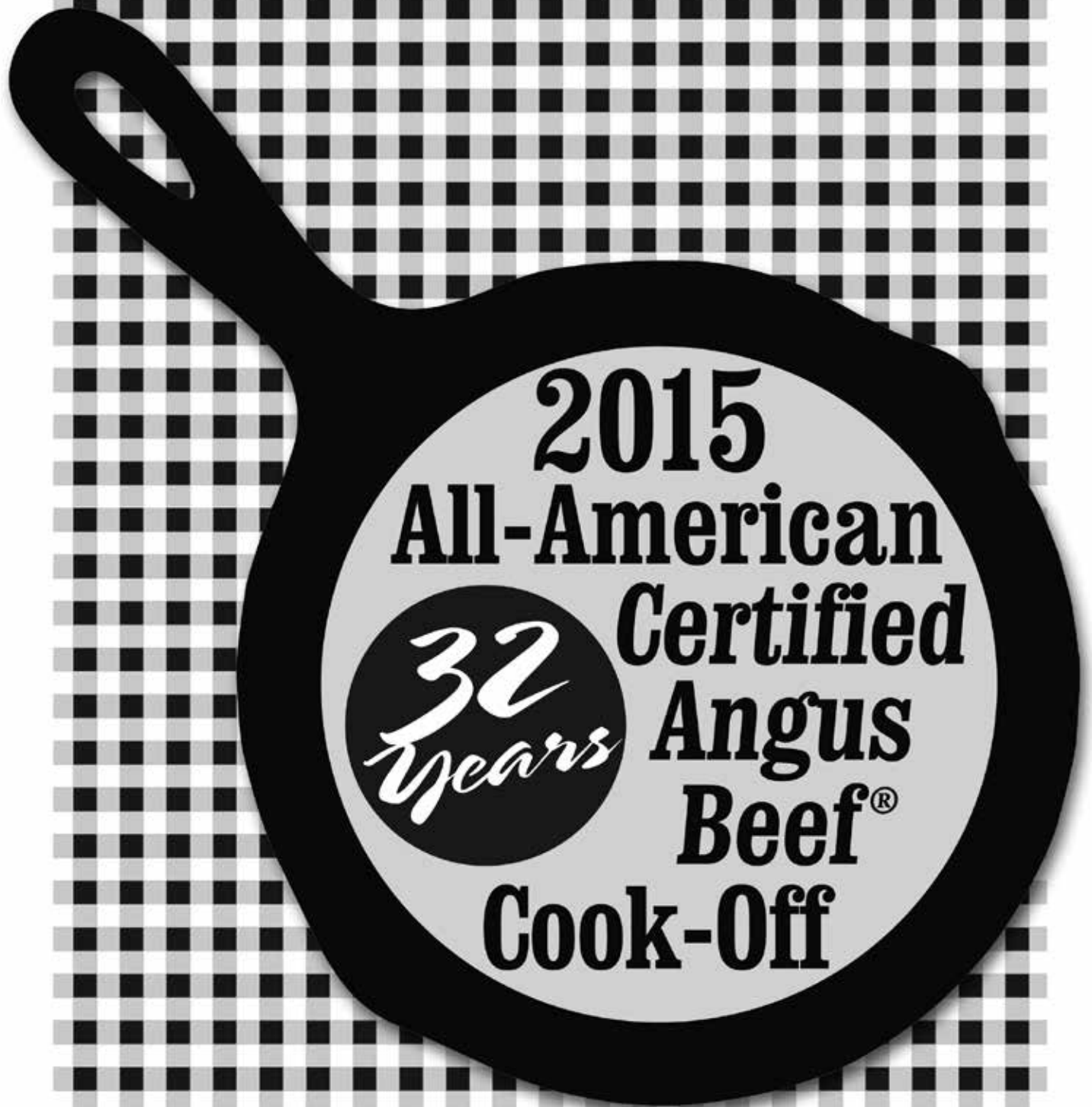


THE 32ND ANNUAL



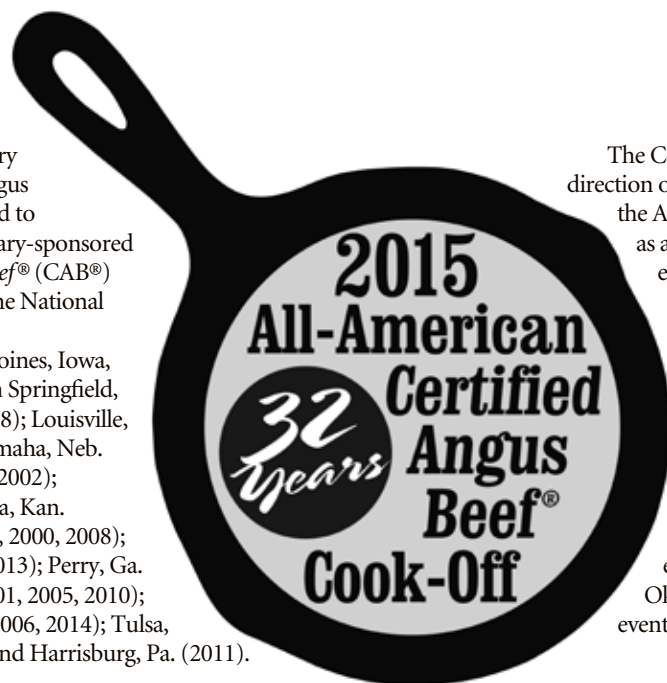
In conjunction with the

2015 NATIONAL JUNIOR ANGUS SHOW

Tulsa, Okla. • July 14, 2015

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 32nd Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off in conjunction with the National Junior Angus Show (NJAS).

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

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Karen Armbruster, Burlington, Okla., is serving as the local contact for the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** *Tulsa, Okla. • July 14, 2015*

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 16th 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 eleventh time this award will be presented.
- **McCurry Angus Ranch, John, Melody, Aubree and Molly McCurry; Andy and Mary McCurry, Burrton, Kan.**, for sponsoring custom-designed T-shirts for each contestant.
- **Friends of the Black Kettle**, the **Kentucky Angus Association**, the **Oklahoma Beef Council** and **American Angus Auxiliary** for awards.
- **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- **Reasor's, Tulsa, Okla.**, for supporting the contest.
- **Marilyn Conley**, CAB administrative assistant, for providing awards, products and encouragement.
- **The many volunteers** who helped provide assistance.
- **The American Angus Auxiliary** for assistance during the event and for awards.
- **Linda Robbins** and the *Angus Journal* **editorial staff**, who helped produce this recipe booklet.
- The contestants, audience and many volunteers who make this contest possible each year.

