal Steak seasoning, to taste
red pepper flakes, to taste
onion flakes, to taste
water

Place roast into slow cooker with enough water to cover the bottom of the roast. After roast is in slow cooker, pour 2 teaspoons Worcestershire sauce over the top of the roast. Sprinkle steak seasoning, red pepper and onion flakes on top to taste.

Cook on low 6-8 hours until tender.

Serve with your favorite vegetables for a simple, yet elegant entrée.

Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Katie Frederichs, *Walcott*

Baxter Knapp, *Bloomfield*

Lexi Knapp, *Bloomfield*

Morgan Knapp, *Bloomfield*

Tyler Steele, *Anita*



ROAST COMPETITION

CAB® Fiesta Lime Brisket with Creamy Avocado Sauce

3½ to 4-lb. CAB® beef brisket, trimmed
 2 Tbs. chili powder
 1 Tbs. garlic powder
 1 Tbs. onion powder
 1 Tbs. sugar
 2 tsp. ground black pepper
 ¾ tsp. salt
 2 tsp. dry mustard
 1 tsp. oregano
 1 tsp. cumin
 1½ cups chicken bouillon

2 small fresh limes, cut into wedges (reserve 1 tsp. of lime juice for sauce)

Creamy Avocado Sauce:
 ½ cup ranch dressing
 ½ cup sour cream
 1 ripe, medium-sized avocado, cut into small chunks
 1 tsp. fresh lime juice
 1-3 Tbs. milk (or water), as needed, to thin sauce

Preheat oven to 350° F.

Make a dry rub by combining chili, garlic and onion powders; sugar; black pepper; salt; dry mustard; oregano; and cumin. Season the raw brisket on both sides with the rub. Place in a roasting pan and roast, uncovered, for 1 hour.

Add chicken bouillon and enough water to yield about ½ inch of liquid in the roasting pan. Squeeze juice from lime wedges over the brisket (reserving 1 teaspoon lime juice for sauce); discard wedges. Lower oven temperature to 300°, cover pan tightly and continue cooking for 3 hours, or until fork-tender.

While brisket cooks, prepare Creamy Avocado Sauce by combining ranch dressing, sour cream, avocado pieces, lime juice and 1 tablespoon milk in blender. Mix until avocado is completely blended in, adding 1-2 tablespoons milk, as needed, to facilitate mixing and create a creamy consistency. Keep refrigerated until about 15-20 minutes prior to serving. When brisket is nearly done, heat sauce in microwave for about a minute; stir. Heat again — just long enough for the sauce to be hot. Stir.

Remove brisket from pan. Trim the fat, and slice brisket diagonally across the grain into thin slices. Top with Creamy Avocado Sauce.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Johanna Lundgren, *Ottawa*
Baylee Wulfkuhle, *Berryton*
Kelsey Wulfkuhle, *Berryton*
Madison Wulfkuhle, *Berryton*

Cranberry Brisket

2½ lb. CAB® brisket
 ½ tsp. salt
 ¼ tsp. pepper
 1 (16-oz.) can whole-berry cranberry sauce

1 (8-oz.) can tomato sauce
 ½ cup chopped onion
 1 Tbs. mustard

Rub brisket with salt and pepper. Place in a 5-quart slow cooker. Combine the remaining ingredients and pour over brisket. Cook on low for 8-10 hours until tender.

Team Information

Division: **14 to 17**

State: **Nebraska**

Team Members:

Michaela Clowser, *Milford*
Caylie Egger, *Columbus*
Lane Egger, *Columbus*
Torie Egger, *Columbus*
Sydni Lienemann, *Princeton*
Taylon Lienemann, *Princeton*

Marinated Beef Brisket

4 lb. CAB® brisket
 ½ cup Worcestershire sauce
 2 oz. liquid smoke
 1 pkg. Lipton® Onion Soup Mix

1 tsp. garlic, crushed
 1 cup celery, chopped
 1 bottle chili sauce

In shallow pan, pour Worcestershire sauce, liquid smoke and soup mix over meat and add rest of ingredients. Cover with heavy-duty tin foil and bake for 6 hours at 225° F. Slice and serve with barbecue sauce.

Serves 6

Team Information

Division: **14 to 17**

State: **South Dakota**

Team Members:

Brittany Bush, *Britton*
Tyler Bush, *Britton*
Chase Mogck, *Olivet*
Christina Mogck, *Olivet*
Alex Rogen, *Brandon*



ROAST COMPETITION

Outlaw Po-Boy

3-4 lb. CAB® brisket	3 Tbs. butter
1 Tbs. Cajun seasoning	1 Tbs. flour
1 Tbs. cracked black pepper	2 cups beef stock
2 Tbs. Louisiana Hot Sauce	2 loaves po-boy bread
1 sweet onion, sliced	

Preheat oven to 300° F. Sprinkle Cajun seasoning and black pepper over entire roast. In large Dutch oven (black iron pot), heat butter. Sear roast on medium-high heat on all sides. Remove pot from heat and add beef stock.

