

The 36th annual
**2019 ALL-AMERICAN
Certified Angus Beef® COOK-OFF**



In conjunction with the
National Junior Angus Show
Louisville, Ky. ~ July 14-20, 2019

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 36th 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, 2019); 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 10th Chef's Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Gary Blevins, Ky., serves as local contact for the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Louisville, Ky. ~ July 16, 2019

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 20th 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 15th time this award will be presented.
- ~ **Prairie View Farms, Alan and Theresa Miller, Orlan and Carol Miller, Brandon and Cathy Jones**, Gridley, Ill., for sponsoring custom-designed t-shirts for each contestant.
- ~ **Friends of the Black Kettle**, the **Kentucky Angus Association**, **American Angus Auxiliary** and **Kentucky Cattlemen's Association** for awards.
- ~ **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- ~ **Sysco Louisville** 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** and **Angus Beef Bulletin editorial staffs**, who helped produce this recipe booklet.
- ~ The contestants, audience and many volunteers who make this contest possible each year.

2019 All-American Certified Angus Beef® Cook-Off contest judges

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ROAST COMPETITION

Team Information

Division: **Junior 8-13 ~ State: Illinois**

Team Members: **Reese Anderson, Chrisman;**

Addison Bartlow, Monticello; Braden Bartlow, Monticello;

Brenna Bartlow, Monticello; Blake Wolter, Aviston;

Lauren Wolter, Aviston

Cajun Tri-tip with Apricot Orange Glaze

3-4 lb. CAB® tri-tip roast

1½ tsp. dried oregano

2 tsp. each cayenne pepper and salt

1 tsp. each dried basil, dried thyme, and pepper

Marinade:

½ cup soy sauce

½ cup vegetable oil

2 Tbs. each Worcestershire sauce, orange juice, brown sugar and Cajun spice mix

Cajun spice mix:

2 Tbs. garlic powder

1 Tbs. each paprika, smoked paprika, brown sugar, onion powder, and chili powder

Apricot orange glaze:

½ cup apricot preserves

½ cup orange juice

1 Tbs. soy sauce

½ Tbs. each Dijon mustard and brown sugar

1 tsp. reserved Cajun spice mix

- ~ Cajun spice mix: Combine garlic powder, paprika, smoked paprika, brown sugar, onion powder, chili powder, oregano, cayenne pepper, salt, basil, thyme and pepper.
- ~ Marinade: In a large resealable plastic bag combine the soy sauce, vegetable oil, Worcestershire sauce, orange juice, brown sugar and 2 Tbs. of the Cajun spice mix.
- ~ Pierce roast all over with a fork. Add to marinade, massage marinade into meat, and seal bag. Marinate 6 or more hours (up to 24 hours).
- ~ Remove roast from marinade. Reserve 1 tsp. Cajun spice mix. Mix remaining spice mix with 3 Tbs. olive oil and rub all over roast. Let sit at room temperature 30-60 minutes. Sear roast on hot grill, 3-5 minutes per side. Cover and lower heat to medium-hot. Grill roast until internal temperature reaches 135-140° F, about 30-40 minutes depending on thickness of roast. Remove from heat, tent with foil, and let rest 10 minutes before slicing thinly across the grain. Serve with the apricot orange glaze.
- ~ Apricot orange glaze: While the roast is grilling, whisk together the orange glaze ingredients. Bring to a boil then reduce to a simmer until reduced and thickened.

Team Information

Division: **Junior 8-13 ~ State: Kansas**

Team Members: **Addie Haverkamp, Bern; Dane Haverkamp, Bern;**

Sullivan Haverkamp, Bern; Cohen Navinsky, Winchester;

Jacob Wendland, Barnes

Santa Maria Tri-tip Roast

3 lb. CAB® tri-tip roast

¼ cup granulated honey (or granulated raw sugar)

Santa Maria spice rub:

½ cup coarse kosher salt

½ cup cracked black pepper

2 Tbs. granulated garlic

2 Tbs. onion powder

- ~ Combine salt, pepper, granulated honey, garlic and onion powder.
- ~ Evenly rub tri-tip roast with 3 to 4 Tbs. of spice rub. Store excess Santa Maria spice rub in an airtight container in a cool, dry cupboard.
- ~ Cover tightly in plastic wrap or zipper-locking plastic bag. Refrigerate at least 2 hours or overnight for more intense flavor.
- ~ Preheat an outdoor grill to high heat. Place the meat directly above the flame for 5-10 minutes per side (depending on the thickness) to sear the meat and lock in the juices. Turn the grill down to medium heat and continue to cook for another 25-30 minutes, trying not to flip it too much. Check for doneness with a meat thermometer. Thermometer should read at least 135-140° F for medium doneness.
- ~ Or preheat an oven to 450°. Place roast in a shallow roasting pan fitted with a rack. Roast 15 minutes, then reduce oven to 325° and continue cooking approximately 1 hour for medium doneness (135-140°) or grill roast.
- ~ Move to a clean cutting board, tent with foil, and let rest 10 minutes. Slice thinly against the grain to serve.
- ~ Santa Maria spice rub recipe yields approximately 2 cups, enough for at least five 3-lb. tri-tip roasts.

Team Information

Division: **Junior 8-13 ~ State: Missouri**

Team Members: **Victoria Busch, Saint James; Gracyn Meier, Jackson;**

Tyler Meier, Jackson; Madelyn Sampson, Kirksville;

Cody Schneider, California

French Dip Sandwiches

CAB® tri-tip roast

2 large onions

¼ cup butter

5 cups water

½ cup soy sauce

1 packet (1 oz.) onion soup mix

1½ tsp. browning sauce

1 garlic clove, minced

12-14 French rolls

12-14 slices of Swiss cheese

- ~ Cut up onions and sauté in skillet with butter until lightly browned. Place onions in bottom of slow cooker. Cut roast in half and lay on top of onions. Add water, soy sauce, onion soup mix, browning sauce and garlic. Cover and cook on low for 7-9 hours.
- ~ Remove roast and let stand for 15 minutes before slicing. Place on sandwiches, cover with onions and cheese, and toast for 3½ minutes. Skim fat from cooking juices and serve as dipping sauce.

ROAST COMPETITION

Team Information

Division: **Intermediate 14-17** ~ State: **Illinois**
Team Members: **Ella Eathington**, Avon; **Emily Kieseewetter**,
Farmington; **Jordi Oliver**, Buncombe; **Ben Sellmeyer**, Maroa;
Jack Sellmeyer, Maroa

Garlic and Pepper Crusted Tri-tip with Balsamic Sauce

3-4 lb. CAB® tri-tip roast
2 Tbs. fresh ground mixed
peppercorns
4 cloves garlic, minced
1 tsp. salt

Balsamic sauce:

1 cup balsamic vinegar
¼ cup butter, softened
4 tsp. flour
1 cup beef broth
¼ tsp. fresh ground pepper

- ~ Combine rub ingredients and press rub evenly onto all surfaces of roast. Let roast sit for 30 minutes at room temperature. Place on hot grill and sear all sides of roast, 3-5 minutes per side. Reduce heat to medium-hot. Wrap roast in foil but leave open to vent top. Grill approximately 45 minutes until internal temperature reaches 135-140° F. Remove from heat and let rest 15 minutes. Slice thinly and serve with balsamic sauce.
- ~ While roast is cooking, bring vinegar to a boil in a small saucepan. Cook over medium heat 20 minutes or until reduced to ¼ cup. Mix butter and flour in small bowl until smooth. Add broth and pepper to vinegar. Whisk in butter/flour mixture until smooth. Bring to a boil, reduce heat and simmer 1 minute.

Team Information

Division: **Intermediate 14-17** ~ State: **Ohio**
Team Members: **Ellie Kidwell**, Walhonding; **Isaac Miley**, Sarahsville;
Sarah Millikan, Napoleon; **Kristina Scheurman**, Warsaw

Dr. Seuss Tries Tri-tip

| | |
|---|---|
| 1½-2 lb. CAB® tri-tip roast, excess fat and silverskin removed | ½ tsp. pepper |
| 2 Tbs. oil | 1 can (15 oz.) black beans, drained and rinsed |
| 1 tsp. ancho chili powder | hearts of romaine lettuce |
| 1 tsp. ground cumin | 2 oz. crumbled Cotija cheese |
| 1 tsp. salt | corn salsa or fresh pico de gallo |

- ~ Prepare grill for direct and indirect cooking over medium heat (350-450° F).
- ~ In a small bowl, mix oil with chili powder, cumin, salt and pepper. Rub and massage mixture into roast. Let roast stand at room temperature for 15-30 minutes before grilling.
- ~ Grill the roast over direct medium heat, with the grill lid closed as much as possible until well marked on each side (8-10 minutes), turning once. Move roast to indirect heat and cook to desired doneness (15-20 minutes for medium rare). Remove from grill and let rest for at least five minutes before slicing. Cut meat against the grain into thin slices.
- ~ In a lightly oiled medium saucepan, cook beans until warm, about 5 minutes. Remove from heat, and season with salt and pepper.
- ~ Serve sliced roast with grilled romaine hearts and black beans, topped with fresh salsa or pico and Cotija cheese.