2015 All-American Certified Angus Beef® Cook-Off contest judges

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Kathy Wilson
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3081 E CR 400 N.
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ROAST COMPETITION

Pulled Beef

4 lb. CAB® chuck roast
 ¼ tsp. black pepper
 ¾ lb. brown sugar
 ½ cup Worcestershire sauce
 1 tsp. Tabasco

1 tsp. salt
 ¼ cup flour
 1½ cups ketchup
 2 onions, diced
 1 cup cider vinegar

- Place roast in Crock-Pot®. Mix other ingredients and pour over roast. Turn to High for 2 hours, then cook on Low for 3-4 hours until meat is tender. Remove meat and place on platter.
- “Pull” with two forks. Return shredded meat to sauce in Crock-Pot to keep warm. Serve on hearty buns. [This may also be cooked in a slow (200° F) oven for 5 hours.]

Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Reese Anderson, *Chrisman*
Hailey Boyd, *Waynesville*
Austin Mussman, *Grant Park*
Logan Mussman, *Grant Park*
Lizzie Schafer, *Owaneco*

Virginia Apple Cider Grilled Chuck Roast

1 CAB® chuck roast, trimmed

¼ tsp. garlic powder
 ¼ tsp. white pepper
 dash of chipotle chili powder

Marinade ingredients:

1 cup fresh Virginia Apple Cider (unfiltered apple juice)
 ¼ cup Worcestershire sauce
 2 tsp. kosher salt
 ½ tsp. basil leaves
 ¼ tsp. coriander

Dry rub ingredients:

¼ cup olive oil
 ½ cup kosher salt
 2 tsp. coarse ground pepper
 1 tsp. brown sugar

- Thoroughly mix marinade ingredients together in a large bowl. Trim the fat from the roast. Butterfly the roast. Immerse the butterflied roast in the marinade and allow to soak for as long as possible (up to 24 hours).
- Preheat the grill to 500° F. Remove butterflied roast and drain. Mix the dry rub ingredients together. Coat the roast with olive oil, then cover the cut with the dry rub. Place on the grill. Sear both sides. Reduce heat to 250° and cook to internal temp of 125°.
- Remove from heat and let stand for 20 minutes. Cut the roast into ¾-inch slices against the grain. Capture the juices that the roast releases to serve with the meal.

Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:

Gordon Clark, *Gretna*
Suter Clark, *Gretna*
Zach McCall, *Greenville*
Mikayla St. Clair, *Berryville*



The brand that pays.™

In 1978 the Certified Angus Beef program was established with a mission:
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. Nearly 14,000 businesses market the *Certified Angus Beef®* (CAB®) brand in more than 43 countries, including the United States. Licensed packers have paid nearly \$300 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

Philly Cheesesteak Stew

1½ lb. CAB® chuck roast	3 Tbs. canola or vegetable oil
3 cloves garlic	4 Tbs. butter
1½ tsp. granulated onion	5 Tbs. flour
10 oz. white mushrooms, sliced & quartered	¾ tsp. black pepper
2 onions, thinly sliced	salt
1 tsp. thyme	provolone cheese, sliced
4 cups beef stock	

- ▶ Cut the beef into thin slices that are about ½ inch by 1-2 inches. Spread them out on a cutting board and sprinkle with salt and pepper and ¼ teaspoon granulated onion. Toss together to make sure everything is evenly coated.
- ▶ In a large soup pot, warm oil over medium heat. Add butter and swirl to melt. Scatter meat over the bottom of the pan and let cook for 2 minutes without disturbing it.
- ▶ Flip meat and cook for 1 more minute. Remove meat from pan and lightly tent in a bowl to rest.
- ▶ Add more oil to the pan that the meat was just removed from and toss in sliced onions along with a pinch of salt and pepper. Drop the heat to medium and cook the onions until golden brown, stirring frequently (about 5 minutes). Stir in the mushrooms with another pinch of salt and cook for 6 more minutes. Add in the dried thyme and garlic and stir well. When the garlic is fragrant, sprinkle the flour over the surface and stir until mixture becomes pasty. Cook for 1 minute more, stirring constantly.
- ▶ Add the beef stock and bring to a boil. Let boil for 2 minutes before adding the cooked beef and accumulated juices to the mix. Add remaining granulated onion at this time. Simmer stew until beef is tender. Adjust seasoning if needed. Pour into bowls and top with sliced provolone cheese. Broil until golden on top. May be served in bread bowls also.

Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Julia Deppe, *Waverly*
Abigail Greiman, *Perry*
Haley Greiman, *Perry*
Olivia Johnson, *Prole*
Lexi Knapp, *Bloomfield*

Game Day Chili

3 lb. CAB® boneless roast, cut into ½-in. cubes	2 Tbs. brown sugar
salt and pepper to taste	1 can (28 oz.) chopped tomatoes
¼ cup canola oil	1 can (15 oz.) black beans, drained and rinsed
2 large onions, diced	1 can (4 oz.) chopped green chilis
4 cloves garlic, minced	3 jalapeño peppers, seeded and finely minced
1 Tbs. ground cumin	Optional toppings: avocado slices, diced green
1 Tbs. dried oregano	peppers, shredded cheddar cheese, diced
3 Tbs. chili powder	scallions or sour cream

1. Heat oil in a large sauté pan over high heat. Season beef with salt and pepper. Brown beef cubes in 1-pound batches for 3-4 minutes per batch; transfer beef to slow cooker after browning.
2. Add onions and garlic to the pan. Cook for 5-10 minutes over medium heat until pan comes clean from the softening onions. Transfer to a slow cooker. Stir in cumin, oregano, chili powder, sugar, tomatoes, beans, green chilis and jalapeños. Cover and cook on low for 3½-4 hours.
3. Serve and garnish with optional toppings. Goes great with corn bread or corn chips.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Bailey Osborn, *Murdock*
Jordan Pine, *Lawrence*
Grace Shive, *Mount Hope*
Sydnee Shive, *Mount Hope*
Morgan Wise, *Topeka*



ROAST COMPETITION

Kentucky Roast

3 lb. CAB® chuck roast
1 cup soy sauce
¼ cup brown sugar, lightly packed
1 Tbs. Worcestershire sauce
3 Tbs. cider vinegar

2 tsp. Dijon mustard
1 tsp. red pepper flakes
¼ tsp. pepper
vegetable oil

- ▶ In a dish, whisk together soy sauce, sugar, vinegar, mustard, Worcestershire sauce, red pepper flakes and pepper. Place roast in dish and cover tightly with plastic wrap. Swirl dish so marinade coats the top of the roast.
- ▶ Refrigerate for 1-2 hours. Pour marinade into electric skillet and bring to boil. Simmer 10 minutes.
- ▶ Heat grill to medium high. Sear marinated beef on both sides. Remove from grill, baste generously with cooked marinade and wrap tightly in heavy foil.
- ▶ Place wrapped roast on grill. Grill until done. Brush with more cooked marinade.
- ▶ Let rest 8-10 minutes before slicing.