Spread Louisiana Hot Sauce and sliced onion on top of brisket. Cover and place in heated oven and cook for 3 hours.

Remove from oven and let stand for 30 minutes. Meanwhile, cut po-boy bread into two to three sections and slice in halves for sandwiches. Tear brisket apart and place desired amount between bread. Top with gravy from Dutch oven or serve as a dipping sauce.

Garnish with desired toppings.

Serves 4-6

Team Information

Division: **18 to 21**

State: **Louisiana**

Team Members:

Nancy Bickham,
Saint Francisville

Jacob Chicola, *Denville*

Katelyn Corsentino,
Denham Springs

Pot Roast and Old Yorkshire Pudding

1 CAB® chuck roast	garlic salt and pepper, to taste
1 envelope Lipton® Beefy-Onion Soup Mix	assorted roasting vegetables (onions, potatoes,
1 can Campbell's® Cream of Mushroom Soup	carrots, turnips/rutabaga, parsnip)
½ cup water	olive oil
1 split red cooking wine	

Salt and pepper both sides of roast and then sear both sides in Dutch oven on high heat.

Remove from heat; add ½ cup of water, cover meat with soup mix and add cooking wine. Cover and cook in 350° F oven for 2 hours.

Pull meat out and debone (if necessary). Add vegetables, return meat to pan and put back in oven for another hour or until vegetables are done (knife should insert easily into vegetables).

Remove meat and vegetables; add can of cream-of-mushroom soup to meat juices in pan. Blend in soup.

Serve gravy either over meat and vegetables or serve off to side.

Yorkshire pudding:

2 eggs
1 cup milk
1½ cups flour
3 Tbs. oil

Divide oil into muffin holder pan (unlined). Heat for 10 minutes at 400° F. Pour batter into muffin pan (should sizzle) and bake for 10 minutes at 375°. Turn down to 350° and bake until golden or about an additional 20 minutes.

Team Information

Division: **18 to 21**

State: **Michigan**

Team Members:

Kavina Johnson, *Quincy*

Kollin Johnson, *Quincy*

Katrena Klopfenstein, *Galien*

Kendra Merriman, *Lowell*

Katie Reid, *Eaton Rapids*

Rachel Reid, *Eaton Rapids*



ROAST COMPETITION

Cattlemen's Chicken Fried Roast

3-4 lb. CAB® top sirloin cap (cut meat into steaks and tenderize)
1½ cup whole milk, plus up to 2 cups for gravy
2 whole large eggs
3 cups all-purpose flour

seasoned salt
¼ tsp. cayenne
lots of black pepper (lots)
canola oil, for frying
salt and pepper, for both meat and gravy

Begin with an assembly line of dishes for the meat: milk mixed with egg in one; flour mixed with spices in one; meat in one; then have one clean plate at the end to receive the breaded meat.

Work one piece of meat at a time. Season both sides with salt and pepper, then dip in the milk-egg mixture. Next, place the meat on the plate of seasoned flour. Turn to coat thoroughly. Place the meat back into the milk-egg mixture, turning to coat. Place back in the flour and turn to coat. (So: wet mixture/dry mixture/wet mixture/dry mixture.) Place breaded meat on the clean plate, then repeat with remaining meat.

Heat oil in a large skillet over medium heat. Drop in a few sprinkles of flour to make sure it's sufficiently hot. Cook meat, three pieces at a time, until edges start to look golden brown; around 2 to 2½ minutes on each side.

Remove to a paper-towel-lined plate and keep warm. Repeat until all meat is cooked.

Gravy:

After all meat is fried, pour off the grease into a heatproof bowl. Without cleaning the pan, return it to the stove over medium-low heat. Add ¼ cup grease back to the pan. Allow grease to heat up.

Sprinkle ½ cup flour evenly over the grease. Using a whisk, mix flour with grease, creating a golden-brown paste. Keep cooking until it reaches a deep golden brown color. If paste seems more oily than pasty, sprinkle in another tablespoon of flour and whisk.

Whisking constantly, pour in milk. Cook to thicken the gravy. Be prepared to add more milk if it becomes overly thick. Add salt and pepper and cook for 5-10 minutes, until gravy is smooth and thick. Be sure to taste to make sure gravy is sufficiently seasoned.

Serve meat next to a big side of mashed potatoes.

Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

Alisa Friesen, *Arnett*
Braden Henricks, *Anadarko*
Katie Lippoldt, *Kingfisher*
Karisa Pfeiffer, *Orlando*
Jared Strate, *Fairmont*

Ranch Roast

CAB® chuck roast

Place roast in slow cooker. Sprinkle with dry Hidden Valley® Ranch Dressing mix. Sprinkle with dry McCormick® Au Jus gravy mix. Top with a stick of butter. Arrange 5 pepperoncini or 3 banana peppers around butter on top of roast. Do not add water.

