

The 38th annual
2021 ALL-AMERICAN
Certified Angus Beef® COOK-OFF



In conjunction with the
National Junior Angus Show
Grand Island, Neb. ~ July 10-17, 2021

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 38th 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);



Grand Island, Neb. (2016, 2021); and “CAB at Home” (2020).

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 categories include steaks, roasts and other beef items. Intermediate and senior NJAA members are also encouraged to enter the 11th Chef's Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Brian and Tiffany Stoller, Palisade, Neb., serve as local contacts for the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Grand Island, Neb. ~ July 13, 2021

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 21st 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 16th time this award will be presented.
- ~ **Connealy Angus, Jerry and Sharon Connealy, Whitman, Neb.**, for sponsoring custom-designed t-shirts for each contestant.
- ~ **Friends of the Black Kettle, Kentucky Angus Association, American Angus Auxiliary and Nebraska Beef Council** for awards.
- ~ **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- ~ **Sysco, Lincoln, Neb.**, 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.

2021 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: **Danielle Alberts**, *Atlanta*; **Ella Bane**, *Towanda*; **Claire Kuipers**, *Le Roy*; **Kelson Kuipers**, *Le Roy*; **Anna Parr**, *Mason City*

Dr. Pepper Tri-Tip

3 lb. CAB® tri-tip roast	¼ cup Worcestershire sauce
1 can (12 oz.) Dr. Pepper®	1 Tbs. coarse ground salt
½ cup Italian dressing	2 tsp. fresh ground pepper
¾ cup Sweet Baby Ray's® BBQ Sauce	1 Tbs. granulated garlic

- ~ Mix marinade ingredients.
- ~ Place roast in resealable plastic bag. Pour marinade over beef and massage the marinade into the roast.
- ~ Refrigerate 4-24 hours.
- ~ Remove roast, reserving 2 cups marinade.
- ~ Place roast on hot grill and sear all sides.
- ~ Lower heat and continue grilling until internal temperature is 135° F.
- ~ Remove roast from heat and wrap in foil. Let sit 10 minutes before slicing.
- ~ While roast is resting, boil reserved marinade for 3 minutes.
- ~ Lower heat and continue cooking 5 minutes to reduce.
- ~ Serve sauce with tri-tip slices.

Team Information

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

Team Members: **Mya Curran**, *Chariton*; **Cheyenne Houk**, *Blakesburg*; **Joslyn Koppen**, *Lakota*; **Jillian Moffitt**, *Colfax*

CAB® Tri-Tip Beef Roast Runza

3-lb. CAB® tri-tip roast	salt and pepper to taste
1 packet beefy onion soup mix	1 bag frozen dinner roll dough
1 bag (10 oz.) frozen chopped onions	melted butter
1 small head of cabbage, shredded	seasoning of choice for top of runza
favorite sliced cheese	

- ~ Thaw frozen roll dough using pkg. instructions and let them rise.
- ~ Filling: Cut the roast into smaller chunks against the grain. In an Instant Pot®, pour in 1 cup of water and the packet of soup mix, and add the whole bag of frozen chopped onions. Place the chunks of roast on top of the frozen onions. Cook on high pressure for 1 hour.
- ~ Release the pressure. Shred the roast. Add the small head of shredded cabbage. Cook on high pressure for another 4 minutes.
- ~ Release the pressure. Drain the filling, save the cooking liquid for dipping if desired. Let the filling cool.
- ~ Assembly: Roll out one dinner roll and add about ¼ cup filling, leaving enough room at the edges to be able to fold together. If you want to add cheese, place about a half of a slice of your favorite cheese on top of the filling.
- ~ Roll out another dinner roll and place over the top of the filling. Fold the edge of the bottom dough over the top dough edge, making sure it is completely sealed. Place on greased baking sheet and cover to let rise for 30 to 45 minutes.
- ~ Brush with melted butter and dust with desired seasoning. Bake at 375 °F for about 20 minutes.

Team Information

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

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

TikTok Tri-Tip Roast

3 lb. CAB® tri-tip roast	¼ cup dehydrated garlic
coarse kosher salt	¼ cup dehydrated red pepper
¼ cup garlic salt	¼ cup dehydrated onion
¼ cup red pepper	2 Tbs. paprika
¼ cup black pepper	2 Tbs. raw sugar
¼ cup instant coffee grounds	olive oil
¼ cup ground chipotle pepper	foil

- ~ Trim tri-tip roast to remove fat cap.
- ~ Dry brine with coarse kosher salt. Let it sit for 4 hours.
- ~ Slather meat in olive oil.
- ~ Put together a mixture of garlic salt and red and black pepper, let rest for 10 min.
- ~ Next, mix primary rub consisting of the coffee grounds, chipotle pepper, dehydrated garlic, dehydrated red pepper, dehydrated onion, paprika and raw sugar. Add the kosher salt and red and black pepper mixture, mix well.
- ~ Rub the entire mixture of seasonings liberally on tri-tip, let rest for 5 minutes.
- ~ Grill at low temp at 225°F for up to two hours. This can be decreased based on serving time.
- ~ Wrap tightly in two layers of heavy foil, put on grill at 300° for up to two more hours. This can also be decreased based on serving time.
- ~ Take off grill when 190° core temperature is reached.
- ~ Let roast rest for 20 minutes. Slice thin, against the grain, and serve.

Team Information

Division: **Junior 8-13** ~ State: **North Dakota**

Team Members: **Kaylee Erdmann**, *Lisbon*; **Cally Hansen**, *Carrington*; **Molly Hansen**, *Carrington*; **Haylie Spickler**, *Glenfield*; **Kadence Spickler**, *Glenfield*; **Sienna Topp**, *Grace City*

Shredded Gravy Roast Beef Sandwiches

1-3 lb. CAB® tri-tip roast	6 tsp. Worcestershire sauce
½ tsp. ground black pepper	1 can (10.5 oz.) beef gravy
3 tsp. Lawry's® Seasoned Salt	1 carton (32 oz.) beef broth
6 tsp. onion powder	1 dozen large hamburger buns
2 tsp. garlic powder	

- ~ Mix pepper, seasoned salt, onion powder, garlic powder and Worcestershire sauce together and sprinkle on the top and bottom of the roast.
- ~ Put the roast in a roaster. Pour the beef gravy over the top, and pour 2 cups of the beef broth in the bottom of the pan.
- ~ Roast the meat at 350° F for 3 hours. Halfway through cooking, turn the roast over and add the remaining beef broth.
- ~ After 3 hours, the roast can be shredded with forks and the beef served on hamburger buns.