Team Information

Division: **14 to 17**

State: **Kentucky**

Team Members:

Bradon Burks, *Park City*

Kelby Burks, *Park City*

Caroline Cowles, *Rockfield*

Catherine Cowles, *Rockfield*

Corbin Cowles, *Rockfield*

Bradshaw Smoot,
Campbellsville

Effortless Beef Stroganoff

1 lb. CAB® chuck roast
4 Tbs. sour cream
2 Tbs. butter
6 Tbs. shallots, minced
2 Tbs. all-purpose flour
2 Tbs. Dijon-style mustard

1 tsp. pepper, to taste
2 cups egg noodles, to taste
12 mini carrots, sliced
3½ cups beef broth
1 cup onions

1. Cook roast.
2. Then, cook carrots and onions over low heat in beef broth until tender (about 15 minutes). Drain, reserving broth.
3. In 8- to 10-inch sauté pan, melt butter over low heat, then whisk in flour and shallots. Cook until shallots soften (about 4 minutes).
4. Add Dijon mustard and pepper, and whisk until blended.
5. Add beef broth, stirring over low heat until slightly thickened (about 3 minutes). Remove from heat and stir in sour cream.
6. Add beef, carrots and onions and toss. Serve over egg noodles.

Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

Paige Birk, *Gordonville*

Reba Colin, *Butler*

Kyle Lappe, *Jackson*

Carrie Otte, *Saint Mary*

Three Stooges Skewers

1½ lb. CAB® chuck roast
1 bottle Italian dressing
1 bottle KC Masterpiece® marinade

1 Tbs. garlic butter seasoning
assortment of vegetables

- ▶ Cut roast into 1-inch cubes. Cut vegetables to desired size.
- ▶ Mix Italian dressing and KC Masterpiece marinade. Marinate roast and vegetables in mixture separately for a minimum of 2 hours and a maximum of 24 hours.
- ▶ Thread roast and veggies onto skewers. Grill kabobs until desired doneness.
- ▶ Enjoy!

Team Information

Division: **14 to 17**

State: **Tennessee**

Team Members:

Morgan Hutchins, *Columbia*

Shelley Rowlett, *Martin*

Weston Rowlett, *Martin*



ROAST COMPETITION

Poor Boy Beef

5 lb. CAB® chuck roast
1 Tbs. Worcestershire sauce
1 tsp. garlic powder
½ tsp. pepper
1 tsp. dry mustard
½ tsp. salt

- ▶ Add all ingredients to slow cooker; add 2 inches of water.
- ▶ Simmer 8-10 hours.
- ▶ Refrigerate broth, skim off fat and use as soup stock.

Team Information

Division: **14 to 17**

State: **Wisconsin**

Team Members:

Paige Gaffney, Barneveld
Dylan Horstmeyer, Marshall
Hailey Jentz, Fennimore
Grace Link, Deerfield
Collin Petersen, Marshall
Kelby Petersen, Marshall

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

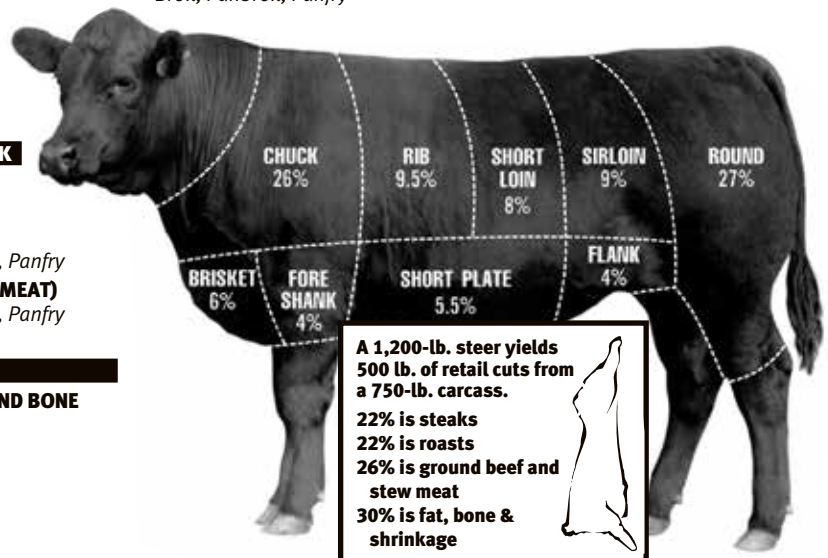
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise





ROAST COMPETITION

CAB® Stroganoff

2-3 lb. CAB® chuck roast, cut into thin strips
House seasoning (recipe below)
all-purpose flour
2 Tbs. olive oil
2 Tbs. butter
1 medium onion, sliced
8 oz. fresh mushrooms, sliced
1 can (10¾ oz.) beef broth
1 can (10¾ oz.) cream of mushroom soup

salt and black pepper
1 cup sour cream
cooked egg noodles

House seasoning:

1 cup salt
¼ cup black pepper
¼ cup garlic powder

Seasoning instructions:

- Mix the ingredients together and store in an airtight container for up to 6 months.

Roast instructions:

- Sprinkle the CAB chuck roast with House seasoning to lightly cover, and then dust with flour.
- In a large skillet, quickly brown roast on both sides in the olive oil and butter. Remove the roast from the pan.
- Add the onion slices and mushrooms to the pan drippings. Sauté for a few minutes, until the onion is tender. Sprinkle with 1 teaspoon flour.
- Put the roast back into the pan with the onion and mushrooms. Add the mushroom soup and beef broth. Cook over low heat for about 30 minutes, covered. Adjust seasoning to taste, adding salt and pepper as needed.
- Stir in the sour cream in the last few minutes, right before you serve. Serve over cooked noodles.

Team Information

Division: **18 to 21**

State: **Arkansas**

Team Members:

Nicholas Pohlman,
Prairie Grove

Will Pohlman, *Prairie Grove*

Hailey Roye, *Fayetteville*

CAB® Roast

3-4 lb. CAB® chuck roast
1 can 7 Up® or Sprite®

½ pot coffee
2 cups water (or beef broth to enhance flavor)

Directions: oven method

1. Let roast rest to reach room temperature before cooking.
2. Preheat oven to 325° F.
3. Place roast in large roasting pot with liquid ingredients. Cover.
4. Place roast in oven. Bake for 2½ hours or until internal temperature reaches desired doneness (approximately 25-30 minutes per pound).
5. Remove roast to warm resting platter. Let rest for 15 minutes before carving and serving.

Directions: Crock-Pot® method

1. Let roast rest to reach room temperature before cooking.
2. In large Crock-Pot, add roast and liquid ingredients.
3. Cover Crock-Pot. Cook on high for 4-6 hours (see time-per-pound recommendations for your slow cooker).
4. Remove roast to warm resting platter. Let rest for 15 minutes before carving and serving.

Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Samantha Albers, *Bendena*

Chelsey Figge, *Onaga*

Megan Green, *Leavenworth*

Esther McCabe, *Elk City*

Kelsey Wulfsuhle, *Berryton*



ROAST COMPETITION

Shredded Crock-Pot® Beef

2 lb. CAB® chuck roast
Montreal Steak Seasoning

beef broth
Worcestershire sauce

- ▶ Place roast beef in Crock-Pot.
- ▶ Add beef broth. Pour Worcestershire sauce over and sprinkle with steak seasoning.
- ▶ Cook on high for 4 hours or 6-8 hours on low. Remove from Crock-Pot. Tear apart with forks (shred).
- ▶ Place back in gravy in Crock-Pot for one more hour. Remove and serve.