Cook on low for 7-8 hours.

Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Mark Alexander, *Berryville*
Morgan Alexander, *Berryville*
Will Fiske, *Greenville*
Catie Hope, *Berryville*
Mackenza Muncy, *Staunton*



STEAK COMPETITION

Pesto Steak and Arugula Pizza

1½ lb. CAB® sirloin steak, 1¼-in. thick	2 cups grape tomatoes, halved
3 Tbs. basil pesto	1 cup shredded Italian blend cheese
3 Tbs. fresh lemon juice	1½ cups arugula or baby spinach leaves
2 prebaked whole-wheat pizza crusts, 12-in. diameter	salt
	¼ tsp. crushed red pepper

Combine pesto and lemon juice in small bowl. Evenly brush steak with 1-2 tablespoons of pesto mixture. Grill steak over medium fire for 12-15 minutes. Brush crusts with 2 tablespoons pesto mixture. Top with tomatoes and 1 cup of the cheese.

Heat in oven or on grill until heated through. Remove crust from heat. Thinly slice steak and season with salt. Top pizza evenly with arugula and steak. Sprinkle with remaining cheese and crushed red pepper. Let cheese melt before serving.

Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Emily Brooks, *Prophetstown*
Lindsey Decker, *Philo*
Holly Marsh, *Union*
Amelia Miller, *Gridley*
Eric Schafer, *Owaneco*
Paige VanDyke, *Louisville*

Avengers Flat-iron Steak Lettuce Wraps

2 CAB® flat-iron steaks	romaine lettuce leaves
2 avocados, sliced	salt and pepper to taste
2 cups sliced mushrooms	butter

Let steaks come to room temperature. Sprinkle each side of the steaks with salt and pepper. Cook steaks for 5-6 minutes per side, or until desired degree of doneness. Remove steaks from grill and let rest for 5 minutes before slicing thinly across the grain.

Sauté mushrooms in butter while steaks rest, stirring regularly. Add salt and pepper, if desired.

Assemble the wraps by laying one rinsed lettuce leaf down. Add a few slices each of the flat-iron steak, avocado and mushrooms. Roll up and enjoy.

Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Ethan Dickerson, *Paradise*
Jayce Dickerson, *Paradise*
Tanner Hite, *Valley Center*
Bailey Osborn, *Murdock*
Grace Shive, *Mount Hope*
Sydnee Shive, *Mount Hope*

All-American CAB® Flat-iron Steak

Wash your hands thoroughly with soap and warm water. In a small mixing bowl, combine the following with a whisk:	¼ cup honey
	3 cloves minced garlic
⅓ cup extra-virgin olive oil	1 Tbs. ginger
¼ cup soy sauce	1 tsp. black pepper

Take your CAB flat-iron steaks out of the refrigerator or cooler and place in a plastic marinade pan or a gallon-size plastic bag.

Pour the marinade mix over the steaks.

Cover and refrigerate for 4-6 hours; flipping or turning at least once.

Light your grill and preheat to 350° F. Place the steaks on the grill for 10 minutes. Turn the steaks over using tongs and grill for approximately another 10 minutes (depending on how done you want your steaks and how much they weigh). Check them with a meat thermometer to determine doneness, which, according to the CAB website is: rare, 140°; medium rare, 145°; medium, 160°; well, 170°.

Place the thermometer into the center of the steak. Remove them from the heat when they are 5°-10° lower than the desired doneness. They will continue to cook a little after you remove them. Place the steaks on a serving platter. Cover with foil and allow them to rest for at least 5 minutes before serving.

Team Information

Division: **9 to 13**

State: **North Carolina**

Team Members:

Lynae Bowman, *Germanton*
Marcie Harward, *Richfield*
Mattie Harward, *Richfield*
Thomas Smith,
Pleasant Garden
Justin Wood, *Willow Spring*
Mary Wood, *Willow Spring*



STEAK COMPETITION

Honey Moo Moo Steak Fondue

3 lb. CAB® top sirloin steak
Grill Mates® Montreal Steak seasoning or your favorite seasoning

1 stick butter
24-oz. bottle peanut oil

Cut steak into bite-size cubes, season to taste with Montreal seasoning or your favorite seasoning, and divide into serving bowls. In electric fondue, combine butter and peanut oil and heat to approximately 375° F. Guests pierce meat with fondue forks, cook meat as desired in the pot, dip into various sauces and enjoy.

Heinz sauce:

¾ cup ketchup
1 Tbs. Heinz 57® sauce
2 tsp. A.1.® steaksauce

Dill sauce:

1 cup sour cream
1 Tbs. parsley flakes
1 Tbs. lemon juice
1 tsp. dried chives
¼ tsp. dill
1 tsp. grated onion

Mustard sauce:

¾ cup mayonnaise
2 Tbs. wine vinegar
1 Tbs. dry mustard
3 Tbs. hot mustard

Barbecue sauce:

Choose your favorite barbecue sauce

For each sauce, mix all ingredients in a small bowl and serve.

