

The 35th annual

2018 ALL-AMERICAN CAB® COOK-OFF



In conjunction with the

2018 NATIONAL JUNIOR ANGUS SHOW

Madison, Wis. • July 7-13, 2018

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 35th 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, 2017); 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); Harrisburg, Pa. (2011);



Madison, Wis. (2018); and Grand Island, Neb. (2016).

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 eighth Chef's Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Renee Ratcliff, Wisconsin, and Shelia Grobosky, Illinois, are serving as the local contacts for the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Madison, Wis. • July 9, 2018

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 19th 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 14th time this award will be presented.
- **Randy Lathrop, Lathrop Trucking**, Dundee, Ill., 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.
- **Neesvig's Inc.** for sponsorship of the contest.
- **Marilyn Conley**, CAB administrative assistant, for providing awards, products and encouragement.
- **The many volunteers** who helped provide assistance.
- **The American Angus Auxiliary and National Junior Angus Association** for assistance during the event and for awards.
- **Angus Journal editorial staff**, who helped produce this recipe booklet.
- **The contestants, audience and many volunteers** who make this contest possible each year.

2018 All-American *Certified Angus Beef*® Cook-Off contest judges

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John Stika
Certified Angus Beef LLC President
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ROAST COMPETITION

Ready Roast

3-4 lb. CAB® top sirloin roast	1½ tsp. seasoned salt
2 Tbs. extra virgin olive oil	2 tsp. black pepper
2 cups of beef broth	½ Tbs. dried parsley
½ small yellow onion, chopped roughly	1 tsp. dried thyme
4 carrots, peeled	1 tsp. dried rosemary
dash of seasoning (salt and pepper)	1 tsp. onion powder
1½ tsp. kosher salt	1 tsp. garlic powder

- Mix the following ingredients together for the dry rub in a bowl: kosher salt, seasoned salt, black pepper, dried parsley, dried thyme, dried rosemary, onion powder and garlic powder.
- After mixing the above ingredients, coat the sirloin with extra virgin olive oil. Apply the dry-rub ingredients to the roast and place in Instant Pot®. After the roast is in the Instant Pot®, add the additional ingredients to the Instant Pot®: beef broth, chopped yellow onion, peeled carrots and dash of seasoning (salt and pepper).
- Cook for an hour following the instructions on the Instant Pot® and serve accordingly!

Team Information

Division: **Junior 8-13**

State: **Florida**

Team Members:

Owen Austrino, *Dade City*

Lily Larson, *Okeechobee*

Aubrie Persing, *Webster*

Jayce Ware, *Lithia*

Cola-marinated Sirloin Roast

3-4 lb. CAB® top sirloin roast	2 Tbs. prepared horseradish
1 cup cola beverage	2 cloves garlic, minced
½ cup soy sauce	1 tsp. fresh ground black pepper
2 Tbs. Dijon mustard	

- Whisk together cola, soy sauce, Dijon mustard, horseradish, garlic and fresh ground black pepper for the marinade. Pierce roast numerous times with fork to open up surface. Place roast in resealable plastic bag and pour marinade over roast. Seal bag and massage marinade into roast. Marinate in refrigerator 4 to 6 hours or overnight.
- Let roast come to room temperature for about 30 minutes. Grill over medium-hot fire until center reaches 135° F, about 30-40 minutes depending on thickness of roast. Turn several times during grilling to evenly cook. Remove roast from grill, tent with foil, and let rest 10 minutes before slicing. While roast is on the grill, heat leftover marinade to a boil and drizzle over sliced roast before serving. Serve with roasted potatoes and fresh green beans.

Team Information

Division: **Junior 8-13**

State: **Illinois**

Team Members:

Addison Bartlow, *Monticello*

Braden Bartlow, *Monticello*

Brenna Bartlow, *Monticello*

Kohlton Mussman, *Grant Park*

Blake Wolter, *Aviston*

Lauren Wolter, *Aviston*

Herb-crusted Sirloin Tip Roast with Creamy Horseradish Chive Sauce

1 CAB® sirloin tip roast	Sauce:
1 Tbs. fresh parsley, minced	1 cup dairy sour cream
1 tsp. dried thyme leaves, crushed	½ cup prepared horseradish
1 tsp. vegetable oil	2 Tbs. milk
1 clove garlic, minced	1 Tbs. snipped fresh chives
½ tsp. cracked black pepper, salt to taste	½ tsp. ground white pepper

- Heat oven to 325° F. Combine parsley, thyme, oil, garlic and black pepper; press evenly onto all surfaces of beef roast.
- Place roast on rack in shallow roasting pan. Insert oven-proof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325° oven 1¼ to 1½ hours for medium-rare doneness.
- Meanwhile combine sour cream, horseradish, milk, chives and white pepper for sauce in small bowl; cover and refrigerate.
- Remove roast when meat thermometer registers 135° F for medium rare. (Do not overcook.) Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 to 20 minutes. (Temperature will continue to rise about 10° F to reach 145° F for medium rare.) Carve roast into thin slices; season with salt, as desired. Serve with sauce.

Team Information

Division: **Junior 8-13**

State: **Missouri**

Team Members:

Anna Eitel, *Novinger*

Josey Meier, *Jackson*

Jenna Reeter, *Trenton*

Cody Schneider, *California*

David Schneider, *California*

Bailey Schuering, *Thompson*



ROAST COMPETITION

Incredibly Delicious Roast Beef

3-4 lb. CAB® top sirloin roast	1 tsp. salt
2 Tbs. olive oil	1 tsp. dried thyme leaves
1 Tbs. fresh rosemary, finely chopped	1 tsp. fresh ground pepper
1 Tbs. garlic, minced	3 cups beef broth or <i>au jus</i>
2 tsp. fresh basil, finely chopped	

- In a small bowl, mix together olive oil, rosemary, garlic, basil, salt, thyme and pepper (note: if fresh herbs are not available, dried herbs can be substituted). Pat roast dry and pierce with fork to allow seasonings to soak in. Rub the olive oil-herb mixture on all sides of the roast. Place roast into pan with tall sides. Let roast rest as it comes to room temperature. Pour broth into pan. Cook roast using desired cooking method.
- To grill, use a disposable foil pan. Place pan on medium-hot grill. Cook 10-15 minutes uncovered then cover pan with foil and continue cooking another 30-40 minutes or until meat reaches 135° F. Remove from grill and let stand, covered, 10 minutes before slicing.
- To cook in the oven, preheat to 325° F. Place pan on center rack in oven. Roast 1¼ to 1¾ hours. Remove from oven and tent loosely with foil. Let stand 10 minutes before slicing.
- Carve roast into slices; serve with cooking juices on the side with crusty bread and grilled asparagus. This can also be served as a sandwich.

Balsamic Roast Beef Recipe

3-4 lb. CAB® roast (chuck or round roast)	1 Tbs. soy sauce or coconut aminos
1 cup beef broth	1 Tbs. honey
½ cup balsamic vinegar	½ tsp. red pepper flakes
1 Tbs. Worcestershire sauce	4 cloves garlic, chopped

- Place roast beef into the insert of your slow cooker. In a 2-cup measuring cup, mix together all remaining ingredients. Pour over roast beef and set timer for your slow cooker at either 4 hours on high or 6-8 hours on low.
- Once roast beef has cooked, remove from slow cooker with tongs into a serving dish. Break apart lightly with two forks and then ladle about ¼-½ cup of gravy over roast beef.
- Store remaining gravy in an airtight container in the refrigerator for another use.