ROAST COMPETITION

Team Information

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

Team Members: **Quincy Clayton**, Staunton; **Lindsay Davis**, Winchester;
Curtis Ann Herbers, Lynchburg; **Ella Jane Michael**, Fishersville;
Sadie Poole, Staunton; **Sophie Salling**, Montpelier Station

Alakazamakazoo! Wooster Witches' Stew

3 lb. CAB® tri-tip roast	4 oz. tomato paste
McCormick Grill Mates® Montreal Steak	4 cups low-sodium beef stock
30-minute Marinade (or marinade of choice)	6 dashes Worcestershire sauce
3 Tbs. olive oil	1 tsp. sugar
1 Tbs. butter	4 carrots, peeled and coarsely diced
2 tsp. salt	2 turnips, peeled and coarsely diced
½ tsp. black pepper	1 rutabaga, peeled and coarsely diced
¼ cup flour	4 parsnips, peeled and coarsely diced
1 onion, diced	Wondra Flour™
2 cloves garlic, minced	salt and pepper to taste

- ~ Cut the roast into chunks about 2 inches in size. (Suggestion: tri-tip roast is similar to a triangle in shape, cut roast in half at center of the angle so you can see the two directions of the grain. Cut the chunks across the grain.)
- ~ Pour marinade over chunks in shallow bowl or zip-close bag and marinate for at least 30 minutes, or several hours if you have the time, in refrigerator. Drain marinade. Combine salt, pepper and flour and toss the roast chunks, coating well.
- ~ Heat olive oil in cast iron Dutch oven; add butter when hot.
- ~ In 3 batches, brown the tri-tip chunks, turning pieces until the outside gets nice and brown — about 2 minutes. When each batch is browned, remove and put on plate.
- ~ Add onions and garlic to the pot, stirring it to coat in all the brown bits in the bottom of the pot. Cook 2 minutes.
- ~ Add tomato paste, stir it into onions and cook 2 minutes.
- ~ Pour in beef stock slowly and stir constantly. Add the Worcestershire sauce and sugar; stir.
- ~ Return the tri-tip chunks to the pot; bring to a gentle boil. Cover the pot and reduce the heat to low. Simmer the stew, covered, for 1 ½ hours.
- ~ After simmering, add the carrots, turnips, rutabaga and parsnips to the pot. Stir to combine, put the lid back on the pot, and simmer for 1 hour.
- ~ To thicken the stew, remove 1 cup hot broth and pour into a large measuring cup or bowl. Add Wondra flour slowly while stirring with a wire whisk to make a smooth, thick, flowable paste. Return paste to the broth and stir well. Simmer 15 minutes to continue thickening.
- ~ Alakazamakazoo! Wooster Witches' Stew is ready to serve, hot and bubbling, for a flavorful and filling family meal.
- ~ Serving suggestion from the Wooster witches is to ladle a generous helping of stew over a bed of mashed potatoes in a wide, shallow bowl. Refrigerated mashed potatoes are available in local supermarkets. Follow the directions on the package and add extra butter and dairy cream to enhance the flavor and quality.

Team Information

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

Team Members: **Owen Austrino**, Dade City; **Lilly Larson**, Okeechobee; **Levi Larson**, Okeechobee; **Aubrie-Leigh Persing**, Center Hill

Roast in a Pinch

Marinade:	⅓ cup cooking wine
¼ cup olive oil	1 ½ cups beef broth
2 tsp. minced garlic	6 to 8 carrots, peeled and cut into 1-inch chunks
2 Tbs. balsamic vinegar	2 to 3 onions, peeled and quartered
¼ cup Worcestershire sauce	1 lb. baby potatoes
¼ cup soy sauce	For the gravy:
2 tsp. Dijon mustard	2 ½ Tbs. cornstarch
Tri-tip and vegetables	¼ cup water
2-lb. CAB® tri-tip beef roast	
2 Tbs. olive oil	

- ~ Whisk the marinade ingredients together in a zip-close plastic bag. Place the roast into the bag with the marinade. Press the excess air out of the bag; zip it closed. Place in the refrigerator for 1 to 3 hours. The longer you let it marinate, the more tender it will get.
- ~ Heat the Instant Pot on sauté mode and add the olive oil. When the oil is hot, pat the roast dry and place it in the hot Instant Pot. Make sure you save the marinade for later.
- ~ Sauté the tri-tip for 2 minutes on each side to get it brown. Remove from the pot and set aside.
- ~ Pour in the wine and cook for 1 minute. Deglaze the pot by scraping the bottom of the pot to get all the cooked-on bits off the pot. This is important to prevent the Instant Pot from getting a "burn" notice.
- ~ Pour the remaining marinade into the pot and add the beef broth.
- ~ Place the rack in the bottom of the pot and set the tri-tip on the rack. Secure the lid and place the valve in the sealed position. Cook on high pressure for 30 minutes. (It will take 10 to 15 minutes for the Instant Pot to heat up.)
- ~ Let the Instant Pot release pressure naturally, about 20 minutes.
- ~ Remove the lid and add the carrots, onions, and potatoes to the Instant Pot. Secure the lid and place the valve in the sealed position. Cook on high pressure for 3 minutes then do a quick release (use an oven mitt to protect your hand from the steam). If you like your vegetables extremely soft, increase the cooking time to 5 minutes.

Team Information

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

Team Members: **Chesnie Dickinson**, Glasco; **Bern**; **KayLeeann Greer**, Elk City; **Dane Haverkamp**, Bern; **Kelly Newton**, Elk City

Blackberry Chipotle Tri-Tip

1 CAB® tri-tip roast (2-2 ½ lb.), trimmed of excess fat	⅓ cup blackberry preserves
2 tsp. kosher salt	2 Tbs. balsamic vinegar
1 tsp. black pepper	1 canned chipotle pepper, minced
	1 Tbs. adobo from canned chipotle

- ~ Season tri-tip roast with salt and pepper. Preheat half of grill to medium-high.
- ~ Whisk together preserves, vinegar, chipotle and adobo to create a glaze. Set aside ¼ cup of glaze for a finishing sauce.
- ~ Sear roast 3-5 minutes per side. Move to indirect heat and liberally apply glaze to both sides.
- ~ 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 blackberry glaze once more during cooking.
- ~ Rest 10 minutes on carving board before slicing thinly against the grain. Serve with remaining glaze.