Team Information

Division: **18 to 21**

State: **Kentucky**

Team Members:

Leslie Craig, Harrodsburg

Kaitlin Fouts, London

Makayla Jeffries, Horse Cave

Reese Johnson, Slaughters

Destiny McCauley, Cynthia

Tyler McGinnis, Shelbyville

Oklahoma Angus Leading the Way Pot Roast

3-5 lb. CAB® chuck roast
salt and freshly ground black pepper
Montreal Steak Seasoning
¼ cup flour
2 or 3 Tbs. olive oil
2 whole onions, peeled and halved

6 to 8 whole carrots, unpeeled,
cut into 2-in. pieces
1 clove garlic
Worcestershire sauce
3 cups beef broth

- ▶ Preheat the skillet to 275° F.
- ▶ Generously season the chuck roast with salt and pepper and Montreal Steak Seasoning and roll the roast in flour.
- ▶ Heat the olive oil in large pot or electric skillet to medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.
- ▶ Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.
- ▶ If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- ▶ With the pot still on high, use beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway.
- ▶ Add in the onions and the carrots and season the top of the roast with garlic and Worcestershire sauce.
- ▶ Put the lid on and roast for 3 hours for a 3-pound roast. For a 4- to 5-pound roast, plan on 4 hours.
- ▶ The roast is ready when it is fall-apart tender.
- ▶ The roast can be served with mashed potatoes and gravy or, for a different taste, mushroom or chipotle butter.

Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

Alisa Friesen, Arnett

Alyson Friesen, Arnett

Braden Henricks, Anadarko

Karisa Pfeiffer, Orlando

Jackson Ray, Holdenville



STEAK COMPETITION

All-American Grilled Flank Steak

1½ lb. CAB® flank steak, cut ¾-in. thick	½ cup tomato sauce
¼ cup chopped onion	2 Tbs. vinegar
1 clove garlic, minced	1 Tbs. honey
½ tsp. chili powder	¼ tsp. salt
1 Tbs. margarine	¼ tsp. pepper

1. For sauce, in a small saucepan cook onion, garlic and chili powder in margarine until tender. Stir in tomato sauce, vinegar, honey, salt and pepper. Bring to a boil, stirring constantly. Boil 5 minutes or until sauce is slightly thickened.
2. Meanwhile, trim fat from flank steak. Score steak diagonally into diamonds on both sides. Brush with sauce. Grill steak on an uncovered grill directly over medium coals for 7 minutes. Turn and grill to desired doneness, allowing 5-7 minutes more for medium. Brush occasionally with the remaining sauce.
3. To serve, thinly slice the flank steak across the grain.
Makes 6 servings.

Team Information

Division: 9 to 13

State: Kansas

Team Members:

Kady Figge, *Onaga*

Eva Hinrichsen, *Westmoreland*

Clay Pelton, *Paradise*

Kelsey Theis, *Leavenworth*

Quick CAB® Oriental Stir-fry

1 lb. CAB® flank steak, cut into 2-in. strips	1½ cups fresh broccoli florets
½ cup cold water	1 red bell pepper, cut into matchsticks
3 Tbs. soy sauce	2 carrots, thinly sliced
1 Tbs. cornstarch	1 green onion, chopped
½ tsp. instant beef bouillon granules	1 small can water chestnuts
¼ tsp. ground ginger	1½ cups snow peas
2 Tbs. vegetable oil	Hot, cooked rice

- For sauce, stir together cold water, soy sauce, cornstarch, instant beef bouillon granules and ginger. Set sauce aside.
- Prepare a wok or large skillet over medium-high heat; add cooking oil.
- Add beef. Cook and stir until browned, 3-4 minutes. Move meat to sides of wok.
- Add vegetables to center of wok or large skillet. Cook 2 minutes or until vegetables are crisp and tender.
- Mix beef and vegetables together.
- Add sauce mixture to coat beef and vegetables. Cover and cook about 3 minutes or until heated through. Serve immediately over rice.
- Makes 4 servings.

Team Information

Division: 9 to 13

State: Michigan

Team Members:

Blake Pillars, *Martin*

Brady Zellmer, *Nashville*

Paige Zellmer, *Nashville*

Thea Zellmer, *Nashville*



STEAK COMPETITION

Walk the Plank Flank Steak

1½-2 lb. CAB® flank steak

Marinade:

1 cup prepared teriyaki sauce
½ cup chopped onion
⅓ cup honey

⅓ cup orange juice
1 Tbs. fresh rosemary, chopped
1 Tbs. dark sesame oil
1 large clove garlic, crushed
½ tsp. pepper

- ▶ In a small bowl, combine marinade ingredients. Set aside ¼ cup marinade for basting.
- ▶ Place steak and remaining marinade in food-safe plastic bag; turn to coat. Close bag securely, and marinate in refrigerator approximately 4 hours.
- ▶ Remove steak from marinade; discard used marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 18-20 minutes for medium-rare to medium doneness; turn occasionally and baste with reserved marinade.
- ▶ Place remaining basting marinade in small saucepan; place on grid of grill and bring to a boil. Meanwhile, carve steak diagonally across the grain into thin slices. Spoon hot marinade over beef. May serve over bed of rice and grilled vegetables.
- ▶ Yields 6 to 8 servings.

Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

Kyle Houston, Savannah
Ella Jordan, Saint Joseph
Courtney Keaton, Anderson
Alexis Koelling, Laddonia
Gavin Rhode, Gower
Isaac Rhode, Gower

Lucy's Cooking Cuban Flank Steak

1 large piece CAB® flank steak

Marinade:

⅓ cup lime juice
¼ cup olive oil
1 tsp. cumin
1 tsp. oregano

1 tsp. onion powder
1 tsp. garlic powder
1 Tbs. soy sauce
½-1 tsp. Chipotle chili powder (or use your favorite hot sauce)
2 tsp. lime zest (optional)

- ▶ Combine marinade ingredients in a Ziploc® bag, add steak and marinate.
- ▶ Let steak come to room temperature before grilling.
- ▶ Preheat grill to medium-high heat.
- ▶ Grill meat to desired doneness, 4-5 minutes per side. Be careful not to overcook this cut of meat (140° F-145° F for medium rare, 155°-160° for medium).
- ▶ Remove meat from grill; let rest for about 5 minutes. Slice across the grain; serve hot with slices of fresh lime.