NOT Fake Steak!! NACHOS!

CAB® roast	1 tsp. onion powder
2 tsp. cumin	2 tsp. garlic, minced
2 tsp. red chile powder	½ can beef consommé
1 tsp. pepper	sliced jalapeños
2 tsp. coarse ground salt	

- Mix together first six ingredients in a bowl; coat steak. Pour ½ can beef consommé into bottom of Lifetime Liquid Core® Cooker. Place roast in cooker. Place a few sliced jalapeños on and around steak. Cook until tender and able to shred. Serve over chips, lettuce, tomatoes, corn, black beans, cilantro, sour cream, cheese, jalapeños, wedge of lime, and taco sauce if desired.

Team Information

Division: **Intermediate 14-17**

State: **Illinois**

Team Members:

Emily Brooks, *Prophetstown*
Jack Dameron, *Towanda*
Amelia Miller, *Gridley*
Ashlyn Mool, *Lexington*
Lizzie Schafer, *Owaneco*
Brady Schnelton, *Rockbridge*

Team Information

Division: **Intermediate 14-17**

State: **Missouri**

Team Members:

Grace Busch, *St. James*
Olivia Gerloff, *Bland*
Courtney Keaton, *Anderson*
Ciara Raithe, *Mexico*
Garrett Schuering, *Thompson*
Sophie Sweeny, *Kansas City*

Team Information

Division: **Intermediate 14-17**

State: **Nebraska**

Team Members:

Addison Cotton, *York*
JessaLynn Hudson, *Belvidere*
Josh Shaw, *Fairfield*
Wyatt Smith, *Osceola*
Tavin Uden, *Franklin*



ROAST COMPETITION

Carne Asada Sirloin

3-4 lb. CAB® top sirloin roast

Marinade:

1 jalapeño, seeded and minced
4 cloves garlic, minced
½ cup fresh cilantro leaves, chopped
juice of 1 orange
juice of 1 lime

juice of 1 lemon
2 Tbs. apple cider vinegar
½ cup olive oil
1 tsp. ground cumin
1 tsp. kosher salt
¼ tsp. freshly ground black pepper
cilantro leaves for garnish

- Mix all ingredients excluding the roast in a deep dish or resealable plastic bag to make the marinade. Place roast in marinade and turn to coat. Refrigerate 2-4 hours. Heat grill to medium hot. Place roast on grill and turn to evenly cook to temperature of 135° F. Remove from grill and cover with foil; let rest 10 minutes. Thinly slice across grain. Serve sliced with polenta and fresh green salad. This can also be served on flour tortillas with sliced radishes, red onions and cilantro.

Team Information

Division: **Senior 18-21**

State: **Illinois**

Team Members:

Keegan Cassady, Normal
Sierra Day, Cerro Gordo
Olivia Heltsley, Kansas
Adam Miller, Gridley
Amber Schiffbauer, Tonica

Sensational Sirloin Kabobs

2 lb. CAB® top sirloin roast, cut in 2-in. cubes
1 each red, orange and green bell pepper; cut into chunks
8 oz. cremini mushrooms
1 large red onion, cut into cubes
4 cloves fresh garlic, minced
1 Tbs. seasoning salt
¾ tsp. ground black pepper

2 Tbs. Dijon mustard
2½ Tbs. Worcestershire Sauce
¼ cup lemon juice, freshly squeezed
¼ cup tamari
½ cup olive oil
1½ Tbs. dark brown sugar
metal skewers, or wooden skewers that have been soaking in water for 30-45 minutes

- In a large bowl combine the garlic, seasoning salt, black pepper, Dijon mustard, Worcestershire sauce, lemon juice, tamari and brown sugar and whisk while pouring in the olive oil to make the marinade.
- Place the peppers, onions and ¼ cup of marinade in a bowl. Toss to coat, then remove to a plate. Place cubed sirloin into another bowl with remaining marinade. Toss to coat and let sit for 30 minutes.
- Skewer the meat and peppers alternating with the red onion and mushrooms until all the meat is skewered. On a hot preheated grill, place the skewers down and immediately reduce the temperature to medium/medium-high. Cook, turning occasionally, until there's a nice char on the outside. Remove and let rest for 5 minutes before serving.

Team Information

Division: **Senior 18-21**

State: **Kansas**

Team Members:

Grady Dickerson, Paradise
Cale Hinrichsen, Westmoreland
Sarah Pelton, Paradise

Southern Slow Roast

CAB® top sirloin roast, cut into 3-in. or 4-in. pieces
salt and pepper to taste
2 Tbs. olive oil
½ tsp. garlic powder

½ tsp. onion powder
2 beef bouillon cubes or 2 tsp. beef broth paste
3 cups water, separated
¼ cup all-purpose flour

1. Cut roast into individual servings and sprinkle with salt, pepper and roast seasoning.
2. Place in hot pan with olive oil and brown thoroughly on each side. Remove from pan and place in Crock-Pot®.
3. Pour 2 cups water in the hot pan along with bouillon cubes or beef broth paste. Reduce heat to medium high.
4. Pour 1 cup water, flour, garlic powder and onion powder in a container with a lid; shake until flour is dissolved.
5. Slowly add the flour mixture to the hot pan and stir constantly until broth thickens. Pour gravy over the roast in the Crock-Pot®.
6. Cover with lid and cook 4 hours on high or 6 to 8 hours on low.

Team Information

Division: **Senior 18-21**

State: **North Carolina**

Team Members:

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



STEAK COMPETITION

Honey Balsamic Steak with Grilled Peaches

2 lb. CAB® sirloin flap steak, cut into serving portions	1 Tbs. garlic, crushed
¼ cup balsamic vinegar	2 tsp. rosemary
⅓ cup honey	½ tsp. salt
¼ cup soy sauce	½ tsp. black pepper
2 Tbs. vegetable oil	½ tsp. red pepper flakes

► Combine honey, soy sauce, vegetable oil, garlic, rosemary, salt, pepper and red pepper in glass pan. Add steak pieces, cover, refrigerate 2-3 hours. Remove steak from refrigerator and bring to room temperature for 30 minutes before grilling. Grill over medium-hot fire 5 to 6 minutes per side. Remove from grill and let rest 10 minutes before serving.

Grilled peaches:

12 medium ripe peaches, peeled, pitted, and halved	1 Tbs. butter, melted
¼ cup balsamic vinegar	1 tsp. sugar
2 Tbs. snipped fresh thyme	fresh thyme sprigs

► Combine vinegar, thyme, butter and sugar in large bowl. While steak is grilling, grill peaches for 5 minutes, turning once. Remove peaches from grill and toss in vinegar mixture. Serve peaches with steak; top with fresh thyme sprigs. Crusty rolls and a fresh green salad go well with the steak and peaches for an easy summer meal.

