

THE 2022 COOK-OFF CONTEST CREATED HIGH STEAKS

The cook-off competition was fierce at the 2022 National Junior Angus Show.

by Whitney Whitaker, American Angus Association

Tensions are high, costumes are flying and smoke fills the air. During a week when most time is spent in the barn, this scenario only means one thing — it was Cook-off time. The Auxiliary-sponsored All-American Certified Angus Beef (CAB) Cook-off was hosted during the 2022 National Junior Angus Show (NJAS) in Kansas City, Mo., July 5.

The contest was founded in 1983, in Des Moines, Iowa, to encourage Angus juniors to practice their beef education skills. Today, it is one of the biggest contests of the NJAS. Participants are encouraged to have a theme for their presentation that

includes costumes and a delicious meal. For the beef portion of the contest, participants are tasked with creating a dish using *Certified Angus Beef®* branded beef in one of three categories: steak, roast or other beef items. Teams are created as a state and then placed into groups by age: 8-13, 14-17 and 18-21. The oldest member of the team determines the group division.

The contest is a fun event with plenty of educational opportunities. Cook-off judge and editor of the *Angus Journal*, Julie Mais, believes in the value of the contest as it “showcases the

knowledge and creativity of Angus youth all in one contest. To be able to explain beef industry topics to consumers, like the 10 CAB specifications and how those guarantee a high-quality product, is a valuable skill.”



The Oklahoma junior roast team were the Ardyce's Apron winners. Pictured (from left) are Blayklee Stelzer, Oologah; Madilyn Norvell, Tuttle; Bentley Lott, Carmen; Kade Henrichs, Okarche; Denton Cook, Cordell; Jake Allison, El Reno, recipients; and Jim O'Neill; Jane Scott; and Anne Patton Schubert, presenting.



NATIONAL JUNIOR ANGUS SHOW



Cook-Off champions

During the 2022 contest, more than 34 teams competed for the Black Kettle Award, also known as the overall team. In honor of Paul St. Blanc, an avid Angus breeder and Cook-off enthusiast, the award went to the intermediate team from Nebraska. Addison Cotton, JessaLynn Hudson, Kasey Meyer, Tucker Stagemeyer and Tavin Uden secured the big win with their Grand Champion Angus Barbeque. The team cooked a CAB ball tip roast seasoned with mustard, Worcestershire sauce, liquid smoke and cayenne pepper before they drizzled it with a sweet and spicy sauce.

The top junior team from Oklahoma was awarded the Ardyce's Apron award in honor of Ardyce O'Neill who helped launch the Cook-Off. The team consisted of Jake Allison, Denton Cook, Kade Henrichs, Bentley Lott, Madilyn Norvell and Blayklee Stelzer. This group of cooks grilled a ball tip roast with Oklahoma red-dirt butter. Not only did their meal wow the judges, but their skit about Oklahoma farmers and ranchers visiting with food bloggers also impressed them.

"I enjoy seeing each team's hard work and preparation come together," Mais says. "The skits are just as unique as the recipes they create — and the beef entrées are always delicious."

The Cook-off creates friendly competition for all juniors, even those not showing cattle. Beyond the competition, the Cook-off is a family event that educates juniors on retail beef as they have fun with their presentations.

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The Nebraska intermediate roast team won the Black Kettle Award. Pictured (from left) are Anne Lampe, presenting; Tucker Stagemeyer, Page; Addison Cotton, York; Kasey Meyer, Blue Hill; Tavin Uden, Franklin; and JessaLynn Hudson, Belvidere, recipients; and Garrett Lampe, holding Braylon Lampe; Grayson Lampe; and Weston Lampe, presenting.

BLACK KETTLE AWARD-WINNING RECIPE: GRAND CHAMPION ANGUS BARBECUE

INGREDIENTS:

3-lb. ball tip roast	1 tsp. + 2 Tbs. mustard powder	1 tsp. salt
Sauce	2 Tbs. Worcestershire sauce	1/8 tsp. ground cayenne pepper
1 onion, chopped	1/2 tsp. freshly ground black pepper	4 cloves garlic, minced
12 oz. chili sauce	2 tsp. liquid smoke	
2 Tbs. butter		
3 Tbs. brown sugar		

INSTRUCTIONS:

1. Place roast in a large, covered pan. Roast at 325 degrees F for 2 hours, or until the meat falls apart and shreds easily.
2. In a large skillet, melt butter over medium heat. Add onions, and sauté until onions become translucent.
3. Stir in chili sauce. Fill empty chili sauce bottle with water, shake and pour liquid into skillet.
4. Mix in brown sugar, mustard, Worcestershire sauce, black pepper, salt, cayenne pepper and garlic. Cook sauce over low heat, stirring often, until thickened.
5. With two forks, shred roasted beef. Stir meat into the sauce in the skillet, and simmer for 30 minutes.





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NJAS 2022

WINNERS OF THE 2022 AUXILIARY-SPONSORED ALL-AMERICAN CAB® COOK-OFF

Black Kettle Winner: Nebraska intermediate roast team

Pat Grote LEAD scholarship winner: Illinois intermediate steak team

Ardyce's Apron winner: Oklahoma junior roast team

Steak division

Rank	Recipe	Showmanship	Overall
Junior			
1	Illinois	Illinois	Illinois
2	—	—	Kansas
3	—	—	Virginia
Intermediate			
1	Oklahoma	Illinois	Illinois
2	—	—	Oklahoma
3	—	—	Iowa
Senior			
1	Virginia	Virginia	Virginia*
2	—	—	Kansas
3	—	—	Ohio



Roast division

Junior			
1	Oklahoma	Nebraska	Oklahoma
2	—	—	Nebraska
3	—	—	Missouri
Intermediate			
1	Ohio	Nebraska	Nebraska*
2	—	—	Ohio
3	—	—	Texas
Senior			
1	North Carolina	North Carolina	North Carolina



Ultimate CAB Burger Grill-Off

Junior			
1	Texas	Texas	Texas
2	—	—	Illinois
3	—	—	Missouri
Intermediate			
1	Virginia	Virginia	Virginia
2	—	—	—
Senior			
1	Oklahoma	Oklahoma	Oklahoma*
2	—	—	Louisiana
3	—	—	Illinois



*Denotes overall winner of the product division.