ROAST COMPETITION

Team Information

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

Team Members: **Payton Alexander, Nemo; Dalton Birdwell, Bryson; Daniel "Brenlen" Humpert, Scotland; Nolan Hunt, Huntsville; Colter Pohlman, Hereford; Kilye Winge, Cisco**

Texas Spiced Tri-Tip Roast w/ Chimichurri

1-3 lb. CAB® tri-tip roast	½ cup fresh mint, rough chopped
1 Tbs. extra virgin olive oil	¼ cup fresh oregano, leaves only
1 Tbs. - HEB Texas Prime Coarse Seasoning (more if needed)	1 medium serrano pepper, stem removed
1 Tbs. Adams Prime Rib Rub	5 garlic cloves, crushed
	½ cup shallots, minced
	¼ cup red wine vinegar
Chimichurri sauce:	¼ cup fresh squeezed lemon juice
1 cup fresh curly parsley, rough chopped	1 cup extra virgin olive oil
1 cup fresh cilantro, rough chopped	salt and pepper to taste

- ~ Preheat air fryer to 400°F.
- ~ Season meat liberally and allow to rest while heating air fryer.
- ~ Make chimichurri in food processor: add parsley, cilantro, mint, oregano, serrano pepper, garlic, shallots, red wine vinegar, and lemon juice.
- ~ Pulse mixture until smooth, add olive oil and pulse to just combine. Season to taste with salt and pepper.
- ~ When air fryer is heated, add tri-tip.
- ~ Insert meat thermometer. Air fry at 400° for approximately 20-25 minutes, turning over halfway through.
- ~ Remove at at desired temperature: 125° Rare, 135° Medium rare, 145° Medium.
- ~ Let rest for 10 min before serving with a drizzle of chimichurri and desired sides.
- ~ Serve with savory sweet potato and bacon-wrapped asparagus.

Team Information

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

Team Members: **Brooklyn Davis, Winchester; Aubrey Herbers, Lynchburg; Kallie Poole, Staunton; Madison Stratton, Appomattox**

Grain Bowl with Grilled Vegetables and CAB® Trip Tip

3-lb. CAB® tri-tip roast

Tri-Tip Roast Marinade Ingredients:

½ cup balsamic vinegar
½ cup Worcestershire sauce
4 Tbs. dark brown sugar
2 Tbs. honey
2 Tbs. Dijon mustard
2 tsp. garlic powder
1 Tbs. minced onion
2 Tbs. olive oil

Grain Bowl Ingredients:

cultivated wild rice (packaged; heated in skillet or microwave)
cauliflower rice (packaged; heated in skillet or microwave)

Grilled Vegetables Ingredients:

6 cups brussels sprouts, trimmed and coarsely chopped
3 sweet potatoes, peeled and diced
3 yellow squash, chopped in large pieces
12 radishes, halved or quartered
6 Tbs. butter, divided into 2-Tbs. portions
olive oil
salt, pepper

Ranch dressing Ingredients:

1 packet (1 oz.) Hidden Valley Ranch Buttermilk Recipe
1 cup buttermilk
½ cup low-fat mayonnaise
½ cup low-fat sour cream

- ~ Directions for the tri-tip roast: Pour marinade over tri-tip in shallow bowl or zip-close bag and marinate for 1 hour, or as long as overnight, in refrigerator. Drain marinade and pat the roast dry with paper towel. Allow roast to come to room temperature, about 30 minutes.
- ~ Preheat grill to high heat and lightly oil the grate. Place roast on grill and sear one side well, 6 to 8 minutes. Watch for flare-ups. Turn roast and sear the other side about the same time. Lower heat or move roast to cooler part of the grill. Turn meat and cook 8 to 10 minutes, flip and cook again. Total time is approx. 25-30 minutes. Roast is ready when instant-read thermometer reads 135-140° F in thickest part of meat.
- ~ Rest the roast on cutting board for 10 to 20 minutes. To carve, start by cutting roast in half at center of the angle, then cut each side against the grain into small, bite-size pieces.
- ~ Directions for the grain bowl: Heat the two packages of wild rice blend and cauliflower rice separately in a skillet on stove or grill (or in microwave), and set aside, separately.
- ~ Suggestion: Enhance the wild rice mix by sautéing chopped onion, celery and minced garlic in olive oil before adding rice to skillet.
- ~ Directions for the grilled vegetables: Heat the grill to medium or medium-high. Make a separate foil pouch for each vegetable with heavy-duty foil (or use a double wrap of regular foil). Spray inside of pouches with nonstick spray.
- ~ Brussels sprouts: Trim and coarsely chop, toss with olive oil, sprinkle with salt and pepper. Place the brussels sprouts in the center of the pouch and roll up the sides, leaving the top open.
- ~ Sweet potatoes: Peel and dice, season with salt and pepper. Place the sweet potatoes in the center of the pouch and top with 2 Tbs. of butter. Fold up sides to make a closed pouch.
- ~ Radishes: Halve or quarter, season with salt and pepper. Place the radishes in the center of the pouch and top with 2 Tbs. of butter. Fold up sides to make a closed pouch.
- ~ Squash: Chop into large pieces, season with salt and pepper. Place squash in the center of the pouch and top with 2 Tbs. of butter. Fold up sides to make a closed pouch.
- ~ Grilling the vegetables: Place each pouch on the grill. Close the lid. Carefully open the pouches after about 5 minutes and stir. They will be done in 15-20 minutes.
- ~ Directions for the ranch dressing: In a quart jar, combine the buttermilk, mayonnaise, sour cream and ranch dressing mix. Stir and shake the jar to mix well. Chill 30 minutes to thicken.
- ~ Assembling the grain bowls: In a pasta or soup bowl, assemble the ingredients in three layers. For the first layer, spoon a helping of wild rice on one side and cauliflower rice on the other side of the bowl. Next, arrange each of the grilled vegetables in the four quadrants of the bowl on top of rice. Top the vegetables with small pieces of sliced tri-tip. Drizzle the entire grain bowl with buttermilk ranch dressing and serve.
- ~ Suggestion: Garnish with toasted seeds, nuts or chickpeas for a satisfying crunch.

ROAST COMPETITION

Team Information

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

Team Members: **Madelyn Gerken**, *Cashion*; **Victoria Gerken**, *Cashion*; **Jake Henrichs**, *Okarche*; **Carter Kornegay**, *Owasso*; **Jackson Ray**, *Holdenville*

Oklahoma Show Stopper Tri-Tip with Berries and Chipotle

1 CAB® tri-tip roast (2-2 1/2 lb.), trimmed of excess fat	1 tsp. onion powder
2 tsp. kosher salt	1/3 cup berry preserves
1 tsp. black pepper	2 Tbs. balsamic vinegar
1 tsp. garlic powder	1 canned chipotle pepper, minced
	1 Tbs. adobo from canned chipotle

- ~ Season roast with dry ingredients. Preheat half of grill to medium-high.
- ~ Whisk together preserves, vinegar, chipotle and adobo to create a glaze. Set aside 1/4 cup of glaze for a finishing sauce.
- ~ Sear roast 3-5 minutes per side; move to indirect heat and liberally apply glaze to both sides.
- ~ 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.
- ~ Rest 10 minutes on carving board before slicing thinly against the grain. Serve with remaining glaze.