Team Information

Division: **Junior 8-13**

States: **Illinois**

Team Members:

Dani Alberts, *Atlanta*

Claire Kuipers, *Le Roy*

Anna Parr, *Mason City*

Eli Parr, *Mason City*

Haley Schnelton, *Rockbridge*

Koby Schnelton, *Rockbridge*

South of the Border CAB Steak Fajita Kabobs

1 CAB® flap steak	6 Tbs. olive oil
1 red bell pepper, cut into 1¼-in. pieces	2 Tbs. minced garlic
1 yellow bell pepper, cut into 1¼-in. pieces	2 Tbs. ground cumin
1 green bell pepper, cut into 1¼-in. pieces	2 Tbs. chili powder
1 red onion, cut into 1¼-in. wedges	2 tsp. smoked paprika
South of the border marinade	1 tsp. red pepper flakes
Creamy marinade sauce	2 tsp. salt
skewers — metal or wooden (soak wooden ones in water for 30 minutes)	1 tsp. pepper
	½ cup cilantro, finely chopped

South of the border marinade:

1 cup lime juice
½ cup unsweetened pineapple juice
4 Tbs. Worcestershire sauce

Creamy marinade sauce:

½ cup marinade
1 cup sour cream

1. Cut flap steak into desired cube size, cutting across the grain.
 2. Combine all marinade ingredients, mix well, reserve ½ cup, and divide the remaining amount into two resealable gallon bags.
 3. Place meat cubes into one bag and vegetable pieces in the other.
 4. Marinate meat for 1 hour, vegetables for 30 minutes.
 5. Remove meat and vegetables from marinade and pat dry.
 6. Assemble kabobs, alternating meat and vegetable pieces.
 7. Place kabobs on grill brushed with oil and preheated to medium-high heat.
 8. Cook kabobs for 4 minutes on each side, turning once, finishing at medium rare/medium.
 9. For creamy marinade sauce, combine reserved ½ cup of marinade and sour cream; stir well.
 10. Serve on a bed of Spanish rice with sides of your favorite salsa and creamy marinade sauce.
- Enjoy!

Team Information

Division: **Junior 8-13**

State: **Indiana**

Team Members:

Allie Darelle Howell, *Marengo*

Gabriel Jackson, *Tennyson*

Rosalind Kidwell, *Gentryville*

Wyatt Kidwell, *Gentryville*



STEAK COMPETITION

Presidential Herb-marinated Sirloin Steak with Steamed Apple French Onion Green Beans

4 CAB® sirloin steaks (cut to about 1-in. thickness) salt and pepper to taste
1 tsp. dry mustard 12 oz. red skin potatoes, cut in 1-in. chunks
½ tsp. dried marjoram ½ lb. fresh green beans, cleaned
½ tsp. dried oregano 2 cloves garlic, minced
½ tsp. dried basil 1 shallot, peeled and minced
1 cup beef broth 5 Tbs. unsalted butter, cut in ½-in. cubes
2 Tbs. red wine vinegar ¾ cup canned French onion soup
2 tsp. olive oil ½ cup apple juice or cider
1 Tbs. Worcestershire sauce ¼ cup French-fried onions

1. To prepare marinade, combine dry mustard, marjoram, oregano and basil. Slowly add broth, stirring to avoid lumping. Add vinegar, oil and Worcestershire sauce.
2. Place beef in zipper-locking bag; pour marinade over meat. Marinate for 2 to 3 hours, turning about every 45 minutes.
3. Preheat grill to medium-high heat.
4. Assemble aluminum foil pouch and add potatoes, beans, garlic, shallot, butter, soup and juice. Seal pouch and grill to steam.
5. Remove meat from marinade; discard marinade. Grill meat to desired doneness. Remove steaks and let rest for 4 minutes.
6. Remove foil pouch, salt and pepper vegetables to taste and top with French-fried onions.

Team Information

Division: **Junior 8-13**

State: **Kansas**

Team Members:

Adelaide Haverkamp, Bern

Dane Haverkamp, Bern

Sullivan Haverkamp, Bern

Anna McCurry, Colwich

Jackson McCurry, Colwich

Kelly Newton, Elk City

Kentucky Derby Flap Steak

CAB® sirloin flap steak 1 tsp. chili flakes
1 cup balsamic vinegar olive oil
½ cup brown sugar salt
2 garlic cloves, smashed pepper
2 sprigs of rosemary

1. Season the steak liberally with salt and pepper. In a mixing bowl, whisk together the balsamic vinegar, brown sugar, garlic, rosemary and chili flakes to make the marinade. Add about ½ cup of olive oil. Place the steak in a resealable plastic bag and pour the marinade into it. Marinate for a minimum of 2 hours but preferably overnight in the fridge.
2. Remove the steak from the fridge 30 minutes prior to use. Heat a grill over medium to high heat. Wipe off the bits of marinade from the steak and drizzle it in olive oil.
3. Place the steak on the grill and cook for 2 to 4 minutes per side, or until the meat has grill marks. Let the steak rest for 10 minutes, then slice across the grain and serve!

Team Information

Division: **Junior 8-13**

State: **Kentucky**

Team Members:

Lily Jeffries, Canmer

Lucy Jeffries, Canmer

Jake Marksbury, Buffalo

Blaine Smith, Russell Springs

Bryanna Smith, Russell Springs



STEAK COMPETITION

Granny's Grand Steak & Eggs

2 lb. CAB® sirloin flap steaks	½ tsp. garlic powder
3 Tbs. Worcestershire sauce	½ tsp. salt
3 Tbs. balsamic vinegar	½ tsp. pepper
3 Tbs. pure maple syrup	½ cup scallion, chopped
4 garlic cloves, chopped	

1. Blend Worcestershire sauce, vinegar, syrup, garlic, garlic powder, salt and pepper in a blender until smooth.
 2. Toss steaks with mixture. Marinate at room temperature a minimum of 15 minutes.
 3. Prepare a grill for direct-heat cooking.
 4. Oil grill rack, then grill steaks, turning occasionally, 6 to 8 minutes total for medium-rare. Let rest on a plate, uncovered, 10 minutes.
 5. Prepare a double marinade and place in a saucepan over medium heat, bring to a boil until thickened. Garnish steak with caramelized mixture and chopped scallion upon serving.
- Cook's notes/tips: Steaks can be marinated up to 8 hours. Pair with sunny-side-up egg & scallion garnish.

Team Information

Division: **Junior 8-13**

State: **Missouri**

Team Members:

Victoria Busch, *Saint James*

Rhett Keaton, *Anderson*

Alena Nix, *Villa Ridge*

Kendall Nix, *Villa Ridge*

Paighton Witt, *Leslie*

Explorer Kabobs

CAB® sirloin flap, cut into bite-size pieces	1 onion, cut
½ cup olive oil	cherry tomatoes
¾ cup water	baby potatoes, peeled
Grill Mates® Mesquite Marinade	mushrooms
1 bell pepper, seeded and cut	

- Whisk oil, water and marinade. Add steak and toss to coat. Let marinate for 30 minutes or longer. Once the meat has marinated, thread it onto skewers alternating with vegetables. Grill kabobs over medium heat, turning often, until all sides of meat are well-browned and vegetables are tender, about 10 to 15 minutes.