All-American Certified Angus Beef® CHEF'S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB)
July 16, 2019, in Louisville, Ky.

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

Adult division

- ~ Charlie Boyd II, May's Lick, Ky., and Paula Boyd, May's Lick, Ky.
- ~ Chelsey Figge, Onaga, Kan.
- ~ Melissa Steph, Tatum, Texas, and Stacy Morris, Wills Point, Texas
- ~ Greg Slone, Danville, Ky., and Lauren Slone, Danville, Ky.

First-place winners 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."

ROAST COMPETITION

Team Information

Division: **Senior 18-21** ~ State: **Louisiana**

Team Members: **Morgan Fruge, Jennings; Miranda Graves, Abita Springs; Lorelei Nevers, Covington; Lain Thompson, Pineville**

Dummy-proof Pot Roast

CAB® tri-tip roast
6 small russet potatoes, diced
8 pearl onions
small bag (16 oz.) baby carrots, diced
2 medium bell peppers, diced
½ cup chicken broth
butter
1 Tbs. roux
mustard
2 cups medium grain rice

Injection mixture:

Worcestershire sauce
salt and pepper
1 Tbs. minced garlic, pureed
2 tsp. butter, melted
½ cup chicken broth

Roast seasoning:

mustard
salt and pepper
red pepper
garlic powder
onion powder
Slap Ya Mama® seasoning
steak seasoning

1. Combine ingredients for injection mixture. Inject roast and let sit for 30 minutes in refrigerator.
2. Combine ingredients for roast seasoning, and rub seasoning into roast.
3. Place roast in pressure cooker preheated on the browning setting.
4. Sear roast on all sides, add chicken broth, seal pot, and set timer for 30 minutes.
5. To thicken gravy, add roux and stir until dissolved.
6. Once 30 minutes are finished, add pearl onions, bell peppers, baby carrots and potatoes.
7. Reseal pot and cook for another 15 minutes.
8. Cook 2 cups of rice in a 4-cup pot. Add 2 cups of medium grain rice and 1 cup of water with a pinch of salt. Boil until water is just below line of rice. Turn heat to low and place lid on pot. Ready to serve after 15 minutes.

Team Information

Division: **Senior 18-21** ~ State: **Nebraska**

Team Members: **Chase Cotton, York; TaraLee Hudson, Belvidere; Kyra Meyer, Blue Hill; Caitlin Havelka Nelson, Anselmo; Reagan Skow, Palisade; Mckinley Stoller, Palisade**

Sale Day CAB® Tri-tip

CAB® tri-tip roast

CAB® seasoning

- ~ Rub tri-tip roast with CAB® seasoning. Place roast in zip-close bag, let air out of the bag, seal, and place into the refrigerator for 2-8 hours.
- ~ Preheat grill to medium heat. Place seasoned tri-tip roast on grill. Turn occasionally until the roast reaches 130° F. Wrap in foil and let it sit until desired degree of doneness is reached. Slice against the grain and enjoy.

Team Information

Division: **Senior 18-21** ~ State: **North Carolina**

Team Members: **Lynae Bowman, Germanton; Colton Cox, Spruce Pine; Taylor Glover, Pikeville; Cara Smith, Pleasant Garden; Justin Wood, Willow Springs; Mackenzie Yaudes, High Point**

Roasted in the Barn

CAB® tri-tip roast
olive oil
plastic wrap

1½ Tbs. black pepper
2 tsp. garlic powder
1½ tsp. onion powder
2 tsp. chili powder
1 Tbs. smoked paprika
1 tsp. ground thyme
1½ tsp. ground cumin

Rub:

1 Tbs. brown sugar
2 Tbs. kosher salt

- ~ Rub tri-tip with olive oil. Wrap in plastic wrap and let sit for 45 minutes to 1 hour.
- ~ Cover the roast with the rub.
- ~ Grill at 250° F with meat thermometer in until it gets to 130°. Remove roast from the grill. Cover in foil. Heat grill to high. Place unwrapped roast on grill until first side is seared. Turn and sear second side.
- ~ Remove from the grill. Place on a platter and form a tent with foil over the roast. Let rest 20-30 minutes before slicing thinly across the grain.

Team Information

Division: **Senior 18-21** ~ State: **Oklahoma**

Team Members: **Alisa Friesen, Arnett; Alyson Friesen, Arnett; Madelyn Gerken, Cashion; Jackson Ray, Holdenville**

Oklahoma Berry Chipotle Tri-tip

2-2½ lb. CAB® tri-tip roast, trimmed of excess fat
2 tsp. kosher salt
1 tsp. black pepper

½ cup berry preserves
2 Tbs. balsamic vinegar
1 canned chipotle pepper, minced
1 Tbs. adobo from canned chipotle

1. Season tri-tip roast with salt and pepper. Preheat half of grill to medium high.
2. Whisk together preserves, vinegar, chipotle and adobo to create a glaze. Set aside ¼ cup of glaze for a finishing sauce.
3. Sear roast 3-5 minutes per side, move to indirect heat, and liberally apply glaze to both sides.
4. Finish cooking roast over indirect heat (keeping grill around 350° F) for 35-45 minutes (or until 135° internal temperature for medium doneness), basting with berry glaze once more during cooking.
5. Rest 10 minutes on carving board before slicing thinly against the grain. Serve with remaining glaze.

STEAK COMPETITION

Team Information

Division: **Junior 8-13** ~ State: **Illinois**

Team Members: **Ella Brooks**, *Prophetstown*; **Anne Dameron**, *Towanda*;
Max Dameron, *Towanda*; **Charlee Jones**, *Gridley*;
Grayson Leake, *Lexington*; **Will Miller**, *Gridley*

Blackstrap Steaks with Caramelized Onions

| | |
|-----------------------------|-----------------------------------|
| 4 CAB® flat-iron steaks | salt and pepper |
| ½ cup molasses | 2 large sweet onions, sliced thin |
| 3 Tbs. Worcestershire sauce | 1 Tbs. olive oil |
| 1 Tbs. balsamic vinegar | 1-2 tsp. balsamic vinegar |

~ Combine molasses, Worcestershire sauce and vinegar in small bowl. Season steaks with salt and pepper. Heat grill to medium hot. Place steaks on grill and cook 5-6 minutes per side. During last 4 minutes of grilling, brush steaks with molasses mixture. Remove from heat, tent with foil and let rest 5 minutes before slicing. Top with caramelized onions.

~ Caramelized onions: Heat 1 Tbs. olive oil in skillet (can also use butter and olive oil). Add onions, sliced thin. Cook on medium heat, stirring as needed to prevent burning, for 45-60 minutes. Toward end of cooking, sprinkle with salt. When onions are fully caramelized, add 1-2 tsp. of balsamic vinegar.

Team Information

Division: **Junior 8-13** ~ State: **Iowa**

Team Members: **Colton Becker**, *Atlantic*; **Ky Curran**, *Chariton*;
Erin Driscoll, *Williamsburg*; **Cheyenne Houk**, *Blakesburg*;
Joslyn Koppen, *Lakota*; **Keegan Mather**, *State Center*

Flat-iron Steak with Run for the Roses Sauce

| | |
|---|---|
| 4 CAB® flat-iron steaks | 1 cup beef broth or more as needed |
| 4 Tbs. olive oil | 1 tsp. dried basil |
| kosher salt and freshly ground black pepper, to taste | ½ tsp. dried oregano |
| 2 Tbs. fresh parsley leaves, chopped | ½ cup heavy cream or more as needed |
| | ½ cup freshly grated Parmesan cheese |
| | 1 oz. cream cheese at room temperature |
| Run for the roses sauce: | kosher salt and freshly ground black pepper, to taste |
| ¼ cup unsalted butter | |
| 4 cloves garlic, minced | |
| 2 Tbs. all-purpose flour | |

1. To make the run for the roses sauce, melt butter in the skillet over medium heat. Add garlic, and cook stirring frequently until fragrant, about 1-2 minutes. Whisk in flour until browned, about 1 minute.
2. Gradually whisk in beef broth, basil and oregano. Cook, whisking constantly until incorporated, about 1-2 minutes. Stir in heavy cream, Parmesan and cream cheese until slightly thickened, about 1-2 minutes. If mixture is too thick, add more heavy cream as needed and season with salt and pepper.
3. Preheat oven to broil. Place an ovenproof skillet in the oven.
4. Using paper towels, pat both sides of the steak dry. Drizzle with olive oil, and season with salt and pepper to taste. Remove skillet from the oven and heat over medium-high heat.
5. Place the steak in the middle of the skillet and cook until a dark crust has formed, about 1 minute. Using tongs, flip and cook for 1 additional minute.
6. Place skillet into the oven and cook until desired doneness is reached, about 4-5 minutes for medium-rare, flipping once. Let it rest 3-5 minutes.
7. Serve immediately with the run for the roses sauce and garnish with parsley, if desired. Enjoy!