Team Information

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

Team Members: **Mandy Bramhall**, *Lovettsville*; **J. Gordon Clark**, *Gretna*; **Suter Clark**, *Gretna*; **Zachary McCall**, *Greenville*

Virginia Savory Rubbed Tri-Tip

1 trimmed CAB® tri-tip	2 tsp. onion flakes or powder
3 Tbs. sea salt	2 tsp. dried oregano
2 Tbs. paprika	1 tsp. cayenne pepper
1 Tbs. garlic powder	1 tsp. ground cumin
2 tsp. coarse black pepper	

- ~ Thoroughly mix dry ingredients together in a bowl (you have made enough to save for another occasion).
- ~ Trim any fat from the roast. Butterfly the thicker end of the tri-tip to make the entire cut uniformly thick.
- ~ Smother the tri-tip in the Virginia Savory Rub.
- ~ Let the tri-tip rest covered or in a bag for 15-30 minutes. Preheat the grill to 500° F.
- ~ Place the tri-tip on the grill. Sear both sides.
- ~ Reduce heat to 250° and cook to internal temp of 125°.
- ~ Remove from heat and let stand for 20 minutes.
- ~ Adding a pat of butter or two will add extra love and juiciness.
- ~ Slice in 1/4 slices against the grain. Capture the juices that the cut releases for bonus *au jus*.

Team Information

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

Team Members: **Ella Brooks**, *Prophetstown*; **Emily Brooks**, *Prophetstown*; **Holly Marsh**, *Earlville*; **Amelia Miller**, *Gridley*; **Ashlyn Mool**, *Lexington*; **Lizzie Schafer**, *Owaneco*

Smothered Tri-Tip in Parmesan Peppercorn Sauce

3 lb. CAB® tri-tip roast	1 tsp. fresh cracked pepper
1 cup zesty Italian dressing, divided	3/4 cup sour cream
1/2 cup soy sauce	1/2 cup grated Parmesan cheese
1/2 cup Worcestershire sauce	1 tsp. fresh cracked pepper
2 tsp. granulated garlic	1 large sweet onion, thinly sliced

- ~ Mix 2/3 cup Italian dressing, soy sauce, Worcestershire sauce, granulated garlic, and 1 tsp. cracked pepper in a resealable plastic bag.
- ~ Place roast in bag. Seal bag; turn to coat meat.
- ~ Refrigerate and marinate roast 4-8 hours.
- ~ Combine sour cream, 1/4 cup Italian dressing, Parmesan cheese and 1 tsp. pepper. Refrigerate until serving time.
- ~ Heat remaining Italian dressing in large skillet on medium heat. Add onions; cook 7-8 minutes or until golden brown, stirring frequently. Set aside.
- ~ Sear roast on hot grill. Wrap in foil and continue grilling until internal temperature is 135-140° F. Remove from grill and let rest 10 minutes. Unwrap roast and slice across grain into thin slices.
- ~ Serve topped with onions and Parmesan sauce.

All-American Certified Angus Beef® CHEF'S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB) July 13, 2021, in Grand Island, Neb.

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

~ Leslie Jeffries, *Canmer, Ky.* and Lily Jeffries, *Canmer, Ky.*

NJAA division

~ Ben Sellmeyer, *Maroa, Ill.*

~ Henry Throne, *Lexington, Ga.* and Hannah Williams, *Milan, Ga.*

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."

STEAK COMPETITION

Team Information

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

Team Members: **Braden Bartlow**, *Monticello*; **Macie Bartlow**, *Macomb*; **Curtner Bergmann**, *Vienna*; **Madaline Bergmann**, *Vienna*; **Blake Wolter**, *Aviston*

Steak on a Stick with Coffee-BBQ Sauce

4 CAB® top sirloin steaks

8 metal or wooden skewers (soak wooden skewers in water)

1 tsp. chili powder

1 tsp. ground cumin

1 tsp. salt

1 tsp. ground black pepper

1 tsp. granulated garlic or garlic powder

1 tsp. onion powder

Coffee-BBQ Sauce:

¼ cup finely chopped onion

1 Tbs. vegetable oil

¾ cup ketchup

½ cup brewed coffee

¼ cup brown sugar

3 Tbs. apple cider vinegar

2 Tbs. Dijon mustard

2 Tbs. molasses

1 Tbs. chili powder

1 tsp. salt

½ tsp. ground pepper

- ~ Prepare Coffee-BBQ Sauce: In small saucepan, cook onion in oil 5-7 minutes until soft, stirring occasionally. Add remaining ingredients; reduce heat to medium-low. Cook 10-12 minutes until flavors have blended.
- ~ Combine steak seasonings. Cut steak into 2-inch cubes and thread onto skewers. Sprinkle with seasoning and let sit 30 minutes at room temperature before grilling.
- ~ Place skewers on hot grill. Brush with Coffee-BBQ Sauce while grilling, turning skewers every 2 minutes to cook evenly, about 8-10 minutes total grilling time. Serve with Coffee-BBQ Sauce on the side.

Team Information

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

Team Members: **Cealy Bedwell**, *Holt*; **Cinch Dowling**, *Fair Grove*; **Sache Dowling**, *Fair Grove*; **Kassidie Eagleburger**, *Elkland*; **Cody Schneider**, *California*

Carne Asada

½-2 lb. CAB® flank, flat or sirloin steak

Marinade:

½ cup orange juice

¼ cup lemon juice

2 Tbs. lime juice

1 tsp. chili powder

1 tsp. paprika

1 tsp. black pepper

¼ tsp. ground chipotle chili pepper

½ cup soy sauce

¼ cup olive oil

2 cloves garlic

1 tsp. ground cumin

1 tsp. dried oregano

- ~ Combine and stir together all marinade ingredients.
- ~ Transfer meat to large plastic bag or container and pour marinade over top.
- ~ Marinate for at least 4 hours (up to 24 hours), flipping meat once halfway through.
- ~ Grill to medium or medium-rare.
- ~ Cut across the grain.