Team Information

Division: **9 to 13**

State: **Nebraska**

Team Members:

Kasey Dethlefs, *North Platte*
Kyra Meyer, *Blue Hill*
Caitlin Havelka, *Anselmo*
Reagan Skow, *Palisade*
Rachel Smith, *Osceola*

Planked Steak

4 CAB® New York strip steaks, 1¼-in. thick
3-4 untreated cedar planks (can purchase at home-supply store)
4 tsp. green jalapeño sauce
1 green bell pepper, sliced
1 onion, sliced
½ tsp. salt
¼ tsp. cayenne pepper

Rub:

1 Tbs. paprika
¾ Tbs. freshly ground black pepper
1 Tbs. granulated garlic
¾ Tbs. salt
¼ Tbs. dried thyme
½ Tbs. cayenne pepper
½ Tbs. onion powder
¼ Tbs. dried oregano

Mix rub ingredients and generously rub both sides of steaks; let sit for 10 minutes. Soak cedar planks in water 2-3 minutes. Put planks on grill and slightly char one side, about 3-5 minutes. Remove planks from grill and lightly rub charred side with olive oil. Place steaks on charred side of planks. Place vegetables on other plank. Grill over medium fire 10-12 minutes until desired doneness. (Do not turn meat over.) Have spray bottle of water handy in case planks start to flame. Remove from fire. Serve steaks with pepper/onion mix and 1 teaspoon of jalapeño sauce.

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Keegan Cassady, *Normal*
Laramie Chaffin, *Roodhouse*
Kagney Collins, *Flanagan*
Sierra Day, *Cerro Gordo*
Keith Pezanoski, *Peru*
Troy Rawlings, *New Holland*

Flat-iron Steak With Spicy Coffee Rub

2 CAB® flat-iron steaks
4 Tbs. steak seasoning

2 Tbs. chili powder
2 Tbs. finely ground espresso beans

1. Combine steak seasoning, chili powder and coffee in a small bowl. Season steaks with approximately 1 tablespoon per side.
2. Heat grill to high. Oil the grill grate using an oiled rag.
3. Grill steak to medium-rare doneness (internal temperature of 130°-135° F).
4. Remove steak from the grill; allow meat to rest approximately 5 minutes before serving.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Eric Blythe, *White City*
Tyler Blythe, *White City*
Anna Carpenter, *Wamego*
Laura Carpenter, *Wamego*
Quannah Gardiner, *Ashland*
Reid Shipman, *Manhattan*



STEAK COMPETITION

Kentucky Aberdeen Kabobs

2½ lb. CAB® sirloin steak, cut into 1-in. cubes
pineapple (cut into chunks)
cherry tomatoes
green, red and yellow peppers
mushrooms
onions

Marinade:

¼ cup soy sauce
¼ cup oil
2½ Tbs. brown sugar
1½ Tbs. sugar
1 Tbs. vinegar
1 Tbs. ground ginger
1 Tbs. garlic salt

Mix, cover meat and let stand for at least 2 hours. Add meat and vegetables to skewers. Grill just until meat is done.

*You might want to make a second batch of marinade to brush on while grilling.

Team Information

Division: **14 to 17**

State: **Kentucky**

Team Members:

Catherine Cowles, *Rockfield*
Leslie Craig, *Harrodsburg*
Kendra Kostbade, *Henderson*
Alexis Rich, *Nicholasville*

Blackened Kansas City Strip With Creamy Horseradish Sauce

4 CAB® Kansas City strips (10 oz.-14 oz.)
½ cup olive oil

8 tsp. blackened seasoning
1 cup creamy horseradish sauce

Procedure:

1. Heat cast-iron skillet until very hot, in a well-ventilated area.
2. Brush steaks with olive oil.
3. Coat each side of the steaks with 1 teaspoon of blackened seasoning.
4. Place steaks in the iron skillet, flipping steaks halfway through cooking (to cook a 1.25-inch-thick steak medium rare, cook about 4 minutes on first side and 3 minutes on other side)
5. Spoon 2 tablespoons of creamy horseradish sauce on each plate for dipping.
6. Place KC Strips on plate, and enjoy.