Team Information

Division: **9 to 13**

State: **Nebraska**

Team Members:

Kacey Dethlefs, North Platte
Caitlin Havelka, Anselmo
Kasey Meyer, Blue Hill
Kyra Meyer, Blue Hill
Rachel Smith, Osceola



STEAK COMPETITION

Stuffed Flank Steak Kabobs

2 lb. CAB® flank steak	salt and pepper
8 oz. Boursin® Cheese spread with herbs	oil for grilling
8 oz. sun-dried tomatoes, sliced	butcher's twine
1½-2 cups fresh spinach or arugula, rough chopped	bamboo skewers, soaked in water

- ▶ Lay the steak flat and make some shallow cuts across the grain, and pound flat between two sheets of plastic wrap. Season with salt and pepper.
- ▶ Spread Boursin Cheese spread on meat, using about ¾ to all of container. Top with spinach and sun-dried tomatoes.
- ▶ Roll up jelly-roll style and tie with butcher's twine every 1-1½ inches. Wrap in plastic wrap and store in refrigerator 12-15 hours until ready to grill, or cook immediately. (If refrigerated, bring to room temperature for 30 minutes before grilling.)
- ▶ Insert skewers in the meat next to the twine. Cut on either side of the skewers and twine. Oil the grill and bring to high heat. Lower grill temperature to medium heat and place skewers on grill. Cook 4-5 minutes on each side. Remove twine before serving.

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Keegan Cassady, *Normal*
Sierra Day, *Cerro Gordo*
Lindsey Decker, *Philo*
Matthew Decker, *Philo*
Katelyn Eathington, *Avon*
Erica Harrell, *Roseville*

Rolled Flank Steak

2 lb. CAB® flank steak	4 slices thick-cut bacon
¼ cup soy sauce	½ cup fresh spinach leaves
½ cup olive oil	½ cup crimini mushrooms, sliced
2 tsp. steak seasoning	½ red bell pepper, seeded and cut into strips
8 oz. thinly sliced provolone cheese	

1. Place the flank steak on a cutting board with the short end closest to you. Starting from one of the long sides, cut through the meat horizontally to within ½ inch of the opposite edge. (You can also ask your butcher to butterfly the flank steak for you instead of cutting it yourself.)
2. Mix the soy sauce, olive oil and steak seasoning together in a gallon-sized resealable plastic bag. Marinate flank steak in the refrigerator 4 hours to overnight.
3. Preheat oven to 350° F. Grease a glass baking dish.
4. Lay out the flank steak flat in front of you with the grain of the meat running from left to right. Layer the provolone across the steak, leaving a 1-inch border. Arrange the bacon, spinach, red pepper and mushrooms across the cheese-covered steak in stripes running in the same direction as the grain of the meat. Roll the flank steak up and away from you, so that when the roll is cut into the pinwheel shape, each of the filling ingredients can be seen. Roll firmly, but be careful not to squeeze the fillings out the ends. Once rolled, tie every 2 inches with kitchen twine.
5. Place over medium coals on grill. Cook on each side 5-10 minutes to desired doneness. Remove from grill and place on board to rest 15 minutes before cutting into 1-inch slices. Be sure to remove the twine before serving!

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Alexandria Cozzitorto,
Lawrence
Grady Dickerson, *Paradise*
Caleb Flory, *Baldwin City*
Cale Hinrichsen,
Westmoreland
Sarah Pelton, *Paradise*



STEAK COMPETITION

Red River Steak

CAB® flank steak

Marinade:

juice of two limes
3 toes (or cloves) fresh garlic, minced
½ tsp. cayenne pepper, ground
1 tsp. salt

½ tsp. black pepper
1-2 Tbs. brown sugar
1 Tbs. tomato paste
1 tsp. paprika
2 Tbs. Worcestershire sauce
⅓ cup vegetable oil

- ▶ Combine all ingredients in a 1-gallon zipper-lock plastic bag and add the flank steak. Marinate steak in refrigerator for 2 hours or as long as overnight.
- ▶ Remove steak; pat dry with paper towels. Heat grill on medium high for 5 minutes.
- ▶ Place meat on grill and cook about 5 minutes; turn steak over and cook about 4 minutes on that side, until meat is medium rare.
- ▶ Remove from grill, place on a plate, cover with foil and let rest about 10 minutes.
- ▶ Place meat on a cutting board (reserving juice from plate), and slice meat in ¼-inch to ½-inch slices, cutting across the grain.

Sauce for meat:

(can be made 1-2 days ahead, stored in refrigerator and heated before serving)

1 green bell pepper, chopped
1 medium onion, chopped
1 stalk celery, chopped
2 cups chicken or beef broth
4 Tbs. roux, medium dark

1 bay leaf
2 Tbs. parsley
1 tsp. dried ground thyme
2 cups fresh tomato, chopped

- ▶ In a sauté pan, melt roux over medium heat. Add bell pepper, onion and celery and sauté about 10 minutes, until aromatics are translucent and wilted. Stir in remaining ingredients and simmer for 30 minutes.
- ▶ Remove bay leaf before serving.

Team Information

Division: **14 to 17**

State: **Louisiana**

Team Members:

Faith Guice, *Downsville*
Isaac McFarland, *Keithville*
Clayton Simmons,
Bossier City

More Than Just a Blank Slate Flank Steak

CAB® flank steak

- ▶ Tenderize steak with mallet. Add salt and pepper to steak and rub with a mixed seasoning rub and olive oil. Marinate in bag for 2-3 hours while chilled.
- ▶ Grill for 17-21 minutes until medium and cooked to desired temperature.
- ▶ Garnish with crab imperial.

Crab imperial recipe:

1 lb. jumbo lump crabmeat (or lump)
½ cup Hellmann's® mayonnaise
1 tsp. sugar
1 tsp. Old Bay® seasoning

1 tsp. finely chopped Italian parsley
1 large egg, lightly beaten
squeeze of lemon juice

- ▶ Mix mayonnaise, egg, sugar, Old Bay®, lemon juice and parsley together and blend well; this is your imperial sauce.
- ▶ Gently fold crab meat into imperial sauce, being careful not to break up crabmeat. (Place portions in baking dish using ramekins or small casserole dishes.)
- ▶ Bake in 350° F oven for 20 minutes (top will turn golden brown). May be cooked in slow cooker or on grill.

Team Information

Division: **14 to 17**

State: **Maryland**

Team Members:

Seth Brauning, *Finksburg*
Avery Dull, *Westminster*
Kyle Schulze, *Woodbine*
Kevin Spicer, *Ijamsville*



STEAK COMPETITION

Yee-Haw Flank Steak

1 lb. CAB® flank steak, thinly sliced	2 Tbs. minced garlic
5 Tbs. soy sauce	2 Tbs. sesame seeds
2½ Tbs. brown sugar	2 Tbs. sesame oil
¼ cup green onion, chopped	½ tsp. ground black pepper

1. Place the thinly sliced beef in a shallow dish. Combine soy sauce, brown sugar, green onion, garlic, sesame seeds, sesame oil and ground pepper. Pour over beef. Cover and refrigerate for at least 1 hour.
2. Preheat grill.
3. Grill beef to desired degree of doneness.