Team Information

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

Team Members: **Louisa Payton Scott**, *Gordon*; **Wyatt Smith**, *Osceola*; **McKinley Stoller**, *Palisade*; **Attley Wiese**, *Palisade*; **Kreyton Wiese**, *Palisade*; **Daniel Young**, *Scottsbluff*

Caldron Steak Fondue

3 lb. CAB® top sirloin steak

your favorite seasoning

1 stick butter

24 oz. bottle peanut oil

Butter Sauce:

6 Tbs. butter

juice from half a lemon

4 cloves garlic, minced

1 Tbs. Dijon mustard

pinch cayenne pepper

¼ tsp. paprika

2 Tbs. fresh parsley, chopped

1 Tbs. fresh chives, chopped

2 tsp. thyme, minced

¼ tsp. crushed red pepper flakes

salt and pepper to taste

Mustard Sauce:

¾ cup mayonnaise

2 Tbs. wine vinegar

1 Tbs. dry mustard

3 Tbs. hot mustard

Horseradish Sauce:

½ cup mayonnaise

½ cup sour cream

1 Tbs. prepared horseradish

1 Tbs. dijon mustard

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

Team Information

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

Team Members: **Reese Anderson**, *Chrisman*; **Addison Bartlow**, *Monticello*; **Brenna Bartlow**, *Monticello*; **Anne Dameron**, *Lexington*; **Brooke Schiffbauer**, *Tonica*; **Lauren Wolter**, *Aviston*

Peanut Steak Kebabs

4 CAB® top sirloin steaks

¾ cup brown sugar

¾ cup water

1 cup chunky peanut butter

1 cup soy sauce

¾ cup honey BBQ sauce

½ cup vegetable oil

1-2 Tbs. habanero pepper sauce

3 cloves garlic, minced

1 fresh pineapple, cubed

2 large sweet red and/or green peppers, cut into 1-in. pieces

2 tsp. ginger, optional

skewers (If using wooden skewers, soak in water for an hour)

- ~ Cook the brown sugar and water together until sugar dissolves. Add the peanut butter and stir to mix. Add soy sauce, BBQ sauce, oil, habanero pepper sauce and garlic. Mix well.
- ~ Cut sirloin into 2-inch cubes. Place in resealable plastic bag and pour marinade over cubes. Turn bag to coat beef.
- ~ Refrigerate 4-8 hours. Sprinkle pineapple with ginger if desired.
- ~ Remove steak from marinade and thread onto skewers, alternating with pineapple cubes and pepper pieces. Grill over medium fire 8-10 minutes, turning to cook all sides.

STEAK COMPETITION

Team Information

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

Team Members: **Addison Cotton**, *York*; **Kacey Dethlefs**, *Ravenna*; **JessaLynn Hudson**, *Belvidere*; **Rachel A. Smith**, *Osceola*; **Tavin Uden**, *Franklin*

Big Red Sirloin

CAB® top sirloin steaks (1 lb. each steak, 1 ¼" thick)

½ Tbs. vegetable oil, or any high-heat cooking oil like canola or extra light olive oil

1 ½ tsp. salt

1 tsp. black pepper, freshly ground

beef stock for deglazing

2 Tbs. unsalted butter

2 cloves garlic, peeled and chopped

2-3 sprigs fresh thyme

- ~ Thoroughly pat steak dry with paper towels. Just before cooking, generously season with salt and black pepper.
- ~ Heat a cast iron pan until hot, then add oil over medium-high heat, swirling to coat. Once the oil is very hot, add steaks to the skillet. Sear the steaks on the first side for 4 minutes until a brown crust has formed, then flip and cook another 3-4 minutes. Using tongs, turn the steak on its sides to render the white fat and sear the edges (1 minute per edge).
- ~ Remove steak from pan. Deglaze pan with beef stock. Cook down.
- ~ Reduce heat to medium and immediately add butter and garlic cloves to the pan. Add steaks. Put thyme on top of steaks. Spoon the butter sauce over the steak and thyme, tilting the pan to get butter on your spoon. Continue spooning the sauce over the steak for a minute or until the steak is about 5-10 degrees from your desired doneness (the temperature will continue to rise another 5-10° while steaks rest).
- ~ Transfer steak to a cutting board, loosely cover and let rest 10 minutes before slicing into ½-inch strips to serve. Spoon extra butter sauce over sliced steak to serve.

Team Information

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

Team Members: **Derek Bailey**, *Big Cabin*; **Alyson Friesen**, *Arnett*; **Blake Long**, *Big Cabin*; **Gage Long**, *Vinita*; **Bentley Lott**, *Carmen*; **Brady Lott**, *Carmen*

Show Stopper Steak

CAB® sirloin steak

1 lb. bacon, partially cooked

Dry Rub:

2 Tbs. brown sugar

1 Tbs. kosher salt

1 Tbs. garlic powder

1 Tbs. onion powder

1 Tbs. coarse ground pepper

- ~ Combine all dry rub ingredients, season steak and allow steak to rest for 1-12 hours.
- ~ Cut steak into uniform bite-size pieces. Wrap half of the bites in bacon, and use a toothpick if bacon needs to be held on to the bites.
- ~ Grill or air fry until desired doneness.
- ~ Prior to pulling from the grill or air fryer, add a light dusting of dry rub.
- ~ Allow to rest (minimum 1 minute).
- ~ Serve with your favorite dipping sauce or simply enjoy the hearty beef bite on its own! Enjoy!

Team Information

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

Team Members: **Morgan David Eng**, *Fitchburg*; **Maggie Mindemann**, *Watertown*

Beef Wellington Bites (Recipe makes 24)

1 lb. CAB® sirloin steak

2 Tbs. olive oil, divided

1 lb. mushrooms (brown or white), finely chopped in a food processor

¼ cup onion, finely chopped in a food processor

3 cloves garlic, grated or crushed

6 slices prosciutto, chopped

½ cup chicken broth*

½ cup heavy whipping cream

1 Tbs. minced fresh, flat leaf parsley

2 sheets puff pastry, thawed if using frozen

1 egg, beaten, with 1 Tbs. water

Horseradish Cream Sauce

1 cup Wisconsin sour cream

2 Tbs. prepared, grated horseradish

1 Tbs. Worcestershire sauce

1 tsp. cayenne pepper (use less if you want less heat)

Dijon Mustard Sauce

½ cup mayonnaise

3 Tbs. Dijon mustard

1 Tbs. lemon juice

½ tsp. lemon peel

1 clove garlic, grated or crushed

- ~ Horseradish Cream Sauce: Mix all ingredients together and refrigerate for at least one hour before serving.
- ~ Dijon Mustard Sauce: Mix all ingredients together and refrigerate for at least one hour before serving.
- ~ In a large skillet, brown steak in 1 Tbs. oil. Remove, allow to cool to room temperature. Cut into 1-inch pieces. If you want a medium-rare steak bite, refrigerate steak until cold and then cut into 1-inch pieces.
- ~ In the same skillet, sauté mushrooms and onions in remaining oil until tender and most of moisture has evaporated. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Stir in cream. Bring to a boil; cook until liquid is almost evaporated. Stir in prosciutto and parsley; taste and see if additional salt is needed. Add pepper if desired. Set aside and keep warm.
- ~ Preheat oven to 400° F. Cut each sheet of puff pastry into 12 pieces. Place 1 Tbs. mushroom mixture on each sheet. Place steak piece on top of mushroom mixture. Grab 2 opposite tips of the pastry and fold them over the beef. You may have to stretch the pastry to cover the steak. Repeat with the other two corners/tips. Make sure to press down the corners so they don't open during cooking.
- ~ Place on parchment-lined baking sheets. Brush each package with egg and water mixture. Bake until golden brown, 14-18 minutes. Serve with both sauces.
- ~ *Traditional Beef Wellington is made with cooking wine. Substitute cooking wine for broth if desired.