Team Information

Division: **Junior 8-13** ~ State: **Kansas**

Team Members: **Anna McCurry**, *Colwich*;
Jackson McCurry, *Colwich*; **Kaelyn Schilling**, *Edson*

Ye Old Steak Wraps

| | |
|---|---|
| CAB® flat-iron steak, cut into strips | 2 Tbs. brown sugar |
| 2-3 cloves fresh garlic, chopped | 1 tsp. ground ginger |
| 1 small can (8 oz.) water chestnuts, chopped | salt and pepper to taste |
| 1 cup fresh mushrooms, chopped or 1 small can (8 oz.) | cornstarch and water to make a thickening slurry |
| 4 Tbs. soy sauce | fresh lettuce leaves — separated, rinsed and patted dry |

~ Brown beef strips with garlic, onion and black pepper until meat is no longer pink. Add water chestnuts and mushrooms. Cook until water chestnuts are warm and mushrooms are tender. Prepare stir-fry sauce by mixing the soy sauce, brown sugar, water, corn starch and ginger together in a small bowl. Add the stir-fry sauce to the pan and sauté the mixture for a couple of minutes. Serve in lettuce cups.

Team Information

Division: **Junior 8-13** ~ State: **Kentucky**

Team Members: **Lily Jeffries**, *Canmer*; **Lucy Jeffries**, *Canmer*;
Jake Marksbury, *Buffalo*; **Blane Smith**, *Russell Springs*;
Bryanna Smith, *Russell Springs*

Kentucky Flat-iron Flatbread

| | |
|--|----------------------------|
| 1 lb. CAB® flat-iron steak | shredded mozzarella cheese |
| 1 Tbs. Jim Baldridge's Secret Seasoning® | balsamic vinegar |
| 2 flatbreads | 1 cup baby arugula |
| olive oil | ½ cup blue cheese crumbles |

1. Season steak on both sides with Jim Baldridge's Secret Seasoning®. Grill steak on each side for 6-8 minutes or until internal temperature reaches 135° F for medium rare. Remove and rest for 5 minutes.
2. Brush flatbread with olive oil and top with mozzarella cheese. Place on the hot grill until crust has browned on bottom and cheese is melted and bubbly.
3. Lightly toss arugula in a teaspoon of olive oil with a dash of salt and pepper.
4. Once steak has rested, slice across the grain into thin strips and place on top of flatbread. Top with arugula and blue cheese crumbles, and drizzle with balsamic vinegar. Serve immediately.

STEAK COMPETITION

Team Information

Division: **Junior 8-13 ~ State: Texas**

Team Members: **Payton Alexander, Nemo; Kensley Free, Salado; Brantley Humpert, Windthorst; Daniel Brenlen Humpert, Windthorst; Reese Pinkerton, Arp; Bayler Smith, Kirbyville**

Italian Stuffed Flat-iron Steak

2-2½ lb. CAB® flat-iron steak
3-4 garlic cloves, minced or pressed through garlic press
1 small shallot, minced
2 Tbs. fresh parsley, finely minced
1 tsp. sage leaves, finely minced
1 tsp. basil, minced
2 Tbs. olive oil
4 oz. prosciutto, thinly sliced
4 oz. provolone cheese, thinly sliced

toothpicks soaked in water for 10 minutes
salt and pepper to taste

Blackberry sage balsamic reduction sauce:

½ cup turbinado sugar (you can use honey or regular sugar)
1 cup of fresh blackberries
4-5 fresh sage leaves
½ cup of balsamic vinegar

1. Combine garlic, shallot, parsley, basil, sage and olive oil in small bowl.
2. Slicing horizontally across the steak, butterfly and pound flat-iron steak into 2 thin rectangles. Position steak so that the grain runs parallel to the edge of the counter, spread herb mixture evenly over surface of steak.
3. Lay prosciutto evenly over steak, leaving 1-inch border along top edge.
4. Cover prosciutto with even layer of cheese, leaving 1-inch border along top edge.
5. Starting from bottom edge and rolling up away from you, towards

the top, roll steak into a tight log and place on cutting board seam-side down.

6. Starting in the middle of the steak roll, tie a piece of kitchen twine to secure the steak. Working outward from the center, place more ties of kitchen twine, in 1-inch intervals until the whole steak roll is tied up.
7. Using a sharp knife, slice roll between pieces of twine into 1-inch thick pinwheels. Season pinwheels lightly with salt and black pepper.
8. Skewer each pinwheel with a toothpick.
9. Preheat oven or grill to 350° F.
10. Heat a cast iron skillet over medium-high heat. Place pinwheels in pan and brown for 3 minutes or so. Flip over and brown on the other side for 2 minutes.
11. Slide skillet into preheated oven or grill and cook for about 8-10 minutes or until steak reaches desired doneness.
12. Remove from oven or grill, tent with aluminum foil and let rest for 5 minutes.
13. Remove twine and toothpicks and enjoy!
14. Drizzle with blackberry sage balsamic reduction sauce.

Blackberry sage balsamic reduction sauce

1. Put everything in a pan and start cooking on high until blackberries start to break (you can mash them with fork) and cook for about 20 minutes, stirring constantly or until it reduces in size twice.
2. Strain it in a fine strainer.
3. Put the strained liquid back on stove and continue to boil on medium low just another 5 to 10 minutes, until it becomes bubbly and thickens to your liking.
4. Drizzle over steak.

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

CORNER BRISKET, POINT HALF

Braise, Cook in Liquid

BRISKET, FLAT HALF

Braise

RIB

RIB STEAK, SMALL END

Broil, Panbroil, Panfry

RIBEYE ROAST

Roast

RIBEYE STEAK

Broil, Panbroil, Panfry

BACK RIBS

Braise, Cook in Liquid, Roast

SHORT LOIN

PORTERHOUSE STEAK

Broil, Panbroil, Panfry

TENDERLOIN ROAST

Roast, Broil

TENDERLOIN STEAK

Broil, Panbroil, Panfry

SHORT PLATE & FLANK

FLANK STEAK

Broil, Braise, Panfry

FLANK STEAK ROLLS

Braise, Broil, Panbroil, Panfry

SKIRT STEAK (FAJITA MEAT)

Braise, Broil, Panbroil, Panfry

SIRLOIN

SIRLOIN STEAK, ROUND BONE

Broil, Panbroil, Panfry

TOP SIRLOIN STEAK

Broil, Panbroil, Panfry

ROUND

TOP ROUND STEAK

Broil, Panbroil, Panfry

BONELESS RUMP ROAST

Roast, Braise

BOTTOM ROUND ROAST

Braise, Roast

TIP ROAST, CAP OFF

Roast, Braise

EYE ROUND ROAST

Braise, Roast

TIP STEAK

Broil, Panbroil, Panfry

OTHER CUTS

GROUND BEEF

Broil, Panfry, Panbroil, Roast

CUBED STEAK

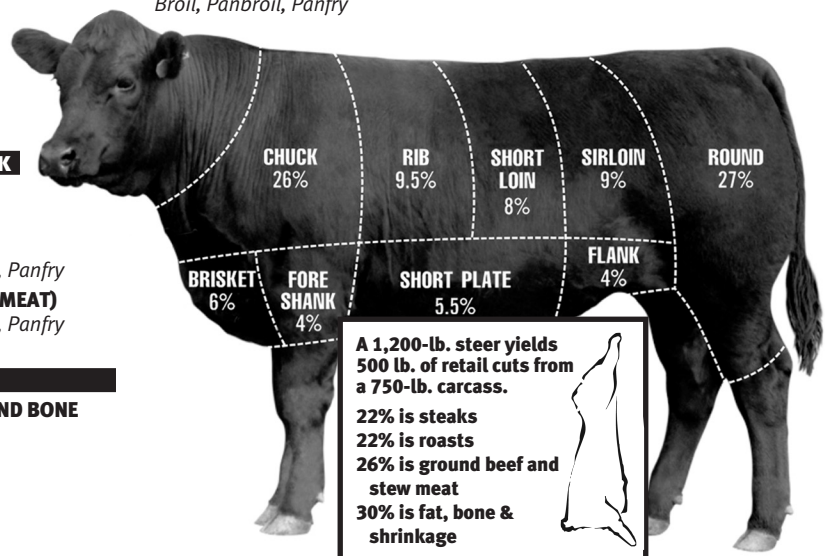
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise



STEAK COMPETITION

Team Information

Division: **Intermediate 14-17 ~ State: Iowa**

Team Members: **Austen David**, *Lenox*; **Jordan Johnson**, *Fort Dodge*;
Lexi Knapp, *Bloomfield*; **Avery Mather**, *State Center*;
Carson Mather, *State Center*; **Sophia Patchin**, *Mitchellville*

Coffee Crusted Flat-iron with Garlic Pepper Parmesan Cream Sauce

CAB® flat-iron steak
1-2 Tbs. olive oil
butter

⅛ tsp. onion powder
⅛ tsp. garlic powder
¾ cup water
½ tsp. Better Than Bouillon®
Chicken Base
¼ tsp. Better Than Bouillon® Beef
Base
¼ tsp. black pepper
1½ cups heavy cream
¼ cup Parmesan cheese, grated
1 Tbs. of pan drippings from steak,
optional
salt, only to taste
cornstarch, only if it isn't reducing/
thickening as fast as you would
like

Coffee spice rub:

1 Tbs. black pepper
2 Tbs. paprika
1 tsp. garlic powder
½ cup Lawry's® Seasoning Salt
½ cup sugar (increase to ¾ cup if
using a dark roast coffee)
½ cup finely ground coffee of your
choice

Garlic pepper Parmesan cream sauce:

2 Tbs. unsalted butter

~ Mix all steak spices together. You will have plenty left for future use.
Set steaks aside to reach room temperature. While steaks are resting,
make the sauce (if using).