Team Information

Division: **14 to 17**

State: **Nebraska**

Team Members:

Emily Dethlefs, *North Platte*
Skylar Lienemann, *Princeton*
Sydni Lienemann, *Princeton*
Reagan Skow, *Palisade*
Miles Stagemeyer, *Page*

CAB® Flankin' the Steers

1-2 lb. CAB® flank steak	1 tsp. garlic, minced
	½ tsp. ginger, minced
	¼ to ½ cup red wine or balsamic vinegar
	½ cup oil

Marinade:

¾ cup honey
 ¾ cup teriyaki

1. Combine all marinade ingredients, pour over steak and allow steak to marinate for 2-12 hours.
2. Grill until desired doneness.
3. Allow to rest. Slice across the grain and enjoy.

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*

Steak & Pepper Enchiladas

CAB® flank steak, seasoned with salt and pepper, grilled or broiled, sliced thin against the grain	1 tsp. Mexican oregano (or regular oregano)
2-3 peppers sliced thin (red bell, poblano, Hungarian wax pepper — your choice of one or all three)	salt and pepper, to taste
1 large onion	2 cups pepper jack cheese (or something milder), shredded
1 Tbs. olive oil	1 can Hatch green chili sauce
1 tsp. chili powder	1 can of chopped green chilis
	2 green onions, chopped (optional)
	Flour or corn tortillas

- ▶ To make vegetable mixture, in large nonstick skillet, heat oil and add sliced onion and peppers. Add chili powder, oregano, salt and pepper. Cook until softened, about 10 minutes.
- ▶ Warm tortillas in microwave (on plate with moist paper towel) for about 20-30 seconds or in skillet.
- ▶ Start to assemble tortillas by first adding a small amount of cheese, sliced steak and vegetable mixture.
- ▶ Roll up tortillas to form a cigar shape and place into a baking dish sprayed with nonstick spray. Once all enchiladas are assembled, warm green chili sauce and green chilis in skillet. Then pour sauce over all of the wrapped tortillas. Add a layer of cheese and place in oven. Bake for about 20 minutes or until cheese is melted and browned and sauce is bubbling. Garnish with chopped green onion, if desired.

Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Georgia Blackwell, *Venus*
Cooper Free, *Salado*
Kaydee Free, *Salado*
Stuart Lastovica, *Salado*
Karsen Smoot, *Argyle*
Lexi Stevenson, *Bedford*



STEAK COMPETITION

Balsamic Flank Steak With Herb Butter

2-3 lb. CAB® flank steak

Marinade:

½ cup balsamic vinegar
¼ cup soy sauce
2 Tbs. brown sugar

1 clove garlic, minced
1 tsp. fresh rosemary, chopped
¼ cup olive oil
½ tsp. black pepper
1 tsp. salt

Mix marinade ingredients and pour over steak. Let marinate at least 5 hours or overnight in refrigerator. Set out at room temperature 30 minutes before cooking.

Herb butter:

½ stick butter, softened
2 Tbs. chives, finely chopped

1 Tbs. rosemary, finely chopped
pinch of salt

- Combine ingredients, cover and refrigerate.
- Heat 2 tablespoons olive oil in cast-iron skillet. Drain steak and place in hot skillet to sear. (This may have to be done in two batches.) Sear on each side for 5-6 minutes per side. Cover and continue cooking another 4-5 minutes to medium rare or medium (140° F).
- Remove from skillet to platter. Put herb butter on top of steak. Cover with foil tent and let rest 5 minutes.
- Thinly slice across the grain and enjoy!

Team Information

Division: **18 to 21**

State: **Illinois**

Team Members:

Laramie Chaffin, *Roodhouse*
Gabrielle Lemenager, *Clifton*
Andrew Livingston, *Nokomis*
Treavor Taylor, *Colfax*

Marinated Flank Steak

3 lb. CAB® flank steak
4 Tbs. lemon juice
1 lemon, sliced
4 cloves garlic, crushed
1 cup olive oil

½ cup soy sauce
1½ fresh ginger root, thin sliced
4 star anise, crushed
fresh ground pepper

Combine all marinade ingredients, grill steak and slice thin against grain to serve.

Team Information

Division: **18 to 21**

State: **Iowa**

Team Members:

Connor Holvoet, *Wever*
Mason Holvoet, *Wever*
Baxter Knapp, *Bloomfield*
Tim Mardesen, *Oxford*
Lucas Moser, *Larchwood*

All-American Certified Angus Beef® CHEF'S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB)

July 14, 2015, in Tulsa, Okla.

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)

- Joseph Adams, Union Springs, Ala.

Adult division

- Tim Clark, Gretna, Va., and Jacob McCall, Greenville, Va.
- Britt Jordan, Winfield, Kan., and Reid Shipman, Manhattan, Kan.
- Ron Hinrichsen and Terry Houser, both of Westmoreland, Kan.
- DeAnne Merriman, Acme, Mich., and Susan Merriman, Lowell, Mich.
- Myrna Sharpe, Arlington, Minn.
- Katherine Throne and Haley Throne, both of Lexington, Ga.
- Melanie Kiani and Emma Collins, both of Morton, Miss.

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



STEAK COMPETITION

CAB® Shortstack

3 lb. CAB® flank steak, thinly sliced

Marinade:

1 cup Dale's Steak Seasoning
1 tsp. onion powder
1 tsp. soul seasoning
1 tsp. garlic pepper

12 6-in. soft tortilla shells
1 stick soft butter

½ tsp. garlic salt
2 15-oz. cans refried beans
2 cups Mexican cheese, shredded
2 cups Colby Jack cheese, shredded
2 cups green onions, finely chopped
1 16-oz. container sour cream
1 32-oz. jar salsa
1 small tomato
1 small bag shredded lettuce

- ▶ Slice steak into very thin slices. Place in a container that can be sealed. Lightly drizzle Dale's sauce, onion powder, soul seasoning and garlic pepper over the meat. Seal and let sit for 30 minutes. Stir one time. Pour meat into a preheated skillet and cook until desired doneness. Do not overcook.
- ▶ Mix together butter and garlic salt. Lightly brush tortilla shells with mixture. Lightly toast in skillet. Four shells are used for each short stack.
- ▶ Mix 8 ounces of sour cream and ½ cup of salsa together. Mix the 2 cups of Mexican and Colby-Jack cheese together. Now it's time to put everything together.
- ▶ Spread a layer of refried beans, layer of meat, layer of sour cream mixture, sprinkle of chopped green onions, and layer of shredded cheese. Repeat until you have used 4 tortillas for each stack.
- ▶ Cover the CAB shortstack and place in oven at 350° F just until the cheese melts. Place on plate and garnish with shredded lettuce, sour cream, chopped tomatoes and salsa.
- ▶ Enjoy!
- ▶ Serves 8.