Team Information

Division: **Junior 8-13**

State: **Montana**

Team Members:

Jake Cook, *Huntley*

Parker Cook, *Huntley*

Claire Murnin, *Huntley*



STEAK COMPETITION

Rosemary Balsamic Glazed Steak Rolls

8 pieces of CAB® sirloin steak, sliced thinly (about 1/8-in. thick)
extra virgin olive oil
sea salt
freshly ground black pepper
fresh rosemary, chopped
1 small yellow onion, sliced thinly
1 each small red, yellow, orange and green bell peppers, sliced thinly
1 small zucchini, sliced thinly
handful of fresh mushrooms, sliced thinly

Rosemary balsamic glaze:

1/4 cup dark balsamic vinegar
2 Tbs. red cooking wine
1 Tbs. dark brown sugar
1 clove of garlic
2 sprigs of fresh rosemary
1/4 tsp. freshly ground pepper
1/4 tsp. sea salt
1 tsp. cornstarch dissolved in 1/4 cup beef broth (salt-free)

1. First get the rosemary balsamic glaze going while you prepare the steak and veggies: Place all the ingredients in a small pan and bring to a boil over medium heat for 2 minutes. Reduce heat and simmer for about 10 minutes. Discard sprigs of rosemary. Stir in the cornstarch/beef broth mixture and stir until sauce is thickened, about a minute.
2. While the glaze is simmering, cook the vegetables in a skillet with a little olive oil, salt and pepper until crisp-tender.
3. Lay the sirloin slices on a cutting board and lightly rub all sides with olive oil. Sprinkle with some salt, pepper and rosemary. Divide the veggie slices among the steak strips, lining them up vertically on one end of each steak. Start with that end and roll the steaks, securing them with a toothpick.
4. Cook steaks on grill for about 2 minutes on each side or according to desired doneness. Serve immediately drizzled with the rosemary balsamic glaze.

Team Information

Division: **Intermediate 14-17**

State: **Arkansas**

Team Members:

Nicholas Pohlman,
Prairie Grove

Hailey Royce, *Fayetteville*

Chili Lime Steak Bites

1-2 lb. CAB® sirloin flap steak
1/2 tsp. kosher salt
1/2 tsp. fresh ground black pepper
1/2 tsp. granulated garlic
2 Tbs. tomato paste

1/2 tsp. sriracha sauce
1 Tbs. honey
2 Tbs. olive oil
2 limes, zested and juiced

- ▶ Cut the steak into 1-in. cubes. Place the steak in a small bowl and squeeze half a lime over steak; stir to mix and let sit for 10 minutes. Sprinkle steak with salt, pepper and garlic, and stir to completely coat steak with seasonings. Add the tomato paste, sriracha and honey. Stir again until all steak bites are coated in the mixture.
- ▶ Place a 10-inch cast-iron skillet over medium-high heat. Once the pan is hot, add the oil and swirl the oil around the pan. Add the steak bites in a single layer (if the pan does not sizzle and hiss, it is not hot enough). Sear the steak for one minute and then flip the steak bites over to sear for another minute; remove steak to serving plate. After all the steak has been cooked, add the lime zest and remaining juice to the hot skillet. Stir to combine and pour the chili lime sauce over the steak bites. Serve with a crispy green salad and corn on the cob for a great summer meal.

Team Information

Division: **Intermediate 14-17**

State: **Illinois**

Team Members:

Emily Bennett, *Macomb*

Kate Henkel, *El Paso*

Emily Kiesewetter,
Farmington

Austin Mussman, *Grant Park*

Logan Mussman, *Grant Park*

Jordi Oliver, *Buncombe*



STEAK COMPETITION

Grilled Steak Hero Gyros

1 lb. CAB® sirloin flap steak
½ cup extra virgin olive oil
3 cloves garlic, minced
1 tsp. dried mint (optional)
1 tsp. dried oregano
½ tsp. paprika
kosher salt
freshly ground pepper

½ cup 2% plain Greek yogurt
1 green bell pepper, seeded and sliced into ½-in.-thick rings
1 onion, sliced into ½-in.-thick rounds
4 pocketless pitas
1 tomato, chopped
1 bunch watercress or arugula, roughly chopped
feta cheese to garnish

- Preheat a grill to medium high. Make the marinade by whisking the olive oil, garlic, mint (if using), oregano, paprika, 1 tsp. salt and pepper to taste in a large bowl. Transfer 1 Tbs. of the marinade to a small bowl; mix in the yogurt and 2 Tbs. water. Add the bell pepper and onion to the bowl with the remaining marinade and toss; remove to a plate with a slotted spoon. Add the steak to the bowl and toss.
- Grill the bell pepper, onion and steak, turning once, until lightly charred, about 4 minutes per side for the vegetables and 4 to 8 minutes per side for the steak (depending on the thickness). Set aside to rest, about 5 minutes. Meanwhile, grill the pitas until marked, about 1 minute per side.
- Slice the steak against the grain. Fill the pitas with the steak, grilled vegetables, tomato and watercress. Drizzle with the yogurt sauce. Garnish with feta cheese if desired.

Team Information

Division: **Intermediate 14-17**

State: **Kansas**

Team Members:

Alexandria Cozzitorto, *Olathe*

Kady Figge, *Onaga*

Eva Hinrichsen, *Westmoreland*

Clayton Pelton, *Paradise*

Abbie Schwab, *Goddard*

Kelsey Theis, *Leavenworth*

Grilled Jumpin' Jack Flap Steak and Grilled Asparagus

1 whole CAB® flap meat steak, 2- to 2½-lb.
1 Tbs. whole black peppercorns, toasted
1 tsp. coriander seed, toasted
1 tsp. fennel seed, toasted
1 tsp. cumin pods, toasted

1 tsp. red pepper flakes
½ tsp. dried oregano
2 medium garlic cloves, minced (about 2 Tbs.)
2 Tbs. olive oil
salt

- Combine red pepper, oregano, cumin, fennel and coriander, and coarsely grind in a spice grinder. Add the fresh crushed garlic and oil, and mix. Rub spice paste over surface of meat, working mixture into texture of meat. Preheat grill to highest heat for 10 minutes. Season steak with salt. Place over hot grill, turning frequently, until charred crust has formed on steak and grilled to your preference.
- Cut steak into 4-inch quarters (with the grain), then thinly slice against the grain. Serve with grilled asparagus covered in béarnaise sauce or butter.