1. Make coffee spice rub.
2. Take the steaks out of the refrigerator and pat dry with a paper towel.
3. Brush both sides of steak with oil.
4. Generously coat both sides of steaks with coffee spice rub and rub the mixture into the steaks.
5. Set steaks aside to reach room temperature.
6. While steaks are resting, make the sauce (if using).
7. Heat a cast iron skillet over high heat using 1 Tbs. olive oil and 2 Tbs. butter.
8. Sear the steaks 2-4 minutes without lifting or moving them or until crusty and brown. Flip the steaks over and cook them another 2-4 minutes or until they have a nice sear. Check for internal temperature and cook to your liking, knowing the steak will continue to cook while it rests.
9. Let steaks rest 5-10 minutes. Slice steak and serve with sauce.

Garlic pepper Parmesan cream sauce:

1. Over medium-low heat, melt butter in a 3-quart saucepan with onion, garlic and pepper.
2. Add water, chicken and beef bouillon. Bring mixture to a low boil, reduce heat to low and cook 8-10 minutes or until liquid is reduced by half.
3. Stir in the heavy cream. Keep mixture at a gentle boil, stirring occasionally, about 10-15 minutes or until the sauce is reduced to a little thicker than heavy cream.
4. Add pan drippings if desired.
5. Remove the mixture from the heat and whisk in grated Parmesan cheese.
6. Once cheese has melted, season to taste.
7. If you want a thicker sauce, add a little cornstarch and whisk in.
8. Serve with steak and enjoy!

Team Information

Division: **Intermediate 14-17 ~ State: Illinois**

Team Members: **Emily Brooks**, *Prophetstown*; **Jack Dameron**,
Towanda; **Paige Lemenager**, *Hudson*; **Amelia Miller**, *Gridley*;
Ashlyn Mool, *Lexington*; **Lizzie Schafer**, *Owaneco*

Foolproof Flat-iron Steaks

| | |
|--|----------------------------------|
| 4 CAB® flat-iron steaks | 4 cloves garlic, minced |
| ⅓ cup balsamic vinegar | 3 Tbs. soy sauce |
| 3 Tbs. olive oil | 1 tsp. fresh thyme, chopped |
| 3 Tbs. green onions, finely chopped | ½ tsp. dry mustard |
| | ½ tsp. fresh ground black pepper |

~ Mix marinade ingredients in large resealable plastic bag. Add steaks and knead the bag with your hands to completely coat the steaks. Marinate 2-4 hours in refrigerator. Remove from refrigerator and let sit at room temperature 30 minutes before grilling. Grill over medium-hot grill 6-7 minutes per side. Remove steak from grill and let rest 5 minutes before slicing. Lightly salt to taste.

Team Information

Division: **Intermediate 14-17 ~ State: Kansas**

Team Members: **Kady Figge**, *Onaga*; **Eva Hinrichsen**, *Westmoreland*;
Clay Pelton, *Paradise*; **Abbie Schwab**, *Goddard*;
Nick Siemens, *Towanda*; **Kelsey Theis**, *Leavenworth*

Molasses Spiked Steaks

| | | |
|-------------------------|---------------------|--------------------------|
| CAB® flat-iron steaks | 2 Tbs. olive oil | 2 tsp. chili powder |
| ¼ cup brown sugar | 2 Tbs. black pepper | 2 tsp. red pepper flakes |
| ½ cup molasses | 2 Tbs. garlic | 2 tsp. thyme |
| 2 Tbs. balsamic vinegar | 2 tsp. ginger | salt to taste |

1. Whisk together all ingredients and pour into a resealable bag. Add the steaks and seal the bag.
2. Set in the refrigerator to marinate for 2 hours, flipping the bag occasionally.
3. Remove the steaks from the bag and place on a hot grill (400° F).
4. Cook approximately 7-9 minutes and flip once. Grill an additional 6 minutes or until steaks reach an internal temperature of 135°. Use a meat thermometer to test.
5. Transfer the steaks to a platter and let rest for 5-10 minutes before slicing.

Team Information

Division: **Intermediate 14-17 ~ State: Missouri**

Team Members: **Kyle Houston**, *Savannah*; **Ella Jordan**, *Savannah*;
Samuel Jordan, *Savannah*; **Alexis Koelling**, *Curryville*

Aunt Bee's Rosemary Steak

| | |
|---------------------------|--------------------------------|
| CAB® flat-iron steak | 1 tsp. fresh thyme, chopped |
| ¼ cup red cooking wine | ½ tsp. fresh rosemary, chopped |
| 1-2 cloves garlic, minced | 1 tsp. dry mustard |
| 3 Tbs. olive oil | 2 tsp. sea salt |

1. Place flat-iron steaks in a shallow baking dish. Season with salt. Combine marinade ingredients and pour onto meat, turn to coat, and cover with plastic wrap. Allow to marinate for 1 hour.
2. Preheat grill for medium-high heat. Remove meat from the dish and discard marinade. Place onto the grill and cook for 6 to 8 minutes per side. When the meat reaches the desired doneness (recommend no more than medium), remove from the heat and let the meat sit for 3 minutes before slicing.

STEAK COMPETITION

Team Information

Division: **Intermediate 14-17** ~ State: **Nebraska**

Team Members: **Addison Cotton**, *York*; **Kacey Dethlefs**, *Ravenna*;
Nicole Nichols, *Chambers*; **Rachel Smith**, *Osceola*;
Wyatt Smith, *Osceola*; **Tavin Uden**, *Franklin*

Forever on Your Plate, CAB® Angus Steak Bites

| | |
|--|-------------------------|
| 1-1½ lb. CAB® flat-iron steak | 2 Tbs. real butter |
| steak seasonings, coarse salt, pepper, onion powder, garlic powder, and optional seasoning of your choice | 3-4 Tbs. garlic, minced |

- ~ Cut steak into small pieces. In a bowl, toss steak pieces with the seasonings. Cover and place in fridge for several hours.
- ~ Just before steak pieces are ready to grill, prepare garlic. In a grill-safe pan on grill, brown the minced garlic. Add the butter until melted, set aside. Begin to grill the steak pieces until they are slightly brown, right at medium rare or a touch before. Remove pieces as they brown and place into the pan with the garlic and butter, tossing them with that as you put them into the pan. Once all the steak is off the grill and in the pan thoroughly tossed with the garlic and butter, cover the pan and leave the pan on the grill with indirect heat. Let the meat rest, allowing the butter and garlic flavors to further infuse the meat, and finish cooking.
- ~ Serves 4-5 people.
- ~ Enjoy!

Team Information

Division: **Intermediate 14-17** ~ State: **Oklahoma**

Team Members: **Meah Allison**, *El Reno*; **Victoria Gerken**, *Cashion*;
Charley Johnson, *Orlando*; **Sydney Johnson**, *Orlando*;
Cyrus Kornegay, *Owasso*; **Blake Long**, *Adair*

Oklahoma Grilled Flat-iron with Barbecue Rub

| | |
|---|-----------------------------|
| 2-4 CAB® flat-iron steaks, cubed for kebabs or whole for flat-iron steaks | 2 Tbs. brown sugar, packed |
| mixed fresh vegetables | 1 Tbs. cumin |
| | 2 tsp. garlic, minced |
| | 2 tsp. apple cider vinegar |
| | 1 tsp. Worcestershire sauce |
| Barbecue rub: | ¼ tsp. ground red pepper |
| 2 Tbs. chili powder | ¾-1½ tsp. seasoned salt |

- ~ Combine rub ingredients, press evenly into steaks, and allow to marinate for 30 to 90 minutes.
- ~ If making kebabs, cut steak into 1-inch to 1½-inch cubes and toss with seasoning in zip-closing bag. Allow to marinate for 30 to 90 minutes.
- ~ Place steaks or kebabs on a medium-heat grill. Grill uncovered until desired doneness, turning occasionally.