Blackened seasoning:

2 Tbs. sea salt or Kosher salt
¼ cup paprika
1 Tbs. cayenne pepper
1 Tbs. dry oregano
1 Tbs. thyme

1 Tbs. fennel seed
1 Tbs. black pepper
1 Tbs. white pepper
1 Tbs. granulated garlic
1 Tbs. onion powder

Procedure:

Combine all and mix well.
Yields: 1 cup

Creamy horseradish sauce:

½ cup mayonnaise
¼ cup sour cream
3 Tbs. prepared horseradish

1 Tbs. fresh lemon juice
1 Tbs. green onions, finely minced
½ tsp. sea salt

Procedure:

Combine all and mix well.
Yields: 1 cup

Team Information

Division: **14 to 17**

State: **Louisiana**

Team Members:

Faith Guice, *Downsville*
Lee Hymel, *Vacherie*
Cheyenne Jones, *Franklinton*
Isaac McFarland, *Keithville*
Trevor Sonnier, *Pineville*



STEAK COMPETITION

Double-smoked Top Sirloin Bites

4 CAB® sirloin steaks, 1¼-in. thick

Jim Baldridge's Secret Seasoning

Dry rub steaks with Baldridge Seasoning. Do not overseason at this time.

Place on 350° F smoker and sear on both sides. Lower heat to 220°-250°.

Cook until rare. Take from smoker and cut into bite-size cubes. Place in aluminum pan and re-season to taste.

Smoke to medium. Add small amount of water to pan and cover pan with aluminum foil and continue to cook until super tender.

Team Information

Division: **14 to 17**

State: **Nebraska**

Team Members:

Aliesha Dethlefs, North Platte

Emily Dethlefs, North Platte

Michelle Keyes, Springfield

Justine Nelson, Lincoln

CAB® Marinated Strip Steaks

½ cup barbecue sauce

3 Tbs. olive oil

3 Tbs. Worcestershire sauce

2 Tbs. steak sauce

1 Tbs. soy sauce

2 tsp. steak seasoning

1 garlic clove, minced

4 CAB® strip steaks

In a large resealable plastic bag, combine first seven ingredients. Add the steaks; seal the bag and turn to coat. Refrigerate for 4 hours or overnight.

Drain and discard marinade. Grill steaks, covered, over medium-hot heat for 5-7 minutes on each side or until meat reaches desired doneness.

Team Information

Division: **14 to 17**

State: **Oklahoma**

Team Members:

Jaryn Frey, Kingfisher

Madelyn Gerken, Cashion

Sydnee Gerken, Cashion

Victoria Gerken, Cashion

Charley Johnson, Orlando

Sydney Johnson, Orlando

Lip Smackin' Steaks

4 CAB® top sirloin steaks, grilled to desired temperature

Lip smackin' sauce:

4 Tbs. soy sauce

2 Tbs. lemon juice

4 Tbs. butter

Bring to a boil and simmer until thickened. Pour evenly over the four steaks.

Team Information

Division: **14 to 17**

State: **South Dakota**

Team Members:

Ty Mogck, Olivet

Cadee Schelske, Virgil

Mason Schelske, Virgil

Madison Styles, Brentford

Sawyer Styles, Brentford



STEAK COMPETITION

Lime-Cilantro Kabobs

2 lb. CAB® sirloin steak, 1¼-in. thick
1 Tbs. granulated garlic
1 Tbs. onion powder
1 tsp. salt
½ tsp. cayenne powder
1½ Tbs. liquid smoke

⅓ cup lime juice
¼ cup olive oil
½ cup chopped fresh cilantro
1 fresh pineapple, peeled and cut into cubes
2 green peppers, cut into 1½-in. pieces

Cube steak into 1½-inch pieces. Mix other ingredients for marinade. Place steak and marinade in Ziploc® bag and marinate 4-6 hours.

Remove steak from marinade and thread onto skewers, alternating with fresh pineapple chunks and green pepper pieces. Grill about 12 minutes for medium. Serve with rice pilaf and fresh green salad.

Team Information

Division: **18 to 21**

State: **Illinois**

Team Members:

Brooke Haas, Downs
Gabrielle Lemenager, Clifton
Caitlin McClure,
Saint Francisville
Treavor Taylor, Colfax
Lucas Wall, Hopedale
Kayla Widerman, Good Hope

Tarheel Teriyaki Steaks

3 CAB® top sirloin steaks
1 cup Kikkoman® teriyaki sauce
2 Tbs. brown sugar
1 Tbs. honey

2 garlic cloves, minced
1 tsp. fresh ginger, minced
⅓ cup mirin rice wine

Place steaks in a glass bowl with a lid. Mix the teriyaki sauce, brown sugar, honey, garlic, ginger and mirin rice wine together well. Pour the marinade over the steaks in the bowl (making sure to cover the steaks well) and place the lid on the bowl. Marinate the steaks overnight in the refrigerator.

Remove the steaks from the refrigerator about 20 minutes before cooking. Preheat the grill to medium-high heat. Remove steaks (do not keep the marinade), and grill to desired doneness. For medium steaks 1.25-inch thick, cook 7 minutes on the first side, then turn steaks using tongs and cook 5 minutes on the second side.

Remove steaks from the grill and allow steaks to rest 5-10 minutes before slicing and serving.