Team Information

Division: **Intermediate 14-17**

State: **Michigan**

Team Members:

Ava Zellmer, *Nashville*

Paige Zellmer, *Nashville*

Thea Zellmer, *Nashville*



STEAK COMPETITION

CAB Golden Steak Roll Ups

2 lb. CAB® sirloin flap steak
1/3 cup cider vinegar
1/4 cup olive oil
1 Tbs. water
2 tsp. onion powder
2 tsp. chili powder
2 tsp. salt
2 tsp. Worcestershire sauce
2 tsp. red wine vinegar
2 tsp. paprika
2 tsp. cumin powder
1 tsp. dried marjoram

Veggie filling:

1 carrot
1 bell pepper
1 zucchini (depending on size)
5-6 green onions
2 cloves of garlic
1 tsp. Italian herb seasoning
2 Tbs. butter
salt

Balsamic glaze sauce:

2 tsp. butter
2 Tbs. shallots, finely minced
2 Tbs. brown sugar
1/4 cup balsamic vinegar
1/4 cup beef broth

- ▶ Cut the flap steak into 3-inch-wide strips. Place the strips into a resealable plastic bag. Make the marinade by combining the cider vinegar, olive oil, water, onion powder, chili powder, salt, Worcestershire sauce, red wine vinegar, paprika, cumin powder and dried marjoram. Pour the marinade over the steaks, making sure all surfaces are well-coated. Carefully let air out of the bag, seal, and place into the refrigerator for 2 to 8 hours.
- ▶ While the steak is marinating, cut up the carrot, bell pepper, and zucchini into matchstick-size pieces, a little longer than the width of the steak strips. Cut the green onion in a similar size and slice them in half lengthwise. For the garlic, peel and crush the cloves with the flat side of your knife, just enough to bruise them.
- ▶ Melt the butter, add the vegetables, and season with Italian herb seasoning and salt. Stir-fry the vegetables for 2-3 minutes. For the sauce, melt the butter. Add the finely chopped shallot and sauté it for a minute or two until they turn soft and translucent.
- ▶ Add the balsamic vinegar, brown sugar and beef stock and stir to mix everything well. Allow the sauce to come to a boil and reduce to almost half its volume. It will become thicker. Transfer the sauce into a bowl.
- ▶ To assemble the steak rolls, take a strip of the marinated steak and place the veggies in the middle and roll the beef up over the filling, securing it with a toothpick. Repeat.
- ▶ Preheat grill for medium-high heat. Cook, turning occasionally, to your desired degree of doneness. Once removed from the grill, place the sauce on top of the roll up.

Team Information

Division: **Intermediate 14-17**

State: **Nebraska**

Team Members:

Chase Cotton, *York*

Kacey Dethlefs, *Ravenna*

Kyra Meyer, *Blue Hill*

Nicole Nichols, *Chambers*

Reagan Skow, *Palisade*

Rachel Smth, *Osceola*



STEAK COMPETITION

Balsamic Steak Pasta

1-2 lb. CAB® top sirloin flap steak
2-3 Tbs. balsamic vinegar
1 tsp. salt
½ tsp. fresh ground black pepper
½ tsp. granulated garlic

Balsamic glaze:

1¼ cups balsamic vinegar
1 tsp. brown sugar
1 tsp. salt, divided
½ tsp. fresh ground black pepper
¼ tsp. granulated garlic

1 Tbs. plus 1 tsp. olive oil
½ cup shallots or green onions, minced
1 Tbs. garlic, minced
1 lb. asparagus, trimmed and cut into 1-in. pieces
1 red bell pepper, cut into thin strips
5 cups cooked penne pasta (about 8 oz. uncooked)
¼ cup shredded parmesan cheese
fresh basil, thinly sliced for garnish

- Season steak with balsamic vinegar, salt, pepper and garlic and let sit 15 minutes.
- Bring vinegar to a boil in a small saucepan. Reduce heat and simmer over medium heat 12 to 15 minutes or until reduced to ¾ cup. Stir in brown sugar, salt, black pepper and granulated garlic; set aside.
- Grill steak on medium-hot grill to medium-rare or about 135° F, approximately 6 minutes per side. Remove from grill, cover with foil and let rest 10 minutes before carving into thin slices.
- Meanwhile, heat 1 tsp. oil in medium saucepan over medium heat until hot. Add shallots and minced garlic; cook and stir 2 minutes. Stir in asparagus and bell pepper; cook 8 minutes until vegetables are crisp-tender. Add cooked pasta, remaining 1 Tbs. oil and ½ tsp. salt to vegetables, and cook 3 to 4 minutes until vegetables and pasta are heated through. Toss in parmesan cheese. Serve sliced steak over pasta mixture; drizzle with balsamic glaze and garnish with fresh basil.

Team Information

Division: **Senior 18-21**

State: **Illinois**

Team Members:

Lindsey Decker, *Philo*
Ella Eathington, *Avon*
Katelyn Eathington, *Avon*
Maddie Fugate, *Mahomet*
Garrett Handsaker, *Pearl City*
Holly Marsh, *Union*

CAB Fiesta Mash Up Street Tacos

1 lb. CAB® sirloin flap steak
2 ears fresh corn
2 Tbs. mayonnaise
2 Tbs. fresh cilantro, chopped, plus more for garnish
2 limes

½ tsp. ancho chili powder
⅝ tsp. kosher salt
½ tsp. ground cumin
8 corn tortillas
¼ cup queso fresco

- Grill corn until slightly charred. Cool and cut kernels from cob. Put kernels in a bowl with mayo, cilantro, lime juice, chili powder and ⅝ tsp. salt. Stir to combine. Set aside.
- Sprinkle CAB sirloin flap with cumin and ½ tsp. salt. Grill until desired degree of doneness. Rest on cutting board and grill your tortillas until charred. Slice steak across grain, divide it among the tortillas, top with elote (corn mixture), and garnish with cilantro. Serve with lime wedges and grilled fruit skewers as a sit-down meal or on the go!

Team Information

Division: **Senior 18-21**

State: **Kansas**

Team Members:

Anna Carpenter, *Wamego*
Laura Carpenter, *Wamego*
Mia Hastings, *Wamego*
Channing Schneider, *Wamego*
Morgan Woodbury, *Quenemo*
Baylee Wulfkuhle, *Berryton*



STEAK COMPETITION

Glazed Steak Rolls

CAB® sirloin flap steak
Worcestershire sauce

Vegetable stuffing:

1 sweet potato
1 bell pepper
½ zucchini
5-6 green onions
2 cloves of garlic

Special glaze:

2 cups root beer
2 tsp. Dijon mustard
2 Tbs. pepper jelly
½ cup light corn syrup
½ tsp. root beer extract

- ▶ Tenderize steak in seasonings and Worcestershire sauce for 30 minutes.
- ▶ Slice sweet potato, bell pepper, zucchini, green onions and garlic, then place vegetables in warm cast-iron skillet with butter and a garlic clove. Lightly fry.
- ▶ Place cooked vegetables on center of marinated steak strips and secure ends of steak around vegetables with a toothpick.
- ▶ Heat skillet to high heat with some oil and a clove of garlic.
- ▶ Place steak rolls seam-side down and rotate to each side until preferred doneness is achieved.
- ▶ While cooking, make special glaze. Pour root beer into a small sauce pot and slowly heat until bubbling. Add Dijon mustard, pepper jelly and corn syrup. Add root beer extract when other ingredients are incorporated. Slowly reduce with medium heat until the glaze covers the back of the spoon, stirring constantly.
- ▶ Allow cooked steak rolls to rest for 5 minutes before adding special glaze. Serve with a side of loaded mashed potatoes.