Team Information

Division: **Intermediate 14-17** ~ State: **Texas**

Team Members: **Cooper Free**, *Salado*; **McKenzie Kostel**, *McKinney*;
Colter Pohlman, *Hereford*; **Cooper Puckett**, *Princeton*;
Gracie Smith, *Kirbyville*; **Karsen Smoot**, *Argyle*

Korean Flat-iron Steak and Onion Lettuce Wraps

| | |
|---|--|
| 1 CAB® flat-iron steak (about 1 lb.) | ¼ cup honey |
| | 8 garlic cloves |
| Pickled vegetables: | 1 Tbs. reduced-sodium soy sauce |
| 1 fennel bulb, thinly sliced (about 1 cup) | 2 tsp. freshly ground black pepper |
| 1 small cucumber, julienned (about 1 cup) | ½ tsp. sesame oil |
| ½ cup daikon radish, julienned | 1 cup onion, sliced |
| ½ cup shredded carrots | Dipping sauce: |
| 2 tsp. sugar | 6 Tbs. sugar |
| 1 tsp. salt | 2 Tbs. fresh lime juice |
| Brine: | 1-2 Tbs. Korean red chili sauce (Gochujang) |
| 1¼ cup distilled white vinegar | 1 Tbs. hoisin sauce |
| 1 cup water | 1 tsp. minced garlic |
| ½ cup sugar | 1 head Bibb or Boston lettuce |
| 1 Tbs. salt | Garnishes: |
| Marinade: | Torn fresh mint leaves, torn cilantro leaves, fried garlic, chopped peanuts, toasted sesame seeds, and lime wedges (optional) |
| ¼ cup Korean red chile sauce (Gochujang) | |

1. Combine pickled vegetable ingredients in medium bowl, tossing gently to combine. Set aside for 30 minutes, stirring occasionally. Squeeze vegetables dry and place vegetables in large mixing bowl. Combine brine ingredients in medium saucepan and bring to a boil over medium heat. Carefully pour hot brine over vegetables, making sure to cover completely. Refrigerate until cold.
2. Filet beef flat-iron steak to ¼ to ½ inch thick. Slice beef pieces in half lengthwise, then into 2-inch squares. Combine all marinade ingredients, excluding the onion, in food processor base and process until smooth. Place beef, marinade and onion in food-safe plastic bag. Mix bag contents until steak is fully coated. Close bag securely and marinate in refrigerator for 30 minutes to 2 hours.
3. Combine dipping sauce ingredients in small bowl and mix until thoroughly combined. Cover and set aside.
4. Soak 4 bamboo skewers in water for 10 minutes and drain. Place two to three slices of onion in the center of each piece of beef and roll tightly into a cylinder. Thread beef rolls onto skewers, leaving room between each roll. Place skewers on preheated gas grill and cover. Cook 7 to 10 minutes for medium rare (145° F) to medium (160°) doneness, turning occasionally. Keep warm.
5. Drain pickled vegetables, discard liquid and arrange on serving platter. Top with beef rolls. Serve with dipping sauce. Garnish as desired.

STEAK COMPETITION

Team Information

Division: **Intermediate 14-17 ~ State: Virginia**

Team Members: **MiHwa Brook Adkins**, *Moneta*; **Suter Clark**, *Gretna*;
Brooklyn Davis, *Winchester*; **Hannah Davis**, *Winchester*;
Lillian Hart, *Culpeper*; **Zachary McCall**, *Greenville*

Southwestern Flat-iron with Chili Butter

| | |
|---------------------------------|--------------------|
| 1 CAB® flat-iron steak, trimmed | ¾ tsp. coriander |
| 2 Tbs. of olive oil | ½ tsp. cinnamon |
| 1 Tbs. kosher salt | ½ tsp. oregano |
| 1 Tbs. ground cumin | dash ground ginger |
| 1 tsp. chipotle chile powder | dash garlic powder |
| 1 tsp. ground black pepper | |

- ~ Set the steak out (15 minutes) to bring to room temperature. Thoroughly mix dry ingredients together in a large bowl. Trim any fat from the steak. Smother the steak in the olive oil and the previously mixed dry ingredients. Place the steak in a bowl or bag to rest (up to 2 hours).
- ~ Preheat the grill to 400° F. Remove steak and remove excess rub (clumps). Cook steak for 10-15 minutes turning every 4-5 minutes. Remove from heat and let stand for 20 minutes. Slice in ¼-inch slices against the grain.
- ~ Capture the juices that the cut releases for bonus au jus. Plate the slices topped with a fun flavored butter coupled with a seasonal vegetable.

Team Information

Division: **Senior 18-21 ~ State: Arkansas**

Team Members: **Nicholas Pohlman**, *Prairie Grove*;
Hailey Royce, *Fayetteville*

CAB® Flat-iron Beef And Broccoli

| | |
|--------------------------------|--|
| ¾-1 lb. CAB® flat-iron steak | 2 tsp. Chinese rice wine (or dry cooking sherry) |
| ¾ lb. broccoli florets | ⅛ tsp. freshly ground pepper |
| 2 Tbs. cooking oil | 2 Tbs. oyster sauce |
| 2 cloves garlic, finely minced | ¼ cup chicken broth |
| 1½ tsp. cornstarch | 3 cups cooked rice |
| 2 tsp. soy sauce | |

- ~ Prepare marinade by combining 1 tsp. soy sauce, 1 tsp. Chinese rice wine, ½ tsp. cornstarch and ⅛ tsp. freshly ground pepper in a medium bowl, whisking until cornstarch dissolves. Place flat-iron steak into a zip-closing bag and add in marinade. Let stand 10-15 minutes.
- ~ While meat is marinating, prepare the sauce by combining 2 Tbs. oyster sauce, 1 tsp. Chinese rice wine, 1 tsp. soy sauce and ¼ cup chicken broth. Whisk together in a small bowl and set aside.
- ~ Steam or blanch broccoli in a small pot with at least an inch of boiling water until tender crisp, about 2 minutes. Drain thoroughly.
- ~ Remove steak from marinade and place on a hot grill. Grill steak until medium rare. Remove from grill and let rest 10 minutes. Slice rested steak thinly across the grain.
- ~ Place large frying pan or wok over high heat, heating until water sizzles and instantly evaporates upon contact. Add 2 Tbs. of cooking oil to pan, swirling around the pan to coat pan. Add garlic in the pan and cook for 1 minute then add sliced steak to the pan mixing together the garlic and beef. Cook for about 2 minutes. Dissolve 1 tsp. cornstarch in 1 Tbs. water and mix into prepared sauce. Pour this mixture into the pan with the beef, stirring until the sauce boils and thickens. Stir in broccoli.
- ~ Place on serving dish with serving of cooked rice for a side.

Team Information

Division: **Intermediate 14-17 ~ State: Washington and Idaho**

Team Members: **Matt Rosman**, *Creston, WA*;
Sydney Rylaarsdam-Schoo, *Grangeville, ID*;
Kady Ray Vejraska, *Omak, WA*

Bourbon Glazed Flat-iron

| | |
|---------------------------------------|--|
| 4 CAB® flat-iron steaks (1-in. thick) | 3 Tbs. balsamic vinegar |
| 6 Tbs. bourbon extract or flavoring | 2 Tbs. low-sodium Worcestershire sauce |
| ¼ cup reduced-sodium soy sauce | |
| 3 Tbs. dark brown sugar | cooking spray |

- ~ Combine the first 5 ingredients in a small bowl. Place steaks in a shallow dish and spoon ¼ cup bourbon mixture over steaks. Set remaining bourbon mixture aside. Turn steaks to coat evenly. Coat grill with cooking spray, heat until hot. Add steaks to grill, turning once, and heat until internal temperature reaches 135° F. Remove from heat and let rest under foil.
- ~ Bring remaining bourbon sauce to a boil on grill, stirring to loosen browned bits, simmer 1 minute or until sauce is reduced to one cup. Spoon sauce over steaks and serve.