Team Information

Division: **18 to 21**

State: **North Carolina**

Team Members:

Brooke Harward, Richfield
Catherine Harward, Richfield
LeAnn Harward, Richfield
Ty Reeves, Leicester
Cara Smith, Pleasant Garden

All-American Certified Angus Beef® CHEF'S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC
July 7, 2013, National Junior Angus Show, Kansas City, Mo.

The **Challenge**: Prepare and serve a unique entrée using a specified cut of *Certified Angus Beef®* (CAB®) and secret ingredients provided by the contest. Contest limited to 10 entries.

Entries

NJAA division (NJAA members 18-21)

- Abbi Boggess, Deer Lodge, Mont.
- Tyler Ottensmeier, McLouth, Kan.

Adult division

- Kathy Wilson, Orleans, Ind., & Kristi Sweeney, North Vernon, Ind.

- Rachel Frost & Gretchen Frost, Tallula, Ill.
- Connie Adams, Union Springs, Ala.
- Greg Slone and Camden Slone, Danville, Ky.
- Charlie Boyd II and Logan Boyd, Mayslick, Ky.
- Joe Myers & Ruth Myers, Harrodsburg, Ky.

First place winners in the NJAA division and the Adult division will receive a CAB logo jacket sponsored by Certified Angus Beef LLC and a \$100 cash prize sponsored by the "Friends of the Black Kettle."



OTHER BEEF COMPETITION

Marshall Dillon Breakfast

3 lb. CAB® ground chuck	1 tsp. pepper
1 loaf sourdough bread	1 tsp. garlic powder
eggs (1 per sandwich)	1 tsp. onion powder
1 stick butter	1 tsp. paprika
1 tsp. salt	1 tsp. cayenne pepper

Prepare burger patties for grill and sprinkle liberally with dry ingredients. Butter bread and cut a hole in each piece with a biscuit cutter.

Use griddle to toast bread, breaking an egg in each hole, frying the egg with the bread toasting. Salt and pepper egg. Grill burgers and serve between two pieces of the egg toast.

Optional condiments — homemade salsa or mayonnaise.

Serve with homemade hash browns and ice-cold milk. Enjoy.

Team Information

Division: **9 to 13**

State: **Alabama/Florida**

Team Members:

Aspen Adams,
Union Springs, Ala.

Layton Adams,
Union Springs, Ala.

Charlie Nichols, *Graceville, Fla.*

Miss Kay's Spaghetti and Meatballs

Meat sauce:	3 (12-oz.) cans tomato paste
1 to 1½ lb. CAB® ground chuck	3 (10½-oz.) cans tomato puree
¼ cup butter	1 Tbs. black pepper
2½ cups onion, chopped	1 Tbs. salt
1¾ cups celery, chopped	2 Tbs. sugar
2 Tbs. minced garlic	7-10 cups water

Sauté onion, celery and garlic in butter until clear. Add ground beef and cook until brown. Add salt, pepper, sugar, tomato paste, purée, and 7 cups of water. Bring to a boil. Reduce heat and simmer on very low or in a slow cooker for at least 4 hours, stirring occasionally.

Meatballs:	1 large egg
1 lb. CAB® ground sirloin	1 Tbs. fresh parsley, minced
3 ¾-in.-thick slices Italian bread with crust (3 × 5 in.)	1 large garlic clove, minced
milk	1 tsp. salt
2 Tbs. packed grated Parmesan cheese	½ tsp. ground black pepper
	2 Tbs. olive oil

Place bread in medium bowl; cover with milk. Let stand until bread is soft, about 10 minutes. Place meat in large bowl. Mix in 2 tablespoons cheese and next five ingredients. Squeeze bread almost dry; discard milk. Blend bread into meat mixture. Using 1 rounded tablespoon for each shape, form mixture into 24 meatballs.

Heat oil in heavy, large skillet over medium heat. Add meatballs; sauté until brown and cooked through, turning often to hold shape, about 15 minutes. Add meatballs and drippings in skillet to pot of tomato sauce. Simmer to blend flavors, about 10 minutes.

Serve over a bed of pasta.

Team Information

Division: **9 to 13**

State: **Arkansas**

Team Members:

Nicholas Pohlman,
Prairie Grove

Hailey Royce, *Fayetteville*



OTHER BEEF COMPETITION

Gourmet Hamburger Steak

2 lb. CAB® ground chuck	2 tsp. garlic
2 eggs	½ cup Italian bread crumbs
2 tsp. chili powder	¼ cup Parmesan cheese
2 tsp. seasoned salt	choice of gravy or sauce
1 tsp. black pepper	

Mix all ingredients together and form into patties. Grill over medium heat until done. Top with choice of gravy or sauce.

Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Alexandria Cozzitorto,
Lawrence

Kady Figge, *Onaga*

Cale Hinrichsen,
Westmoreland

Eva Hinrichsen,
Westmoreland

Clay Pelton, *Paradise*

Sarah Pelton, *Paradise*

CAB® Breakfast Burritos

1 lb. CAB® ground beef	½ cup shredded Mexican cheese blend
1 medium red bell pepper, chopped	4 flour tortillas, spinach or plain
1 small onion, finely chopped	salsa
2 tsp. ground ancho chili powder	
½ tsp. ground cumin	Lime-cilantro cream:
4 eggs, beaten	½ cup sour cream
2 Tbs. water	1 Tbs. fresh lime juice
1 Tbs. fresh cilantro, finely chopped	1 Tbs. fresh cilantro, finely chopped
¼ tsp. salt	

1. Combine ingredients for lime-cilantro cream in small bowl and set aside.
2. Heat skillet to medium heat, brown ground beef, add bell pepper, onion, chili powder and cumin. Cook 8-10 minutes. Cook ground beef to 160° F.
3. Remove beef mixture from skillet and keep warm.
4. Combine eggs, water and 1 tablespoon cilantro in medium bowl. Spray skillet with cooking spray. Pour egg mixture into skillet. Cook over medium heat 2-3 minutes or until scrambled. Season with salt, if desired.
5. Stir in beef mixture and cheese. Cook 1 minute, or until heated through.
6. Spoon beef mixture onto the center of each tortilla. Fold tortilla and serve with salsa and lime-cilantro cream.

Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:

Caleb Boden, *Clearbrook*

Chet Boden, *Clearbrook*

Jessie Clark, *Culpeper*

Zach McCall, *Greenville*

CAB® Southern Sloppy Joes

3 lb. CAB® ground chuck	2 Tbs. Vidalia® Onion steak sauce
1 cup sweet onion, chopped	salt and pepper to taste
½ cup green pepper, chopped	8 slices American cheese
6 Tbs. all-purpose flour	8 sandwich buns, split and toasted
1 jar barbecue sauce	

Cook ground beef, onion and pepper until beef is no longer red, stirring to break up. Sprinkle flour over beef; stir to blend thoroughly. Add barbecue sauce and steak sauce and simmer, stirring often, for 15-25 minutes, or until thickened. Salt and pepper to taste.

To serve, top the toasted buns with a large scoop of the hot sloppy-joe mixture and a single slice of cheese. Add on Hobo Potatoes or chips for sides.

Team Information

Division: **14 to 17**

State: **Arkansas**

Team Members:

Will Pohlman, *Prairie Grove*

Katlyn Tunstill, *Fayetteville*



OTHER BEEF COMPETITION

Killer Bacon-Cheese Dogs

6 CAB® hot dogs
6 slices bacon
6 slices Swiss cheese

½ cup “Kansas Secret Sauce” (see below)
6 hot dog buns
toppings of your choice

1. Preheat an outdoor grill for medium-high heat. Lightly oil grate, and set 4 inches from the heat.
2. Place the bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain on paper towels.
3. Place hot dogs on grill; cook until browned, 5-8 minutes, turning once, or until done to suit your taste. Lightly grill hot dog buns.

To assemble sandwiches, place a slice of cheese and bacon on each roll. Add a hot dog; top each with 1 tablespoon barbecue sauce, or desired amount, and toppings of your choice.

Kansas Secret Sauce:

2 CAB® hot dogs, diced
4 oz. ground beef
4 oz. ground pork
1 Tbs. vegetable oil
¾ tsp. salt
⅓ (10.75-oz.) can tomato soup
2½ cups water

¾ tsp. paprika
¼ cup sweet onion, diced
½ tsp. chili powder
½ clove garlic, peeled & minced
¾ tsp. cinnamon
½ tsp. browning sauce
½ cup fine dry bread crumbs
⅓ tsp. ground black pepper

1. Heat vegetable oil in a large, deep skillet over medium-high heat. Place ground beef, ground pork, hot dogs and sweet onion in the skillet. Cook until meat is evenly brown and onion is soft. Drain and lower heat.
2. Mix in garlic, browning sauce, ground black pepper, salt, tomato soup, water, paprika, chili powder, cinnamon and dry bread crumbs. Slowly simmer until thick, about 25 minutes.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Grady Dickerson, *Paradise*
Caleb Flory, *Baldwin City*
Chelsey Figge, *Onaga*

The Perfect Burger

3 lb. CAB® ground chuck
1 Tbs. Worcestershire sauce (per pound)
1 tsp. liquid smoke (per pound)
cheese (optional)

1½ Tbs. canola oil
1 tsp. garlic powder (per pound)
salt and pepper, to taste
buns

Mix chuck, Worcestershire sauce, garlic powder and liquid smoke. Divide meat into equal portions. Form a ¾-pound burger and make a deep depression in the center with your thumb. Brush with canola oil, then season with salt and pepper. Cook on grill. Add sliced tomato, Vidalia® onion, lettuce and condiments as desired.

Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

Reba Colin, *Butler*
Brittany Eagleburger, *Buffalo*
Chris Kahlenbeck, *Union*
Hannah Moyer, *Lamar*

Texas Tortellini

3 lb. CAB® ground chuck
2 pkgs. cream cheese
2 pkgs. Mozzarella cheese

1 pkg. 3-cheese fresh tortellini
1 jar Prego® Spaghetti Sauce

Preheat oven to 400° F. Brown and season ground beef to taste. Heat spaghetti sauce on medium and let simmer while you are browning ground beef. Soften cream cheese in the microwave.

Prepare tortellini according to directions on package.

Put the ground beef and cream cheese in an oven-safe glass dish and stir together, then add spaghetti sauce.

Gently stir in the tortellini. Top with mozzarella cheese.

Bake in the oven on 400° for 20 minutes or until cheese on top is melted. Cover it loosely with foil like a tent for venting.

Let it cool a bit and serve.

Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Dylan Denny, *Lubbock*
Cooper Free, *Salado*
Kaydee Free, *Salado*
Trey Harvey, *Joaquin*
Lexi Stevenson,
North Richland Hills
Kate Williams, *Idalou*



OTHER BEEF COMPETITION

The Blue Mill Tavern Loose-meat Sandwich

2 lb. CAB® ground chuck	1 Tbs. prepared yellow mustard
1 Tbs. fat, like lard	1 Tbs. vinegar
2 tsp. salt, just enough to lightly cover bottom of your skillet	1 Tbs. sugar
1 onion, chopped fine	water, to cover
	salt and pepper, to taste

1. Get out a cast-iron skillet — they are the best for loose meats — or other kind if you have no iron skillet.
2. Melt fat over medium heat and lightly salt bottom of skillet.
3. Break ground beef up in skillet and start crumbling it with the back of a wooden spoon — this is very important — the meat must end up being cooked up into small crumbles.
4. Add chopped onion while browning meat.
5. Keep working with the back of spoon to break up meat.
6. When meat is browned, drain off any fat and return meat to skillet.
7. Add mustard, vinegar, sugar and just enough water to barely cover meat in the pan.
8. Cook, at a simmer, until water is all cooked out — between 15 and 20 minutes.
9. Adjust salt and pepper to taste.
10. Heat your hamburger buns. They're traditionally steamed for loose meats. We like ours toasted lightly. Do it the way you like it.
11. When buns are warm, put yellow mustard on them and add some dill pickle slices.

Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

Maddi Butler, Vincennes

Nick Innis, Milroy

Kyrsten Retherford, Indianapolis

Caleb Smith, Whitestown

Juicy Lucy — Maryland Style

3 lb. CAB® ground beef	kosher salt
3 oz. spinach, frozen and crumbled	black pepper
1 Tbs. Worcestershire sauce	Old Bay® Seasoning
1 tsp. garlic powder	fresh crabmeat
4 oz. Fontina cheese	

Combine beef, spinach, Worcestershire, salt, pepper and Old Bay. Chill meat so it's easier to make patties.

Measure out 4-ounce balls of beef mixture.

Roll into a ball then flatten into a thin patty on top of wax paper, about ¼-inch high and roughly 5 inches in diameter. On half of the patties place 1 ounce of cheese.

On each cheese-topped patty, flip a second patty to cover cheese. Pinch the edges together, forming a swell in the middle. Cover with wax paper and refrigerate at least 10 minutes.

Grill chilled patties 5 minutes on first side, then flip and grill to desired doneness.

Place crabmeat and additional cheese on top of burger. Melt cheese and serve on a bun with your favorite condiments.

Team Information

Division: **18 to 21**

State: **Maryland**

Team Members:

Tyler Donnelly, Emmitsburg

Maggie Lanham, Buckeystown

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

Mississippi CAB® Muffins

2 lb. CAB® ground beef
½ pkg. dry onion soup mix
2 eggs

¼ tsp. Italian seasoning
½ tsp. Cajun seasoning

Mix ground beef, onion soup mix, eggs and seasonings together in a large bowl. Roll into balls and place in individual muffin tin pan.

Bake at 350° F for 20-30 minutes. Take out of tin and drain on paper towels.

While these are draining, make sauce recipe below. Mix together and bring to a boil. Serve hot over meatloaf muffin.

Sauce:

½ cup pineapple preserves
½ cup hot pepper jelly

½ tsp. mustard
¼ tsp. nutmeg

* This is a good low-carb recipe with 4 carbs per muffin. Sauce has 8 carbs per tablespoon.

Team Information

Division: **18 to 21**

State: **Mississippi**

Team Members:

Rickey Cooper, Florence
Ashton Gandy, Potts Camp
Baylee Green, Conehatta
Cheyenne Ladner, Picayune
Hayden Neal, Forest
Anna Pearson, Florence

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