STEAK COMPETITION

Team Information

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

Team Members: **Kady Figge**, *Onaga*; **Clay Pelton**, *Paradise*; **Nick Siemens**, *Towanda*; **Kelsey Theis**, *Leavenworth*

Center Ring Sirloin Steak with Big Top Béarnaise Sauce

4 CAB® top sirloin steaks	additional pepper for serving
CAB® Signature Seasoning	1 Tbs. fresh tarragon, finely chopped, +
1 Tbs. butter	additional tarragon for serving
1 Tbs. olive oil	2 large egg yolks
¼ cup white wine vinegar	¾ cup butter, melted
1 small shallot, minced	kosher salt, to taste
½ tsp. freshly ground black pepper, +	

- ~ Pat the steaks dry with paper towels. Season both sides with CAB® Signature seasoning.
- ~ Begin the béarnaise sauce. In a small saucepan, over medium heat, combine vinegar, shallot, pepper and tarragon leaves. Bring to a boil and immediately reduce to a simmer. Simmer the vinegar mixture until the liquid has reduced to about 2 Tbs., 3-5 minutes. Remove from heat and set aside to cool thoroughly.
- ~ While the mixture is cooling, begin preparing the steaks. In a large cast iron skillet, melt 1 Tbs. butter with the oil over medium-high heat. When the butter foam subsides, add the steak. Sear until a brown crust forms, about 2 minutes per side. Use tongs to press the edge of the steak into the pan, rolling and cooking edges. Return steak to pan flat-side down, reduce heat to medium, and cook until desired degree of doneness, about 2–2½ minutes for medium-rare, 125–130° F. Remove the steak from pan and transfer to a cutting board or plate, tent with foil, and let rest for 5–20 minutes.
- ~ Going back to the sauce, fill another small saucepan with about an inch of water and bring to a simmer over medium-high heat. Pour the cooled vinegar mixture into a small heatproof bowl that will fit on top of the saucepan of water. Add 1 tablespoon of room temperature water and the egg yolks to the vinegar mixture and whisk to combine. Set the bowl on top of the saucepan and whisk the mixture until thickened and almost doubled in volume, about 5-7 minutes.
- ~ Add the remaining butter, one tablespoon at a time, whisking slowly between each addition until emulsified. Season with salt, pepper and additional tarragon. Serve immediately over the steaks.

Team Information

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

Team Members: **Hannah Beatty**, *Pulaski*; **Kristopher Beatty**, *Pulaski*; **Nicholas Beatty**, *Pulaski*; **Elizabeth Rone**, *Courtland*

Garlic Butter Steak Bites

1 Tbs. olive oil	2 Tbs. unsalted butter
1 ½ lb. CAB® sirloin steak (cut into bite-size pieces)	4 cloves garlic, minced
½ tsp. salt, or to taste	¼ tsp. red pepper flakes
½ tsp. pepper, or to taste	1 Tbs. fresh parsley, chopped

- ~ Heat the oil in a skillet and put in the steak, making sure to season it heavily with salt and pepper as the steak cooks.
- ~ Cook pieces of steak for about 2 minutes before mixing, continue to stir and turn the steak until you reach your desired level of doneness. Remember that the steak will continue to cook for several minutes after it has been removed from the heat. Keep that in mind, and be careful not to overcook.
- ~ When you have removed the steak, move it to a plate and tent it with aluminum foil. Next, turn the heat to low and melt the butter (you can use the same skillet for added flavor). Once the butter is melted, add in the pepper flakes and garlic, cooking for about another 30 seconds to one minute, making sure to stir it constantly until you can smell the garlic and it starts to brown.
- ~ Pour the garlic butter over the steak bites and toss it all together. Finally, garnish the dish with parsley and serve the meal hot/warm.

Team Information

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

Team Members: **Ellie Kidwell**, *Walhonding*; **Josie Kidwell**, *Walhonding*; **Sarah Millikan**, *Napoleon*; **Kristina Scheurman**, *Warsaw*

The Grandest Island Tacos

½ lb. CAB® top sirloin steak
pico de gallo, or salsa of your choice
4 corn tortillas

Avocado Cilantro Lime Sauce

1 ripe avocado
½ cup fresh cilantro
3 Tbs. lime juice
¾ cup water
salt, to taste

Chili Lime Rub

1 ½ tsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano
½ tsp. salt
½ tsp. black pepper
1 clove garlic, minced
2 Tbs. lime juice, or 1 lime

- ~ Place the avocado, cilantro, lime juice, water, and salt in a blender or food processor. Blend until smooth and set aside.
- ~ In a small bowl, combine the chili powder, cumin, oregano, salt, pepper, garlic, and lime juice.
- ~ Rub the chili lime rub all over the steak in a thin, even layer.
- ~ Grill the steak on either a grill or stove-top grill pan. To get the “X” grill marks, sear the steak for 1 minute, then adjust about 90° and grill for another minute. Flip the steak when you’ve achieved desired grill marks and repeat the process on the other side.
- ~ Allow the steak to rest for 5-10 minutes once taken off the heat.
- ~ Slice the steak thinly, against the grain of the meat.
- ~ Prepare the tacos by topping the corn tortillas with a few strips of meat, salsa, the avocado cilantro lime sauce and cilantro, and serve.
- ~ Enjoy!

ULTIMATE CAB BURGER GRILL-OFF

Team Information

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

Team Members: **Max Dameron**, *Lexington*; **Ella Eathington**, *Avon*; **Charlee Jones**, *Gridley*; **Grayson Leake**, *Bloomington*

Smoky Sliders

2 lb. CAB® ground beef	1 tsp. onion powder
8 small pretzel buns	1 tsp. ground black pepper
8 slices Gouda cheese	16 wooden skewers, soaked in water
1 ½ tsp. salt	8 Tbs. tomato jam (purchased or homemade)
1 Tbs. smoked paprika	
1 tsp. granulated or powdered garlic	

- ~ In large bowl, mix seasonings. Add ground beef and mix lightly.
- ~ Divide meat into 16 portions and shape into 2-inch patties.
- ~ Place 2 patties on a pair of wooden skewers. Refrigerate for 1 hour before grilling.
- ~ Grill on medium heat for 8-10 minutes, turning halfway through, then remove from grill.
- ~ Place a slice of cheese and then burger on bottom of pretzel bun. Top with tomato jam.