Team Information

Division: **Senior 18-21 ~ State: Illinois**

Team Members: **Lindsey Decker**, *Philo*; **Olivia Heltsley**, *Kansas*;
Holly Marsh, *Union*; **Amber Schiffbauer**, *Tonica*;
Brooke Schiffbauer, *Tonica*

Chili Steak Gyros

| | |
|--|-------------------------------|
| 4 CAB® flat-iron steaks | tomatoes and lettuce, chopped |
| ¾ cup prepared Italian dressing | |
| ¼ cup lime juice | Pickled onions: |
| ⅓ cup fresh cilantro, chopped, divided | ½ cup cider vinegar |
| 1½ Tbs. chili powder | 1 cup warm water |
| ¾ cup dairy sour cream | 1 Tbs. sugar |
| 4 pita bread rounds, warmed on grill | 1½ tsp. kosher salt |
| | 1 medium red onion |

- ~ Combine lime juice, 3 Tbs. cilantro and chili powder in small bowl for dressing. Combine sour cream, remaining cilantro, 1½ Tbs. dressing mixture and salt as desired in another small bowl. Cover and refrigerate until ready to serve.
- ~ Place steaks and remaining dressing mixture in resealable plastic bag and turn steaks to coat. Close bag and marinate in refrigerator 4-6 hours, turning occasionally. Remove steaks from marinade and discard marinade. Place steaks on medium-hot grill. Cover and grill 10-12 minutes, turning occasionally, until steaks reach 140° F. Remove from heat and cover loosely with foil, let steaks rest 4 minutes. Carve steaks into thin slices and salt and pepper to taste. Lay steak slices onto pita bread. Serve with cilantro cream sauce, chopped tomatoes, pickled onions and lettuce.
- ~ Pickled onions: Mix together first 4 ingredients for pickled onions until sugar and salt dissolve. Slice 1 medium red onion and pack into a wide-mouth mason jar. Pour brine over onions. Let sit at room temperature 1-2 hours or refrigerate 1 day. Onions will keep in refrigerator several weeks.

STEAK COMPETITION

Team Information

Division: **Senior 18-21 ~ State: Iowa**

Team Members: **Cassidy Becker**, *Diagonal*; **Haley Greiman**, *Perry*;
Morgan Knapp, *Bloomfield*; **Maggie Maas**, *Adair*

Italian Stuffed Flat-iron

| | |
|-------------------------------------|---|
| 2-2½ lb. CAB® flat-iron steak | 4 oz. prosciutto, thinly sliced |
| 3-4 cloves of garlic, minced | 4 oz. provolone cheese, thinly sliced |
| 1 small shallot, minced | |
| 2 Tbs. fresh parsley, finely minced | toothpicks soaked in water for 10 minutes |
| 1 tsp. sage leaves, finely minced | |
| 1 tsp. basil, minced | salt and pepper to taste |
| 2 Tbs. olive oil | |

1. Combine garlic, shallot, parsley, basil, sage and olive oil in small bowl.
2. Slicing horizontally across the steak, butterfly and pound the flat-iron steak into 2 thin rectangles. Position steak so that the grain runs parallel to the edge of the counter and spread the herb mixture evenly over the surface of steak.
3. Lay prosciutto evenly over the steak, leaving a 1-inch border along the edge. Cover prosciutto with an even layer of cheese, leaving a 1-inch border. Starting from bottom edge and rolling away from you (towards the top), roll steak into a tight log and place on cutting board seam-side down.
4. Starting in the middle of the steak roll, tie a piece of kitchen twine to secure the steak. Working outward from the center, place more ties of kitchen twine in 1-inch intervals until the whole steak is tied up.
5. Using a sharp knife, slice roll between pieces of twine into 1-inch thick pinwheels. Season the pinwheels lightly with salt and pepper. Skewer each pinwheel with a toothpick.
6. Preheat oven to 350° F. Heat a cast iron skillet over medium-high heat. Place pinwheels in pan and brown for 3 minutes or so. Flip over and brown on the other side for 2 minutes.
7. Slide skillet into preheated oven and cook for 8-10 minutes or until steak reaches the desired doneness.
8. Remove from oven, tent with aluminum foil, and let rest for 5 minutes.
9. Remove the twine and toothpicks and enjoy!

Team Information

Division: **Senior 18-21 ~ State: Kansas**

Team Members: **Laura Carpenter**, *Wamego*; **Mia Hastings**, *Wamego*;
Kelly Newton, *Elk City*; **Channing Schneider**, *Wamego*;
Morgan Woodbury, *Quenemo*; **Baylee Wulfkuhle**, *Berryton*

Slugger's 'KNOCKOUT' Bacon-wrapped Skewers

| | |
|---|-----------------------------|
| CAB® flat-iron steak | ½ cup cider vinegar |
| 1 clove of garlic | ½ cup pineapple juice |
| 1 can (12 oz.) of Ale-8-One® soda | ¼ cup Ale-8-One® soda |
| bacon | ⅛ cup bourbon flavoring |
| fresh vegetables (zucchini, mushrooms, onions, etc.), cubed | 1 Tbs. molasses |
| | 2 tsp. Worcestershire sauce |
| | ½ tsp. hot sauce |
| | 1 tsp. salt |
| | ½ tsp. pepper |

Bourbon-ale BBQ sauce:
2 cups ketchup
¾ cup brown sugar

- ~ Marinate steaks in one glove of garlic and one can of Ale-8-One® soda for at least 2 hours. Cut bacon slices in half and cook halfway for 8-10 minutes to render some fat. While bacon is cooking, remove steak from marinade, cut steak into 2-inch pieces and season with salt and pepper. Remove bacon and drain on paper towel. Wrap bacon around steak and your choice of fresh cubed vegetables and thread onto skewers. Place skewers over direct grill heat and brush with bourbon bbq sauce. Cook 1½-2 minutes per side while brushing on bbq sauce at each turn. Using a meat thermometer, check temperature (120° F for medium rare or 135-140° for medium). Remove from grill, place on plate, tent with foil and rest for 7 minutes.
- ~ Bourbon-ale BBQ sauce: Combine the ketchup, brown sugar, cider vinegar, pineapple juice, bourbon flavoring, soda, molasses, Worcestershire sauce, hot sauce, salt and pepper in a saucepan. Bring to a simmer over medium-low heat. Cook, stirring occasionally for about 10 minutes or until the sauce reaches the desired thickness. Remove the pan from the heat and let sauce cool. When cooled, taste and adjust seasonings however desired. Use sauce right away or store in an airtight container in the refrigerator for up to 3 weeks.

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STEAK COMPETITION

Team Information

Division: **Senior 18-21 ~ State: Ohio**

Team Members: **Kinsey Crowe, Eaton; Renéé Hamilton, Pataskala; McKayla Raines, Seaman; Erica Snook, Caldwell**

St. Olaf Fajitas

| | |
|------------------------------|-------------------------------------|
| 2-3 lb. CAB® flat-iron steak | ¼ cup fresh cilantro, chopped |
| 1 tsp. salt | 1 medium red bell pepper, sliced |
| 1 tsp. black pepper | 1 medium yellow bell pepper, sliced |
| 1 tsp. cumin | 1 medium green bell pepper, sliced |
| 1 tsp. coriander | 1 medium red onion, sliced |
| 1 tsp. smoked paprika | tortillas |
| 1 tsp. chili powder | salsa |
| 1 tsp. dried oregano | guacamole |
| 2 cloves garlic, grated | sour cream |

- ~ Combine spices in a small bowl and mix well. Sprinkle seasoning over both sides of steak and cover well. In a tight-sealing container, add lime juice, cilantro and garlic. Place seasoned steak in container and marinate for 30 minutes to 2 hours.
- ~ Grill steak over medium to high heat until desired doneness. Let steak rest 5-10 minutes before slicing. Be sure to cut thin slices and cut against the grain.
- ~ Sauté sliced peppers and onion over medium heat in skillet. Add salt and pepper to taste.
- ~ Serve with your favorite tortillas, salsa, guacamole and sour cream.

Team Information

Division: **Senior 18-21 ~ State: Pennsylvania**

Team Members: **Kaitlin Bell, Nottingham; Grant Cash, York; Elizabeth Voight, Fredericksburg; James Voight, Fredericksburg; Madison Weaver, Ephrata**

Flat-iron Steak Sandwich

| | |
|--|--|
| 2 lb. CAB® flat-iron steaks, at room temperature | 1 tsp. Worcestershire sauce |
| ½ cup mayonnaise | 2 Tbs. butter |
| 3 Tbs. prepared horseradish | 4 cups onions, sliced ¼-in. thick |
| 3 tsp. salt, divided | 2 Tbs. oil |
| 1½ tsp. black pepper, divided | 8 5-6-in. club rolls, split vertically ¾ the way through |
| 1 tsp. Dijon mustard | 2½ cups shredded cheddar cheese |

- ~ Combine the mayonnaise, horseradish, ½ tsp. salt, ¼ tsp. pepper, the mustard and Worcestershire sauce in a small bowl. Whisk until smooth and refrigerate until ready to serve.
- ~ Melt the butter in a medium skillet set over medium heat on the grill. Add the onions, ½ tsp. salt and ¼ tsp. pepper to the pan. Sauté the onions for about 15 to 20 minutes until browned and caramelized, stirring occasionally.
- ~ Sprinkle the steaks on both sides with the remaining 2 tsp. of salt and 1 tsp. of pepper. Heat the oil in a large ovenproof skillet over medium-high heat on the grill. Add the steaks to the pan and sear until browned, 4 to 5 minutes on each side. After 5 minutes, flip the steaks and continue to cook until the internal temperature has reached 135° F (medium-rare) or 140° F (medium), 10 to 15 minutes. Remove the pan from the grill, cover the steaks with foil, and let them rest for 5 minutes.
- ~ While the steaks are resting, place the rolls on a baking sheet cut-side up and divide the cheese among the rolls. Then divide the caramelized onions among the rolls. Place the rolls on the baking sheet on the top of the grill and heat until the cheese melts, 5 to 8 minutes.
- ~ When the steaks finish resting, transfer them to a cutting board and thinly slice against the grain. Divide the meat among the rolls and top with about 1 Tbs. of the horseradish sauce if desired.