Team Information

Division: **Senior 18-21**

State: **Louisiana**

Team Members:

Morgan Fruge, Jennings

Miranda Graves, Abita Springs

CAB Crostini

CAB® sirloin flap steaks, grilled and sliced thin

Marinade (per pound):

¼ cup balsamic vinegar
3 Tbs. olive oil
¼ tsp. garlic powder
salt and pepper, to taste

Crostini & suggested toppings:

1 loaf of French bread, sliced thin
cheese (shredded parmesan, blue cheese crumbles, etc.)
tomatoes or other fresh vegetables

1. Season steak with salt, pepper and garlic powder.
2. Combine balsamic vinegar and olive oil. Marinate steak for 45 minutes, minimum. Remove steak from marinade and discard marinade.
3. Place steak on hot grill for 2 to 3 minutes; turn the steak a quarter turn and grill an additional 2 to 3 minutes (to get char marks).
4. Turn steak over and grill like before.
5. Allow steak to rest 5 minutes before slicing and preparing crostini (brush with olive oil and grill) before heating. Top crostini with cheese and tomatoes or other fresh vegetables.

Team Information

Division: **Senior 18-21**

State: **Oklahoma**

Team Members:

Alisa Friesen, Arnett

Alyson Friesen, Arnett

Victoria Gerken, Cashion

Blake Henrichs, Okarche

Blake Long, Big Cabin

Jackson Ray, Holdenville

CAB Standout-mocha Rub Steak

CAB® sirloin flap steak

Mocha rub:

¼ cup ground coffee or instant espresso
¼ cup packed brown sugar

1 Tbs. cocoa
1 Tbs. smoked paprika
1 tsp. garlic powder
salt and pepper to taste

- ▶ Mix together the ground coffee or instant espresso, brown sugar, cocoa, paprika, garlic powder, salt and pepper to make the rub with a small fork, making sure the spices are evenly incorporated in the coffee and sugar. Rub on the steaks on all sides. Marinate for at least 30 minutes.
- ▶ Preheat grill on high heat. Grill for 4 to 6 minutes per side for medium rare or longer if you desire. Let rest 10 minutes before serving.

Team Information

Division: **Senior 18-21**

State: **Virginia**

Team Members:

Hannah Davis, Winchester

Berkeley Frank, Winchester

Jenna Hamilton, Buena Vista

Sarah Harris, Buchanan

Helena St. Clair, Berryville

Mikayla St. Clair, Berryville



OTHER BEEF COMPETITION

Meatball and Apple Skewers with Orange Balsamic Glaze

1 lb. precooked CAB® meatballs
2 crisp apples (Fuji) cored, skin left on, cut into 12 wedges
2 Tbs. olive oil
2 Tbs. balsamic vinegar
½ tsp. each salt and pepper

Orange balsamic glaze:
2 cups orange juice
½ cup balsamic vinegar
1 tsp. kosher salt
1 Tbs. ground black pepper

- ▶ Mix oil, vinegar, salt and pepper in bowl. Add meatballs and apple wedges. Mix to coat. Let sit while preparing glaze. To make glaze, mix orange juice, balsamic vinegar, kosher salt and ground black pepper in small sauce pan and heat to a boil. Reduce heat to a fast simmer for about 20 minutes or until the sauce has been reduced by half.
- ▶ Alternately thread meatballs and apple wedges onto skewers (if using wooden skewers, soak in water while preparing glaze). Grill over medium-hot grill for 5 to 7 minutes, turning often. During the last minute of cooking, brush with the glaze being careful not to burn.
- ▶ To serve, brush skewers with extra glaze and serve. Cheese grits and a fresh salad or vegetable complete this quick and easy CAB meal.

Team Information

Division: **Junior 8-13**

State: **Illinois**

Team Members:

Reese Anderson, *Chrisman*
Ella Brooks, *Prophetstown*
Anne Dameron, *Towanda*
Max Dameron, *Towanda*
Paige Lemenager, *Hudson*
Brooke Schiffbauer, *Tonica*

The Perfect Meatball Sandwich

1 lb. CAB® meatballs
2 Tbs. extra virgin olive oil
4 cloves garlic, crushed & chopped
½ tsp. crushed red pepper flakes
2 Tbs. flat-leaf parsley leaves, chopped
½ tsp. dried oregano
1 can (28 oz.) crushed tomatoes

1 can (14 oz.) chunky-style crushed tomatoes
salt & freshly ground black pepper
4 French rolls; butter; garlic powder
1 bag (10 oz.) shredded provolone or Italian 4-cheese blend
shredded basil (sweet) or shredded arugula (spicy) leaves, for garnish

- ▶ Heat a medium saucepan over medium heat. Add oil and garlic. When garlic starts sizzling, add herbs and crushed pepper. Allow oil to infuse for half a minute, then stir in tomatoes and season sauce with salt and pepper. Bring sauce to a bubble, reduce heat, add meatballs and simmer for 15-20 minutes.
- ▶ Preheat toaster oven to 400° F. Butter both sides of your bread, sprinkle with garlic and cook just until it starts to turn lightly golden. Watch carefully so it doesn't burn!
- ▶ Pile the meatballs and sauce into rolls. Make sure you have 4 meatballs per sub. Top with shredded cheese and place in toaster oven to melt the cheese. Top with shredded basil or arugula.

Team Information

Division: **Junior 8-13**

State: **Iowa**

Team Members:

Emma Deppe, *Winterset*
Cheyenne Houk, *Blakesburg*
Joslyn Koppen, *Lakota*
Eliza Patchin, *Mitchellville*
Kalli Schermer, *Clarion*

You're Killin' Me Smalls Meatballs

1 lb. CAB® precooked meatballs
4 cups beef broth
½ cup butter
2 Tbs. flour
1 Tbs. brown gravy mix

½ tsp. nutmeg
½ tsp. allspice
Asiago cheese to taste
parsley for garnish

- ▶ Warm up the meatballs in the beef broth. For the sauce, melt the butter in skillet over medium heat. Add the remainder of the ingredients until smooth.
- ▶ Then add back the beef broth that warmed the meatballs, and heat while constantly stirring until the mixture thickens and bubbles.
- ▶ Add the sauce back to meatballs and let simmer in mixture for 2 hours.
- ▶ Serve the meatballs over mashed potatoes and with your favorite vegetable and dinner roll.

Team Information

Division: **Junior 8-13**

State: **Missouri**

Team Members:

Courtney Dehn, *Dearborn*
Nolan Dehn, *Dearborn*
Kyle Houston, *Savannah*
Samuel Jordan, *Saint Joseph*
Gavin Rhode, *Stewartsville*



OTHER BEEF COMPETITION

Curleys Meat Ball Sub

precooked CAB® meatballs
pasta, cooked to box directions
cheese sauce
meatballs

eggs
Italian breadcrumbs
fresh-grated Parmesan
fresh mozzarella

- Toss pasta with your favorite cheese sauce; set aside.
- Take meatballs, dip in beaten egg and dredge meatball in an Italian breadcrumb and fresh grated Parmesan mix.
- Brown meatballs in a skillet in olive oil until golden and crispy on all sides.
- Place pasta in an oven-safe dish of your choice, place meatballs on top, pour your favorite tomato pasta sauce on top and cover with fresh mozzarella.
- Bake at 350° F until hot, and mozzarella is bubbly and golden brown.