Team Information

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

Team Members: **Nolan Dehn**, *Dearborn*; **Gracyn Meier**, *Jackson*; **Tyler Meier**, *Jackson*; **Madelyn Sampson**, *Kirkville*

Under the Big Top Burgers

2 lb. CAB® ground beef	1 tsp. onion powder
2 tsp. salt	1 tsp. garlic powder
1 tsp. pepper	6 hamburger buns
2 Tbs. Worcestershire sauce	

- ~ Prepare the grill for direct grilling. Combine ground beef and seasonings in a large bowl. Shape into 6 individual ½-lb. patties.
- ~ Place patties on grill directly above medium-hot coals. Grill uncovered, until no longer pink in the center (160° F), turning once.
- ~ Just before serving, place buns, cut-side down, on grill and grill until toasted. Serve patties on toasted rolls with desired toppings.

Team Information

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

Team Members: **Addie Haverkamp**, *Bern*; **Sullivan Haverkamp**, *Bern*; **Parris Marsh**, *Oskaloosa*; **Aubree McCurry**, *Hutchinson*; **Avery Mullen**, *Ulysses*

Epic Mac and Cheese Bun Burgers

Mac and Cheese Bun

1 lb. macaroni
4 Tbs. unsalted butter
8 oz. shredded sharp cheddar cheese
8 oz. shredded Parmesan cheese
8 oz. American cheese, cubed
12 oz. whole milk
1 Tbs. salt
1 Tbs. mustard powder
½ tsp. cayenne pepper
1 tsp. garlic powder
1 ½ cups all-purpose flour
4 eggs, beaten
1 ½ cups panko breadcrumbs
vegetable oil, for frying

Burger

2 lb. CAB® ground beef
1 Tbs. Worcestershire sauce
1 tsp. kosher salt
1 tsp. ground black pepper
Epic Burger Sauce
½ cup mayonnaise
2 Tbs. ketchup
1 Tbs. sweet pickle juice
¼ tsp. garlic powder
¼ tsp. paprika
dash of cayenne pepper
salt & pepper to taste
red onion, sliced, to serve
tomato, sliced, to serve

- ~ Prepare macaroni according to package directions. Drain the macaroni in a colander and return to the pot.
- ~ Add butter, cheddar cheese, Parmesan cheese, American cheese, milk, salt, mustard powder, cayenne and garlic powder to the pot. Turn heat up to medium-low and stir until cheeses are melted and all ingredients are well combined.
- ~ Remove the pot from the heat and pour onto a parchment paper-lined sheet tray. Spread evenly with a spatula, cover with plastic wrap, and refrigerate for at least 30 minutes.
- ~ Once cooled, use a ring mold or rounded container roughly 4 inches in diameter to cut out 6-8 "buns."
- ~ Place flour, eggs, and bread crumbs in three separate bowls.
- ~ Dip each macaroni bun in flour, then egg, and finally breadcrumbs, coating evenly.
- ~ Preheat vegetable oil to 350°F.
- ~ Place the macaroni buns gently in oil and fry 3-4 minutes, until golden brown. Remove with a slotted spoon and drain on paper towel-lined plate.
- ~ Burger: combine ground beef, Worcestershire sauce, salt and pepper in large bowl. Divide the mixture into four, 8-ounce patties.
- ~ Grill at medium-high heat to an internal temperature of 160°.
- ~ Burger sauce: mix all ingredients together.
- ~ Place burger between two mac and cheese buns, top with burger sauce, onion, and tomato.
- ~ Enjoy!

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ULTIMATE CAB BURGER GRILL-OFF

Team Information

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

Team Members: **Kensley Free, Salado; Austyn Gorman, Olton; Harlow Gorman, Olton; A'Lee Griffin, Olton; Brantley Humpert, Scotland**

Taco Burgers with Green Chili Smoked Queso on a Jalapeño Bun

2 lb. CAB® ground beef
jalapeño buns
sliced avocados, sliced tomatoes, and green leaf lettuce (for serving)

2 tsp. salt
2 tsp. black pepper

Green Chili Smoked Queso:

1 lb. yellow Velveeta® cheese, cubed
½ white onion, diced
1 can diced tomatoes
1 large can of diced green chilies
1 jalapeño, diced, with seeds
handful of cilantro, chopped
4 oz. pepper jack cheese, cubed
7 oz. can of salsa verde

Taco Seasoning:

2 Tbs. chili powder
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. crushed red pepper flakes
1 tsp. paprika
3 tsp. cumin

- ~ To make patties, mix seasoning ingredients together and then mix with the ground beef well.
- ~ Divide ground beef mixture into 4 half-pound portions and form into patties.
- ~ Place burger patties onto grill. Grill, turning once, 10-14 minutes or until internal temperature reaches at least 160° F and meat is no longer pink in the center, but is not dry.
- ~ To make queso: In a disposable pan, place the ingredients and smoke about 1 hour at 225-250°. Stir after 20 minutes. Continue cooking until melted and you are pleased with the consistency. Add ¼ cup water if needed.
- ~ To serve burgers: Put taco seasoned burgers on the jalapeño bun, top with smoked queso, sliced avocados, sliced tomato and green leaf lettuce. Enjoy!

Team Information

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

Team Members: **Lilah Doerstler, Hagerstown; Raleigh Doerstler, Hagerstown; Bryce Hofing, Coatesville; Zayda Hofing, Coatesville; Kayden Nowatzke, Michigan City**

Fig and Brie Burger

1 ½ lb. CAB®, 80% lean
1 ½ tsp. kosher salt
2 tsp. fresh cracked black pepper
1 small red onion, cut into ¼-in. slices

6 oz. Brie cheese, cut in 16 slices, ¼ in. thick
4 Tbs. fig spread
4 brioche burger buns

- ~ Form ground beef in four equal patties (6 oz. each); refrigerate.
- ~ Preheat grill to medium-high.
- ~ Season burgers with salt and pepper.
- ~ Grill onion over direct heat, flipping occasionally until onions have become slightly translucent and taken on dark grill marks; remove from heat.
- ~ Grill burgers 4-5 minutes, flip, and then add Brie cheese to each patty. Sear burgers 3-4 more minutes or until the internal temperature reaches 160° F and cheese has melted.
- ~ Build burgers with fig spread on the bottom buns followed by burgers, grilled onions and top bun.