Team Information

Division: **Senior 18-21 ~ State: Virginia**

Team Members: **Berkeley Frank, Winchester; Jenna Hamilton, Buena Vista; Sarah Harris, Buchanan; Sarah Russell, Stevensburg; Mikayla St. Clair, Berryville**

Sweet and Spicy Flat-iron

4 CAB® flat-iron steaks 6 Tbs. Dijon mustard

Mint glaze:

4 Tbs. brown sugar
1 Tbs. prepared horseradish,
drained
6 mint leaves, finely chopped
kosher salt and freshly
ground black pepper

Flat-iron steak rub:

2 Tbs. coarsely ground black
pepper
½ tsp. Aleppo chili powder
1 tsp. sea salt
2 Tbs. olive oil

1. To make the glaze, whisk together brown sugar, horseradish, mustard and mint in a small bowl. Season with salt and pepper, and set aside.
2. Heat grill to around 425° F.
3. In a small bowl, combine black pepper, Aleppo chili flakes and salt. Brush the steaks with olive oil and rub both sides of each steak with the steak rub.
4. Place the steaks on the grill and cook until steaks are medium rare, 8 to 10 minutes, brushing with glaze during the last 2 minutes. Remove steaks and brush again with glaze. Allow to rest for 5 minutes before serving.

OTHER BEEF COMPETITION

Team Information

Division: **Junior 8-13** ~ State: **California**

Team Members: **Tori DeMeyer**, *Modesto*; **Sonny Guess**, *Springville*;
Lane Toledo, *Visalia*

That's A Wrap

| | |
|--------------------------|------------------------|
| CAB® precooked pot roast | avocado, thinly sliced |
| flatbread | toothpicks |
| shredded lettuce | sour cream |
| shredded cheese | guacamole |
| tomatoes, diced | chives |

- ~ Warm the flatbread on each side in a sauté pan.
- ~ Spray pan with cooking spray and warm the precooked pot roast in juices from the bag in a sauté pan.
- ~ Shred beef into bite-sized pieces and layer with lettuce, cheese, tomatoes, and avocado.
- ~ Roll up wrap and secure with toothpicks, cut each roll into pieces.
- ~ Serve with sour cream and guacamole on the side for dipping with tomatoes and chives for garnish.

Team Information

Division: **Junior 8-13** ~ State: **Florida**

Team Members: **Owen Austrino**, *Dade City*; **Lily Harwell**, *Polk City*;
Lilly Larson, *Okeechobee*; **Pearl Longanecker**, *Lithia*;
Beau Ware, *Lithia*

Ready Roast

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

- ~ Mix the dry rub ingredients together in a bowl.
- ~ After mixing the dry rub together, coat the roast with the extra virgin olive oil. Apply the dry rub to the roast and place in Instant Pot®.
- ~ After the roast is in the Instant Pot®, add the beef broth, onion, carrots, and salt and pepper.
- ~ Cook 1 hour following the instructions on the Instant Pot® and serve accordingly!

Team Information

Division: **Junior 8-13** ~ State: **Illinois**

Team Members: **Dani Alberts**, *Atlanta*; **Bennett Bergman**,
Mason City; **Brode Bergman**, *Mason City*; **Claire Kuipers**, *Leroy*;
Anna Parr, *Mason City*; **Eli Parr**, *Mason City*

Taco Beef Stuffed Breadsticks

| | |
|----------------------------|----------------------------------|
| 1 CAB® precooked pot roast | 1-1½ cups Mexican blend cheese, |
| ½-1 taco seasoning packet | shredded |
| | 12 Texas-size frozen yeast rolls |

- ~ Lay rolls out to thaw and begin to rise, about an hour. Remove roast from juices and shred. In large bowl, mix shredded beef, taco seasoning and cheese. Add juices from meat to moisten beef and cheese mixture. Adjust seasonings to taste.
- ~ When rolls have started rising, one at a time, flatten and stretch rolls into 3 inch by 6-7 inch rectangles. Place 2-3 Tbs. of beef and cheese mixture down on the center of dough. Pull sides of dough together around filling and pinch to seal. Let rise another hour or more. Bake in 380° F oven until golden brown.
- ~ The cooked breadsticks freeze well. Tasty hot or cold!

Team Information

Division: **Junior 8-13** ~ State: **Oklahoma**

Team Members: **Cara Cummins**, *Hollis*; **Jelani King**, *Waukomis*;
Carter Kornegay, *Owasso*; **Gage Long**, *Adair*

Oklahoma's French Dip Sandwiches

| | |
|---------------------------------|--------------------------------------|
| 1 pkg. CAB® precooked pot roast | 1 tsp. garlic powder |
| 2 cups beef broth | ¼ tsp. black pepper |
| ½ cup soy sauce | 1 bay leaf |
| 1 tsp. dried rosemary | 8 French or sub rolls, split in half |
| 1 tsp. dried thyme | |

1. Place roast in a 3-quart slow cooker. In a medium bowl, combine beef broth, soy sauce and spices; pour over roast. Cook on high for 1-2 hours until meat is heated through and flavors have melded with roast.
2. Remove meat from broth. Place on a cutting board and shred with 2 forks, removing any fat or gristle. If already shredded, skip this step.
3. Place meat evenly on rolls. Strain broth and pour into bowls for dipping or spooning over the tender-as-can-be meat.
4. Add a slice of your favorite cheese for a satisfying sandwich you won't be able to put down.

OTHER BEEF COMPETITION

Team Information

Division: **Junior 8-13 ~ State: Missouri**

Team Members: **Molly Busch**, *St. James*; **Courtney Dehn**, *Dearborn*;
Nolan Dehn, *Dearborn*; **Bailey Schuering**, *Thompson*;
Landon Witt, *Leslie*; **Paighton Witt**, *Leslie*

Tender CAB® Roast Puff

| | |
|---|---|
| 1 lb. CAB® precooked roast | 1 tsp. thyme or parsley — you choose your favorite |
| 1 onion, sliced | salt and pepper to season |
| 5 cloves garlic, chopped | fresh parsley for garnish (optional) |
| 2 large carrots, peeled and sliced into chunks | frozen ready-rolled puff pastry, cut into 5 in. by 5 in. squares. Allow 2 squares per steak puff. |
| 1 Tbs. olive oil | |
| 1½ Tbs. flour | |
| 2 bay leaves | |
| 3 Tbs. balsamic vinegar | |
| 1 cube stock/beef broth/bouillon dissolved in 2½ cups boiling water | |
| | Filling: |
| | Allow 2 Tbs. of leftover chilled beef casserole, including the vegetables and gravy, per parcel. |
| | 1 egg, beaten |

1. First, cut the CAB® beef roast into palm-sized portions then place in a zip-close bag and tenderize using a meat hammer on BOTH sides until they are about ½ inch thick. Do this for all portions then place in a dish.
 2. To the meat, add the balsamic vinegar, olive oil, crushed garlic and pepper. Do not add the salt. Mix it all together then arrange the meat so it is sitting flat. Leave for 30 minutes.
 3. In the Instant Pot®, add a drop of olive oil and the chopped onion; simmer until translucent.
 4. Add the meat and fry until brown to seal the juices.
 5. Add the flour and combine it all.
 6. Add in all remaining vegetables and broth. Season now with salt if you like.
 7. Lock on the lid and set to stew for 20 minutes.
- If the liquid is not thick enough for your liking, add a drop of water to 1-2 Tbs. of cornstarch, stir to dissolve, then add to the casserole and give it another stir.

Steak puff:

Set oven to 425° F.

1. Take the CAB® casserole which should have been chilled. Measure 2 heaped Tbs. of casserole per pastry and place this in a bowl.
2. Grease a baking sheet, and place one pastry square per CAB® beef puff on the sheet. Then place 2 Tbs. of casserole in the center of each pastry. Next, using a fork or knife, spread the filling so it reaches up to ¼ inch from the edges of the pastry.
3. Use a fork and seal down all around the edges well, cut an “X” in the center of each puff. Brush the pies with the beaten egg.
4. Place in the oven and bake for approximately 20 minutes, until golden. To see if they are done, use a spatula and lift one up, check the bottom (underneath) of the pies to see if the pastry is crispy.