Team Information

Division: **Junior 8-13**

State: **Nebraska**

Team Members:

Wyatt Gallagher, *Hallam*
Christian Shaw, *Fairfield*
Ethan Shaw, *Fairfield*

CAB Meatballs and Creamy Sauce

CAB® meatballs
2 cans cream of mushroom soup
1½ cans milk
4 oz. fresh mushrooms, sliced

1 oz. onion, thinly sliced
mashed potatoes or buttered noodles

- Sauté mushrooms with thinly sliced onions. Add cream of mushroom soup and milk, stir until blended. Add meatballs and heat thoroughly. Serve over mashed potatoes or buttered noodles.

Team Information

Division: **Junior 8-13**

State: **Oklahoma**

Team Members:

Cade Henrichs, *Okarche*
Jake Henrichs, *Okarche*
Jelanie King, *Enid*
Carter Kornegay, *Owasso*
Brady Lott, *Carmen*

Crispy Parmesan Spaghetti & Meatball Tacos

16 CAB® meatballs, cooked
2 cups shredded Parmesan cheese
½ lb. spaghetti, cooked
marinara sauce (see ingredients below)

2 tsp. white sugar
2 tsp. dried parsley
1 tsp. garlic powder
½ tsp. salt
¼ tsp. dried oregano
¼ tsp. dried basil
¼ tsp. ground black pepper
capers (optional)
1 pinch crushed red pepper flakes (optional)

Marinara sauce:

1 can (28 oz.) crushed tomatoes
1 can (14.5 oz.) diced tomatoes
1 can (15 oz.) tomato sauce
1 Tbs. minced garlic

- To make the marinara, in a large saucepan combine crushed tomatoes, diced tomatoes, tomato sauce, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil and ground black pepper. Add capers and crushed red pepper if desired. Cover. Bring to a boil. Lower heat and simmer, with cover, for 45 to 60 minutes.
- In a large nonstick skillet over medium heat, place 3 Tbs. to ¼ cup of Parmesan cheese in the center of the pan. Flatten with a rubber spatula to make a circular cheese disc. Cook for a few minutes until cheese is melted. Flip and cook for another minute. Quickly place cheese in the grooves of an upside-down muffin tin to form a taco shell. Once it's completely cooled, the cheese will stay in a taco shell shape. Place spaghetti and meatballs inside each taco shell. Enjoy your Italian taco party!

Team Information

Division: **Junior 8-13**

State: **Texas**

Team Members:

Payton Alexander, *Nemo*
Kensley Free, *Salado*
Brantley Humpert, *Scotland*
Daniel Humpert, *Scotland*
Reese Pinkerton, *Arp*
Bayler Smith, *Kirbyville*



OTHER BEEF COMPETITION

CAB Meatball Spaghetti Kiss

- | | |
|---|----------------------------------|
| 1 package of CAB® meatballs (thawed) | ¼ tsp. of fresh ground pepper |
| 2 cans (28 oz.) of tomato passata (puree) | 2 Tbs. of sugar |
| 1 can (28 oz.) of peeled plum tomatoes | ¼ cup extra virgin olive oil |
| 2 cloves of garlic | 16 oz. spaghetti |
| 1 small onion, diced | 4-6 oz. water |
| 6 cloves | salt to taste |
| 1 tsp. fresh basil | ¼ cup grated Parmigiano-Reggiano |
| 1 tsp. kosher salt | sprig of basil |

- To make the sauce, in a large pot, sauté onion and garlic in olive oil. Empty plum tomatoes into a large bowl and squash with your hands. Add all ingredients (including meatballs) to pot and simmer for 3 hours.
- In a separate large pot, bring water to a boil; add salt. Add spaghetti to boiling water; stir gently. Return to a boil. For “al dente” pasta, boil uncovered, stirring occasionally for 9 minutes. Remove from heat. Drain well. On an appropriate plate, assemble the pasta, sauce and 3-4 meatballs. Top with Parmigiano-Reggiano and sprig of basil for garnish. Serve with fresh Caesar salad, bread and sweet tea.

Team Information

Division: **Junior 8-13**

State: **Virginia**

Team Members:

Emma Bays, *Huddleston*
Charity Delozier, *Penhook*
Moriah Delozier, *Penhook*
Aubrey Herbers, *Lynchburg*
Kallie Poole, *Staunton*

Meaty Margherita Pizza

- 1 package refrigerated pizza dough
- 1 Tbs. olive oil
- 1 tsp. salt

Sauce:

- 1 cup crushed canned tomatoes
- 2-3 fresh garlic cloves, minced
- 1 tsp. olive oil
- ¼ tsp. black pepper
- 2-3 large pinches kosher salt

Toppings:

- 1½ cups CAB® precooked meatballs, thawed and sliced ¼-in. thick
- 2-3 Tbs. Parmigiano-Reggiano (more for serving), finely grated
- 6 oz. fresh mozzarella ball, sliced ¼-in. thick
- 5-6 large fresh basil leaves, chopped
- other toppings, according to taste (sliced red onions, mushrooms, etc.)

- Preheat grill to medium heat. Mix crushed canned tomatoes, garlic cloves, olive oil, black pepper, kosher salt and Parmigiano-Reggiano for sauce in a bowl. Place sliced meatballs and sauce in a cast-iron pot and warm on the grill. Once heated through, remove meatballs from sauce and set aside. Prepare all other toppings and place on tray near grill for easy access.
- Unroll refrigerated dough onto parchment paper and form into the desired shape and size, keeping the dough flat with no raised edges. Brush lightly with olive oil and sprinkle with salt. Transfer the dough to the grill with the parchment side up. Allow the dough to cook until stable and parchment can easily be peeled off the top.
- Once paper is removed, spread roughly ½ cup of the heated pizza sauce on the dough, leaving a ½-in. border on all sides. Sprinkle Parmigiano-Reggiano over sauce. Add sliced meatballs, mozzarella, basil, and other toppings. Turn down the heat and close the lid until cheese is melted.
- Once all cheese is melted, remove from the grill, drizzle with olive oil, sprinkle with more Parmigiano-Reggiano, add basil if desired and serve.

Team Information

Division: **Intermediate 14-17**

State: **North Carolina**

Team Members:

Nate Bowman, *Germanton*
Hannah Haley, *Kittrell*
Ava Wood, *Willow Spring*
Mary Elaine Wood,
Willow Spring



OTHER BEEF COMPETITION

Tasty BBQ Meatball Pizza

CAB® meatballs
1 ready-to-use baked pizza crust (12-in.)

1 cup KRAFT shredded mozzarella cheese
1½ cup Ol West BBQ Sauce

- Prepare the CAB meatballs by heating in a Crockpot® on low for 2-3 hours with 1 cup of Ol West BBQ Sauce. Slightly cool the meatballs, and cut them in ¼-in.-thick slices. Spread ½ cup Ol West BBQ Sauce over precooked pizza crust, top with meatball slices and cheese. Bake 15 minutes or until heated through.