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

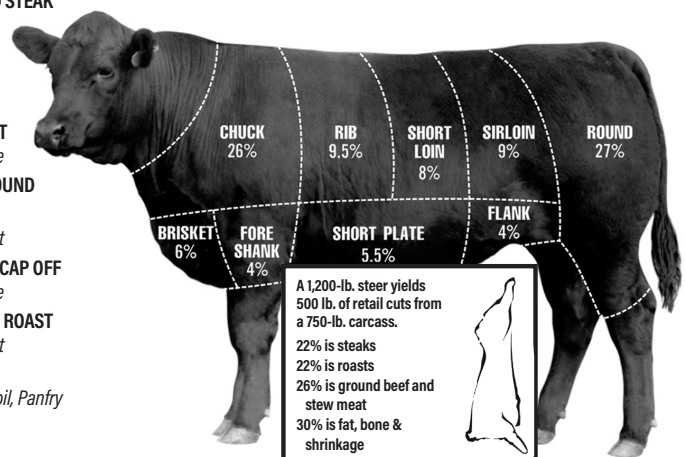
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise



ULTIMATE CAB BURGER GRILL-OFF

Team Information

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

Team Members: **Logan Davis**, *Bidwell*; **Maggie Davis**, *Bidwell*; **Tori DeMeyer**, *West Union*; **Audrey Hoffman**, *Coschocton*; **Hannah Millikan**, *Napoleon*

Buckeye Burgers

1 ½ lb. CAB® ground beef	1 cup white cheddar cheese, sliced or shredded
2 large yellow or white onions, halved and sliced	Old Bay® Seasoning, to taste
2 tsp. sugar	4 potato buns
4 Tbs. mayonnaise	burger toppings such as lettuce, tomato, pickles (optional)
4 Tbs. ketchup	
4 Tbs. Dijon mustard	

- ~ Sauté onions with a drizzle of oil in nonstick pan over medium-high heat until browned, stirring occasionally (approximately 8-10 minutes).
- ~ Add sugar and a splash of water. Cook until caramelized (approximately 2-3 minutes). Season with salt and pepper.
- ~ Form beef into four equal-sized balls (or eight, if making sliders). Season with salt and pepper. Hand-form into patties.
- ~ Grill until an internal temperature of 160° F is reached.
- ~ Top with white cheddar and remove from heat.
- ~ Toast buns and prepare sauce.
- ~ Sauce: In a small bowl, combine mayonnaise, ketchup, mustard and Old Bay Seasoning.
- ~ Dress with additional condiments/toppings, if desired.

Team Information

Division: **Senior 18-21** ~ State: **South Dakota**

Team Members: **Lilly Blume**, *Redfield*; **Sawyar James**, *Bruce*; **Wyat James**, *Bruce*; **Ty Mogck**, *Olivet*; **Sawyer Styles**, *Brentford*

The SD Three Ring Circus Burger

2 lb. CAB® ground beef	4 slices of Swiss cheese
peanut butter	salt and pepper to taste
raspberry jalapeño jam	soy sauce
1 lb. bacon, cooked	fresh bakery hamburger buns
1 red onion, thinly sliced	arugula (optional)
1-2 sticks of butter	

- ~ In a saucepan, melt half a stick of butter and add a few shakes of soy sauce. When hot, add sliced onion and sauté. (Do not overcook! Onion should be slightly crisp — not mushy.)
- ~ In a bowl, add ground beef, salt & pepper to taste and ½ to ¾ butter patties (this gives some extra flavor and juiciness to your burger). Form into 4 patties. Make sure the grill is hot and ready to go.
- ~ Place burgers on the grill 7-8 minutes per side, only turning once. Cook until inner temperature reaches 160° F.
- ~ While burgers are cooking, use the remaining butter to butter both sides of the buns. When the burgers are within a few minutes from being done, place buns on the grill, butter side down, until nice grill marks appear.
- ~ Place cheese on burgers to melt. Remove from the grill and place burgers on plates and layer sautéed onions, 3 pieces of bacon, 1 Tbs. jam, and 1 Tbs. peanut butter on each burger. Garnish with 3-4 leaves of arugula if desired.

Team Information

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

Team Members: **Macie Dell**, *Defuniak Springs*; **Taylor Jordan**, *Okeechobee*

Florida Burgers

1 lb. CAB® ground beef	4 cloves roasted garlic, mashed
kosher salt	4 hamburger buns, split
freshly ground black pepper	¼ cup Dijon mustard
Everglades Seasoning®	8 thin slices Swiss cheese
1 ½ Tbs. canola oil	2 dill pickles
½ cup mayonnaise	4 thin slices smoked ham

- ~ Divide the meat into 4 equal portions (about 6 oz. each). Form each portion loosely into a ¾-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt, pepper and Everglades Seasoning.
- ~ Heat the oil in the pan or griddle over high heat until the oil begins to shimmer. Cook the burgers until golden brown and slightly charred on the first side, about 3 minutes.
- ~ Flip the burgers. Cook beef burgers until golden brown and slightly charred on the second side, 4 minutes for medium-rare (3 minutes if topping with cheese) or until cooked to desired temperature. Cook the burgers until cooked throughout, about 5 minutes on the second side. Add the cheese, if using, to the tops of the burgers during the last minute of cooking and top with a basting cover, close the grill cover, or tent the burgers with aluminum foil to melt the cheese.
- ~ Combine the mayonnaise and roasted garlic in a small bowl and season with salt and pepper to taste. Spread both sides of each bun with the mayonnaise and the mustard. Place a slice of cheese on each bun bottom, place a burger on top, and then top the burger with a slice of ham, another slice of cheese, and some pickle slices. Cover with the bun tops.
- ~ Cook the burgers on a sandwich press or wrap the burgers in aluminum foil and cook in a hot skillet over high heat (put a heavy skillet on top of the burgers to press them) until golden brown and the cheese has melted, about 1 ½ minutes per side. Serve immediately.

Team Information

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

Team Members: **Austen David**, *Lenox*; **Jordan Johnson**, *Fort Dodge*; **Lexi Knapp**, *Bloomfield*; **Morgan Knapp**, *Bloomfield*

CAB® Teriyaki Burger

2 lb. CAB® hamburger	¼ cup cilantro with stems removed
1 package (1.5 oz) teriyaki sauce mix	¼ cup green onion, sliced
2 Tbs. minced garlic	4 ciabatta buns, toasted
½ head napa cabbage, shredded	4 slices pepper jack cheese
2 carrots, peeled and shredded	

- ~ Preheat grill.
- ~ Combine ground beef, teriyaki mix, and garlic in bowl.
- ~ Shape into four burgers.
- ~ Grill for 4 to 5 minutes. Turn and grill for 3 to 4 minutes more or until burgers are cooked through.
- ~ Meanwhile, combine cabbage, carrots, cilantro, and green onion in a bowl.
- ~ Place burgers on buns. Top with cheese and cabbage mixture. Serves four.