Team Information

Division: **18 to 21**

State: **Mississippi**

Team Members:

Jacob Carpenter,
Potts Camp

Will Manning, *New Albany*

Hayden Neal, *Forest*

Elizabeth Rone, *Courtland*

Gabrielle Simpson, *Tupelo*

Haley Walker, *Potts Camp*

Balsamic Glazed Steak Rolls

1½-2 lb. CAB® flank steak
salt and pepper
3 Tbs. Worcestershire sauce
1 Tbs. olive oil

2 cloves garlic
1 tsp. Italian herb seasoning

Veggie filling:

1-2 carrots
1-2 bell peppers
1 zucchini (depends on size)
5-6 green onions

Balsamic glaze sauce:

2 tsp. butter
2 Tbs. shallots, finely chopped
¼ cup balsamic vinegar
2 Tbs. brown sugar
¼ cup beef broth

1. Cut flank steak into 3-inch strips. Season the steak pieces generously on both sides with salt, pepper and Worcestershire sauce. Marinate for at least 30 minutes.
2. Cut carrot, bell pepper and zucchini into 4-inch-long slim slices. Do the same with green onion, and slice in half. Peel garlic and crush cloves.
3. Melt butter in sauce pan.
4. Add finely chopped shallot and sauté until soft and translucent.
5. Add balsamic vinegar, brown sugar, beef stock and stir.
6. Allow sauce to boil, then reduce. When thickened, turn off heat and transfer to bowl.
7. In same pan, add a touch of olive oil and toss in garlic cloves to sit a few minutes.
8. Add carrots, bell pepper and zucchini; season with Italian herb seasoning, salt and pepper and stir-fry for 2-3 minutes on high heat.
9. Assemble steak rolls. Take a strip of the marinated steak, place veggies (add green onion now) in the middle, and roll the beef up over the filling, securing it with a toothpick.
10. Place on grill. Cook to your preference. Be sure to turn.
11. Remove toothpick and serve with balsamic glaze sauce over the top of each roll.

Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

Brittany Eagleburger,
Buffalo

Chris Kahlenbeck, *Union*

Cooper Sadowsky,
Eagleville

Sydney Thummel,
Sheridan



OTHER BEEF COMPETITION

Bierocks (German Beef Pockets)

1½ lb. thinly sliced CAB® deli roast beef, chopped ½ stick butter
 1½ cups cheddar cheese, shredded ½ tsp. each salt, pepper, granulated garlic
 4 cups cabbage or cole slaw mix, shredded 1 package Rhodes® Texas rolls, thawed
 1 onion, diced

- ▶ Heat butter in sauté pan. Add cabbage and onion and cook until tender. Season with salt, pepper and garlic.
- ▶ Mix beef, cabbage mixture and cheese.
- ▶ Flatten the rolls to form large circle. Place meat mixture (about ½ cup) in center of each roll. Fold over and seal.
- ▶ Bake 20 minutes until golden brown.
- ▶ Serve warm. Leftovers can be reheated in microwave.

Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Ella Brooks, *Prophetstown*
Emily Brooks, *Prophetstown*
Jack Dameron, *Towanda*
Amelia Miller, *Gridley*
Paige Van Dyke, *Louisville*
Lauren Wolter, *Aviston*

Reuben Dip

12 oz. CAB® deli roast beef, diced 6 oz. Swiss cheese, shredded
 1 small can sauerkraut 4 Tbs. Thousand Island dressing
 1 pkg. (8 oz.) cream cheese

- ▶ Drain sauerkraut. Mix with cream cheese and Swiss cheese. Add diced meat and dressing.
- ▶ Cover and heat on low in slow cooker until cheeses are melted, stirring occasionally.
- ▶ Serve warm with cocktail rye bread or serve open-faced on marble rye bread as a sandwich.

Team Information

Division: **9 to 13**

State: **Iowa**

Team Members:

Craig Becker, *Atlantic*
Jack Johnson, *Prole*
Carson Mather, *State Center*
Jude Moser, *Larchwood*
Jacob Schermer, *Clarion*

CAB® Roast Beef Pepper Boats

8 oz. CAB® deli beef, sliced 2 Tbs. butter
 8 slices provolone cheese 2 Tbs. olive oil
 2 bell peppers 1 Tbs. garlic, minced
 1 onion, sliced salt and pepper, to taste
 6 oz. baby bella mushrooms, sliced

1. Preheat oven to 400° F.
2. Slice the peppers in half lengthwise and remove ribs and seeds.
3. Add butter, olive oil, garlic, mushrooms, onions, and salt and pepper to a large sauté pan. Cook over low-medium heat.
4. Sauté until onions and mushrooms are tender.
5. Slice roast beef into strips and add to the onion and mushroom mixture. Cook for 3-5 minutes until heated through.
6. Line the inside of each pepper with a slice of cheese, fill with the meat mixture and top with another slice of cheese.
7. Bake for 15-20 minutes until the cheese on top is golden brown.

Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Tanner Hite, *Valley Center*
Kayden McClayland, *Fredonia*
Kelly Newton, *Elk City*
Nicholas Siemens, *Towanda*
Baylee Wulfskuhle, *Berryton*



OTHER BEEF COMPETITION

Deli-style Wrap

8 oz. CAB® deli beef, thinly sliced
8 oz. cream cheese spread
2 Tbs. barbecue sauce
2 Tbs. spicy brown mustard
½ cup shredded marble cheese

2-3 plum tomatoes, thinly sliced
½ small purple onion, thinly sliced
6-12 iceberg lettuce leaves
6 8-in. flour tortillas

- ▶ Mix together cream cheese, barbecue sauce and mustard.
- ▶ Spread 2 tablespoons mix on each tortilla.
- ▶ Layer with lettuce and beef.
- ▶ Sprinkle with cheese, and top with lettuce and onion.
- ▶ Roll up tight and serve.

Team Information

Division: **9 to 13**

State: **Kentucky**

Team Members:

Ethan Blevins, *Greenup*
Hannah Craig, *Winchester*
Abigal Smoot, *Campbellsville*
Clay Sparks, *Paris*
Mayson Toll, *Lawrenceburg*

Out of the Park CAB® Sushi

1 lb. CAB® deli roast beef

Marinade:

8 oz. cream cheese, softened
pepperoncini, to taste
½ tsp. black pepper

- ▶ Option 1: Spread softened cream cheese on slices of roast beef. Sprinkle with black pepper to taste. Add pepperoncini to taste. Roll into log, slice and enjoy.
- ▶ Option 2: Combine chopped deli roast beef, softened cream cheese, black pepper and pepperoncini. Form into desired shape and chill. Serve with chips or crackers.