Team Information

Division: **Intermediate 14-17**

State: **South Dakota**

Team Members:

Harlee Heim, *Wessington Springs*

Sawyar James, *Bruce*

Wyat James, *Bruce*

Mason Schelske, *Virgil*

Sawyer Styles, *Brentford*

CAB Meatball Linguini Marinara

1 package of CAB® meatballs (thawed)
1 can (28 oz.) San Marzano peeled whole tomatoes
1 clove of garlic (thinly sliced)
1 Tbs. kosher salt
½ tsp. red pepper flakes
pinch of dried oregano

pinch of dried basil
1-lb. of fresh mozzarella
¼ cup of fresh Parmesan
1 lb. of linguini
water
salt
olive oil

- Empty the tomatoes into a bowl and crush. Fill the can with warm water to use later. Combine the olive oil and the garlic in a large saucepan over medium heat. When the garlic begins to brown, add the tomatoes, water, salt, basil and oregano. Bring the sauce to a slow roll on medium heat for 10 minutes. During this time, add water, 1 tsp. of salt and 1 Tbs. of olive oil in a pot and heat to a boil for cooking pasta. When 10 minutes is up, add the meatballs to the sauce and simmer on medium heat for another 10 minutes. When the water boils, add the pasta to the pot, stirring to make sure the linguini do not stick together.
- Cut the mozzarella into 1-in. × 1-in. × ¼-in. squares for later use. After the 10 minutes, the sauce should be thick enough. If it is, turn the heat to low; if not, cook to desired thickness. When the pasta is tender, remove from heat and drain. Add a few ice cubes to greatly slow the cooking process.
- Turn on the broiler. On an appropriate plate, assemble the pasta, sauce, and four or five meatballs. Top each meatball with a square of mozzarella and a sprinkling of Parmesan. Broil or torch for 30-60 seconds to melt and brown cheese. Serve with a fresh garden salad, bread, and a strawberry- or tangerine-infused water.

Team Information

Division: **Intermediate 14-17**

State: **Virginia**

Team Members:

Brook Adkins, *Moneta*

Ryan Borer, *Buchanan*

J. Gordon Clark, *Gretna*

Suter Clark, *Gretna*



OTHER BEEF COMPETITION

Buckeye Beef Bombs

fully-cooked CAB® meatballs
1 can (12 oz.) refrigerated biscuits
1 cup marinara/pasta sauce
1 cup shredded cheese (mozzarella or Italian blend)

4 Tbs. butter, melted
2 garlic cloves, minced
½ tsp. Italian seasoning

- ▶ Preheat oven to 350° F. Line a baking sheet with parchment paper. Set aside.
- ▶ Using hands or rolling pin, flatten each biscuit into a 4-inch round. Place one meatball and 2 Tbs. marinara in center of each dough round.
- ▶ Top with 2 Tbs. of cheese.
- ▶ Wrap dough around meatball/cheese, pressing edges to seal. Place seam-side down on prepared baking sheet. Repeat with all biscuits.
- ▶ In a small bowl, whisk together melted butter, garlic and Italian seasoning. Evenly spoon onto each biscuit. Bake for 18-20 minutes or until golden brown and serve.

NOTE: To adapt to tailgating events, a Dutch oven or air fryer may be used.

Team Information

Division: **Senior 18-21**

State: **Ohio**

Team Members:

Maggie Davis, *Bidwell*
Ellie Kidwell, *Walhonding*
Luke McKee, *Gambier*
Hannah Millikan, *Napoleon*
Sarah Millikan, *Napoleon*
Kristina Scheurman, *Warsaw*

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

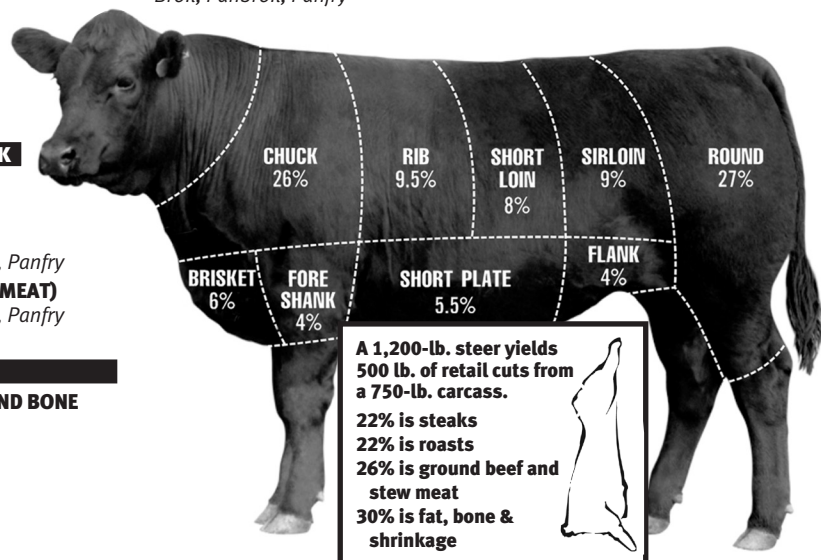
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise





OTHER BEEF COMPETITION

Cheeseburger Meatball Sub

CAB® precooked meatballs
16 oz. Velveeta®, cubed
¼ cup ketchup

½ cup milk
4 hoagie buns
garnish (ketchup, mustard, pickles, etc.)

- Place meatballs in slow cooker and cover with remaining ingredients, except hoagie buns. Cook on low for 3-4 hours, stirring occasionally.
- Warm hot plate and butter the hoagie buns, toast the inside of the buns just to give a golden brown touch.
- Serve meatballs on top of hoagie buns, and garnish with all the cheeseburger toppings you'd like!

Team Information

Division: **Senior 18-21**

State: **South Dakota**

Team Members:

Ty Mogck, Olivet

Cadee Schelske, Virgil

Jake Sievers, Wolsey

Madison Styles, Brentford

All-American Certified Angus Beef® CHEF'S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB)
July 10, 2018, in Madison, Wis.

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)

- Dakota Lovett, Bladen, Neb., and Montana Lovett, Bladen, Neb.

Adult division

- Blake Haley, Kittrell, N.C.
- Chelsey Figge, Onaga, Kan., and Cory Craver, Onaga, Kan.
- Deb Hatlewick, Jamestown, N.D., and Sara Hatlewick, Jamestown, N.D.
- Melissa Steph, Tatum, Texas, and Stacy Morris, Wills Point, Texas

- Laramie Chaffin, Roodhouse, Ill., and Genevieve Kuhn, Roodhouse, Ill.
- Charlie Boyd II, May's Lick, Ky., and Paula Boyd, May's Lick, Ky.
- Greg Slone, Danville, Ky., and Lauren Slone, Danville, Ky.

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."

FRIENDS OF THE BLACK KETTLE — 2018

12 Star Ranch/Roussel's Jewelry

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Kentucky Angus Association

McCurry Angus Ranch

Andy, Mary, John, Melody, Aubree and Molly
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McCurry Bros. Angus

McCurry Family
Sedgwick, Kan.

Quintin Smith Family Angus

Quintin, Vicki, Jamie, Sonya, Robbie and Callie
Lebanon, Tenn.

Triple 3 Bar S Angus

Mark, Anne, Garrett, Gretchen, Weston, Clay,
Carter & Claire Lampe
Scott City, Kan.

T-Shirt Sponsor:

Lathrop Livestock Transportation, Dundee, Ill.,
and Randy Lathrop

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