Team Information

Division: **Junior 8-13 ~ State: Ohio**

Team Members: **Logan Davis**, *Bidwell*; **Maggie Davis**, *Bidwell*;
Josie Kidwell, *Walhonding*; **Garrett Miley**, *Sarahsville*;
Hannah Millikan, *Napoleon*; **Anna Scheurman**, *Warsaw*

Derby Days Burgoo

| | |
|--|--|
| 1 pkg. CAB® precooked roast | 1 large onion, diced |
| 1 lb. cubed chicken, sausage or wild game | 1 green bell pepper, seeded and diced |
| 2 cups chicken broth | ½ cup celery, diced |
| 2 cups beef broth | ¼ cup apple cider vinegar |
| 2 cups potatoes, peeled and diced | 2-4 Tbs. Worcestershire sauce (to taste) |
| 1 cup carrots, diced | 3 cloves garlic, chopped |
| 1 can (15 oz.) stewed, crushed or diced tomatoes | 1-3 bay leaves |
| 1 cup smoky barbecue sauce | salt and pepper (to taste) |
| 1 cup frozen lima or green beans | 1 dash hot pepper sauce (or to taste) |
| 1 cup okra, diced | |
| 1 cup frozen corn | |

- ~ Brown and cook meats accordingly, using pressure cooker. Set aside. Meat pieces should be boneless and bite-sized before proceeding.
- ~ Sauté onions, carrots, celery and green pepper. Season vegetables with salt and pepper. When vegetables are browned, add garlic and cook for 30 seconds more, until fragrant.
- ~ Combine meat mixture and vegetables in a large stock pot or pressure cooker. Stir in broths and potatoes. Bring to a boil, then simmer in stock pot for one hour.
- ~ Stir in tomatoes, barbecue sauce, lima/green beans, okra, corn, apple cider vinegar, Worcestershire sauce, bay leaves, salt, pepper and hot pepper sauce.
- ~ Bring stew back to a boil, reduce heat to low and let simmer for one hour.
- ~ Discard bay leaves before serving. Serve in bread bowl or with corn bread muffins as an accompaniment!

Team Information

Division: **Junior 8-13 ~ State: Iowa**

Team Members: **Emma Deppe**, *Winterset*; **Jackson Deppe**, *Winterset*;
Alec Gotto, *Dyersville*; **Bella Gotto**, *Dyersville*; **Brenden Gotto**,
Dyersville; **Eliza Patchin**, *Mitchellville*

Instant Pot® Beefy Pasta and Cheese

| | |
|--------------------------|-----------------------------------|
| CAB® precooked pot roast | 4 cups shredded colby jack cheese |
| 16 oz. uncooked pasta | 1 cup heavy cream |
| 4 cups chicken broth | kosher salt |
| 2 Tbs. butter | freshly ground pepper |

1. Add pasta, chicken broth and butter to the Instant Pot®.
2. Place the lid on the pot and set to sealing.
3. Cook on manual function, high pressure for 5 minutes.
4. Then, do a quick release.
5. Stir in the cheese and cream until smooth.
6. Add in shredded pot roast and season to taste.
7. Serve with more pot roast on top and enjoy!

OTHER BEEF COMPETITION

Team Information

Division: **Junior 8-13** ~ State: **Virginia**

Team Members: **Quincy Clayton**, Staunton; **Aubrey Herbers**, Lynchburg; **Ella Jane Michael**, Fishersville; **Kallie Jo Poole**, Staunton; **Sadie Poole**, Staunton

Quick and Easy Pot Roast Patty Melts

For the sandwiches:

| | |
|--|----------------------------------|
| 3-4 cups CAB® precooked pot roast | salt and pepper to taste |
| 8 slices sturdy bread | 8 slices of your favorite cheese |
| 3 Tbs. butter, plus more for the bread | Sauce: |
| 2 medium onions, thinly sliced | ½ cup mayonnaise |
| | 3 Tbs. steak sauce |
| | pepper to taste |

1. Heat pot roast. Butter one side of all 8 slices of bread.
2. Melt 3 Tbs. of butter in a large skillet. Add onions and cook over medium heat, stirring frequently, until onions are soft and golden brown.
3. Season with salt and pepper and remove from heat.
4. Combine the sauce ingredients in a medium bowl.
5. Heat a griddle or panini press over medium-high heat. Spread a layer of the sauce on the unbuttered side of 4 slices of bread. Top with a slice of cheese.
6. Top each slice of cheese with about ½ cup of pot roast, a generous portion of onions and another slice of cheese. Top with the remaining slice of bread, buttered side out.
7. Grill, flipping once, until both sides are browned and crispy.
8. Serve patty melts with the remaining sauce for dipping.

Team Information

Division: **Intermediate 14-17** ~ State: **North Carolina**

Team Members: **Nate Bowman**, Germanton; **Greyson Peeler**, Lawndale; **Ava Wood**, Willow Spring; **Mary Wood**, Willow Spring; **Riley Wood**, Willow Spring

Old North State Tacos

CAB® precooked pot roast, approximately 3 lb.

juice of 1 lime

½ Tbs. chili powder

½ Tbs. Montreal Steak® seasoning

3 garlic cloves, finely diced

¼ tsp. ground cumin

½ tsp. salt

white corn tortillas, slightly charred on the grill

queso fresco

avocado, sliced

grilled corn salsa

Grilled corn salsa:

2 large ears of corn

¼ red onion, diced

2 ripe tomatoes, seeds slightly removed and diced

1 whole serrano or jalapeño pepper, seeded and minced

sea salt and ground black pepper to taste

1 medium lime, juiced

½ cup fresh cilantro, chopped

- ~ Shred CAB® precooked pot roast and add to a slow cooker. Add lime juice, chili powder, steak seasoning, garlic, cumin and salt. Stir to mix well. Heat thoroughly, approximately 2 hours on low. Build tacos by placing meat inside charred tortillas and topping with queso fresco, sliced avocados, grilled corn salsa or other toppings of your choice.
- ~ To grill corn (preferably over charcoal for best flavor), leave the husk on and grill corn until charred. Then remove the husk and strings, and put it back on the grill for a little color (2-3 minutes, rolling to heat all sides). Once grilled, slice corn off of the cob and stir into bowl with remaining ingredients. Serve immediately.

Team Information

Division: **Intermediate 14-17** ~ State: **Missouri**

Team Members: **Anna Eitel**, Novinger; **Caroline Frank**, Wentzville; **Josey Meier**, Jackson; **Jenna Reeter**, Trenton

Precooked CAB® Roast Beef Street Tacos

Pico de gallo:

5 Roma tomatoes, diced

½ medium yellow onion, diced

2 jalapeños, seeded, deveined and finely diced

¼ cup cilantro, chopped

1 Tbs. extra virgin olive oil

2 Tbs. lemon or lime juice

½ tsp. kosher salt

pepper to taste

Tacos:

1 lb. CAB® precooked roast, shredded

16 corn tortillas, soft

3 Tbsp olive oil

3 romaine lettuce, shredded

½ cup Monterey Jack cheese, shredded

2 large avocados, cubed

2 limes, cut into wedges

- ~ Toss diced tomatoes, onion, peppers, cilantro, olive oil, lemon or lime juice and salt and pepper in a medium-sized bowl then refrigerate while you make the tacos.
- ~ Heat a large, non-stick skillet over medium-high heat. Add a tiny bit of olive oil to the bottom of the pan. Place two or three tortillas in the skillet and allow them to brown slightly — approximately 2 minutes. Flip them over to brown on the other side. When browned, transfer to a plate, separating them with paper towels. Add a tiny bit more oil to the pan then repeat until all tortillas have been browned.
- ~ Build your tacos, one at a time, layering the shredded beef, lettuce, cheese, avocado and pico de gallo to your liking. Spritz with lime juice, serve with your favorite accompaniments such as a corn and black bean salad, Spanish noodles or cilantro lime rice.

Team Information

Division: **Senior 18-21** ~ State: **California**

Team Members: **Tyler Coleman**, Modesto; **Charlize Guess**, Tulare; **Mason Tarr**, Sanger; **Calista Schreck**, Placerville

Fajita Fiesta

CAB® precooked pot roast

onions, sliced

red bell peppers, sliced

green bell peppers, sliced

2 Tbs. canola oil

cumin

garlic powder

black pepper

- ~ Sauté onions, red bell peppers and green bell peppers in the canola oil. Season with cumin, garlic powder and black pepper. Remove from pan.
- ~ Warm the precooked pot roast in a sauté pan in its juices and shred into bite-sized pieces.
- ~ Heat flour tortillas in sauté pan on each side; remove and add beef and sautéed vegetables. Fold over filled tortilla and serve with fresh guacamole and salsa, sour cream, and a side of ranch beans with diced jalapeños.