Team Information

Division: **9 to 13**

State: **Oklahoma**

Team Members:

Blake Henrichs, *Okarche*
Jake Henrichs, *Okarche*
Teegan Shepard, *Perkins*
Wyatt Shepard, *Perkins*

Portobello Philly Cheesesteaks

1 lb. CAB® deli roast beef, thinly sliced
6 portobello mushrooms, stems removed
1 Tbs. olive oil
1 sweet onion, sliced into rings

1 green bell pepper, sliced
2 cloves garlic, minced
salt and pepper
½ lb. provolone cheese, thinly sliced

- ▶ Place mushrooms stem side up on foil and place on grill for 10 minutes. Turn halfway through cooking. Place directly over grill fire for 1-2 more minutes to sear. (This can also be done on a baking sheet in a 375° F oven.)
- ▶ While the mushrooms are cooking, heat olive oil in skillet. Add onions and bell pepper and cook until soft, 6-8 minutes. Add the garlic and cook 30 more seconds.
- ▶ Layer 3-4 slices of roast beef onto each mushroom. Top the beef with 2 pieces of provolone cheese, followed by a generous portion of the onions and bell peppers. Season with salt and pepper.
- ▶ Return to grill or oven until the cheese is melted. Serve immediately.

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Emily Kiesewetter,
Farmington
Holly Marsh, *Union*
Ashlyn Mool, *Lexington*
Lauryn Mool, *Lexington*
Mason Schneider, *Grant Park*



OTHER BEEF COMPETITION

French Dip Cupcakes

12-16 oz. CAB® deli roast beef, thinly sliced & chopped
6-8 oz. goat cheese

½ cup au jus gravy
16 wonton wrappers
4 oz. mozzarella cheese, shredded

- ▶ Preheat oven to 375° F. Lightly mist muffin tin with cooking spray and set aside. Melt goat cheese with chopped roast beef and au jus. Stir until combined well. Push a wonton wrapper into the bottom of each muffin tin cup. Spoon about half of the roast beef mixture evenly among the wonton wrappers.
- ▶ Sprinkle mozzarella cheese over roast beef mixture. Press another wonton wrapper on top and repeat with another layer of roast beef and mozzarella cheese.
- ▶ Bake for 18-20 minutes until golden brown. Let cool 5 minutes before removing from muffin tin.

Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Kara Collison, Rockwell City
Reagan Holvoet, Wever
Jordan Johnson, Fort Dodge
Morgan Knapp, Bloomfield
Avery Mather, State Center

Umami Overload CAB® Bruschetta Pizzetta

1 lb. CAB® deli roast beef, sliced into 2- to 3-in. ribbons
1 pkg. flat breads or pita breads
8 oz. ball of fresh mozzarella cheese, sliced into ¼-in. slices and torn into rough chunks
4 Tbs. olive oil, divided
2 cloves garlic, divided
1 pint cherry tomatoes, coarsely chopped, squeezed and drained of juice

¼ cup chopped red onion
2 Tbs. balsamic vinegar
3-4 fresh basil leaves (or more if desired), chopped, plus basil leaf clusters for garnish (optional)
salt and pepper, to taste
¼ cup Parmesan cheese, grated

- ▶ Mince garlic and combine with olive oil in a medium bowl.
- ▶ Lightly brush both sides of flat bread with oil, reserving about 1 tablespoon of oil in the bowl.
- ▶ To reserved oil, add chopped and drained tomatoes, onion, vinegar and chopped basil. Salt and pepper to taste and toss to combine.
- ▶ Toast flat breads on both sides over a hot grill. Move off of direct heat. Quickly and lightly sear beef ribbons over high heat. Layer tomato mixture, beef and mozzarella chunks on flat breads, leaving some of all the different items exposed.
- ▶ Sprinkle with Parmesan cheese. Cover grill, or cover loosely with a foil tent until toppings are warmed through and cheese is melted.
- ▶ Serve immediately, either open-faced or folded in half for eating out-of-hand.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Anna Carpenter, Wamego
Laura Carpenter, Wamego
Mia Hastings, Wamego
Sarah Loomis, Council Grove
Morgan Woodbury, Quenemo
Madison Wulfkuhle, Berryton

CAB® Everyday Roast Beef Sandwich

1 lb. CAB® deli roast beef, thinly sliced
1 can (10½ oz.) French onion soup
1 Tbs. reduced-sodium Worcestershire sauce
4 soft hoagie rolls (or your favorite bread)
4 slices deli provolone cheese, cut in half

¼ cup drained (hot or mild) pickled banana peppers
8 Tbs. mayonnaise with 1 Tbs. horseradish sauce, (mixed well)

1. Heat the oven to 350° F.
2. Heat the soup and Worcestershire in a saucepan over medium-high heat to a boil. Add the beef and heat through, stirring occasionally.
3. Divide the beef evenly among the rolls. Spoon some of the soup mixture on top of the beef, add the cheese slices and place the sandwiches onto a baking sheet.
4. Bake for 3 minutes or until the sandwiches are toasted and the cheese is melted.
5. Top each sandwich with 1 tablespoon banana peppers. Serve with remaining soup mixture or mayonnaise/horseradish mixture on the side as a dipping sauce.

Team Information

Division: **14 to 17**

State: **North Carolina**

Team Members:

Marcie Harward, Richfield
Mattie Harward, Richfield
Cara Smith, Pleasant Garden
Thomas Smith, Pleasant Garden



OTHER BEEF COMPETITION

Roast Beef & French Onion Grilled Cheese Sandwich

2 thick slices CAB® deli roast beef
1 small onion
1 tsp. thyme leaves
1 Tbs. whole-grain mustard
kosher salt
pepper

1 Tbs. olive oil or butter, unsalted
1 Tbs. olive oil
mayonnaise (optional)
4 slices rye or sourdough bread
2 oz. Gruyere or provolone cheese

1. Heat olive oil over medium heat. Add onion, season with ¼ teaspoon salt and ¼ teaspoon pepper. Cook uncovered for 12 minutes. Reduce heat to medium-low; stir in thyme leaves and cook uncovered, stirring occasionally, until the onions are golden brown, 15-20 minutes more (add 1 or 2 tablespoons of water to the skillet if the onions start sticking).
 2. Brush one side of the slice of bread with butter or oil. Form sandwiches with bread, whole-grain mustard, Gruyere or provolone cheese, roast beef and onion mixture. Add mayonnaise, if desired. Cook sandwiches, covered, until the bread is golden brown and crisp and the cheese has melted, 4-5 minutes per side.
- Enjoy!
Serves 2.

Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

Nick Innis, *Milroy*

Sarah Innis, *Milroy*

Karson Patton, *Frankfort*

Austin Waterman, *Anderson*

Jordyn Wickard, *Greenfield*

Creamed Beef Breakfast

2 oz. CAB® deli roast beef, medium thickness
4 Tbs. butter
2 Tbs. (heaping) Bisquick®

½ cup milk
2-3 English muffin halves
pepper, to taste

- Dice deli roast beef into small pieces. Melt butter in pan, stir in Bisquick. Stir constantly until it is smooth; add beef and milk while continually stirring until thick. Add pepper to taste. Serve over English muffin halves. Can keep gravy warm in a slow cooker until ready to serve. This recipe is easily multiplied.

Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Morgan Alexander, *Berryville*

Lauren Beasley, *Bluemont*

Hannah Cox, *Staunton*

Mackenza Muncy, *Staunton*

Helena St. Clair, *Berryville*

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