

*The 39th annual*  
**2022 ALL-AMERICAN**  
**Certified Angus Beef® COOK-OFF**



*In conjunction with the*  
**National Junior Angus Show**  
KANSAS CITY, MO ~ JULY 2-9, 2022

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 39th 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, 2022); 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.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Mary McCurry, Burton, Kan. serves as local contacts for the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Kansas City, MO ~ July 5, 2022

*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 22nd 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 17th time this award will be presented.
- ~ **Kansas Angus Auxiliary** for sponsoring custom-designed t-shirts for each contestant.
- ~ **Friends of the Black Kettle, Kentucky Angus Association, American Angus Auxiliary and Kansas Livestock Assn.** for awards.
- ~ **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- ~ **Sysco, Kansas City Inc., Andrew Kneessy, Specialist** 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.

## 2022 All-American Certified Angus Beef® Cook-Off contest judges

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# ROAST COMPETITION

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

Team Members: **Ian Haverkamp, Bern;** **Sullivan Haverkamp, Bern;**

**Hannah Perrier, Eureka;** **Henry Perrier, Eureka**

## Just Ranchin' Roast

ball tip roast, about 3 pounds (lb.)

4 Tbs. steak rub

2 Tbs. olive oil

- ~ Sprinkle meat with rub and massage lightly all over. Cover and refrigerate at least 3-12 hours. Remove from refrigerator 1 hour before cooking.
- ~ Drizzle olive oil over meat.
- ~ Prepare grill to high. Place roast on grill and sear one side, 6-8 minutes.
- ~ Turn the roast and sear other side for about the same time
- ~ Lower grill temp to medium-high or move the meat to a cooler part of the charcoal grill.
- ~ Roast for roughly one hour, till meat thermometer reads 130 degrees.
- ~ Lower grill temp to medium-high or move the meat to a cooler part of the charcoal grill.
- ~ Turn meat again and cook another 8-10 minutes until instant-read thermometer reads 130 degrees.
- ~ Rest roast on a cutting board 10-20 minutes. Slice against the grain just before serving, with your choice of vegetables and sides.

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

Team Members: **Madi Coulter, Saint Charles;** **Taylor Coulter, Saint Charles;** **Nolan Dehn, Dearborn;** **Gracyn Meier, Jackson;** **Tyler Meier, Jackson;** **Madelyn Sampson, Kirksville**

## Crockpot™ Beef Street Tacos

1 white onion, diced  
3-lb. beef ball tip roast  
1 cup beef broth  
4 oz. tomato paste

1 tsp. ground cumin  
1 Tbs. ground mild chili powder  
½ tsp. salt  
**Optional toppings:**

12 tortillas  
cotija cheese  
cilantro  
diced onions

- ~ Lay onions in a 6-quart slow cooker, and lay ball tip roast over onions.
- ~ Combine the beef broth, tomato paste and seasonings in a measuring cup.
- ~ Pour broth mixture over chuck roast and cook on high for 4 hours or low for 8 hours.
- ~ Once meat is cooked, shred with two forks in the tomato and broth mixture.
- ~ Put beef on tortillas and add toppings of your choice.

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

Team Members: **Harper Scott, Gordon;** **Payton Scott, Gordon;** **Mckinley Stoller, Palisade;** **Daniel Young, Scottsbluff**

## Race Day CAB® Shredded Beef Nachos

**Roast Ingredients:**  
3-lb. CAB® ball tip roast  
1 cup beef broth  
1 tsp. salt  
1 tsp. pepper  
1 Tbs. ground cumin

2 tsp. chili powder  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. paprika  
1 tsp. dried oregano  
1 tsp. crushed red pepper

flakes  
2 Tbs. olive oil  
1 cup salsa  
1 onion  
1 poblano pepper

### Nacho Ingredients:

8 oz. tortilla chips  
shredded beef  
1 can (15 oz.) black beans,  
drained

2 cups cheddar cheese,  
grated  
1 cup pepper jack cheese,  
grated  
pico de gallo

fresh cilantro, chopped  
sour cream  
guacamole

### Roast Ingredients:

- ~ Pour beef broth in a small bowl. Add salt, pepper, cumin, chili powder, garlic powder, onion powder, paprika, oregano and crushed red pepper flakes. Whisk to combine and set aside.
- ~ Pour oil into pressure cooker and set to sauté. When oil is heated, sear roast on all sides.
- ~ Pour beef broth mixture and salsa over roast.
- ~ Place the lid on pressure cooker and lock. Steam-release knob should be set on sealing. Cook on high pressure for 70 minutes. Allow pressure to release naturally.
- ~ Remove beef from pressure cooker and shred with forks. Return beef to liquid mixture and set to keep warm until ready to use.

### Nacho Ingredients:

- ~ In an oven-safe pan, place tortilla chips and then add shredded beef, beans, cheeses and pico de gallo. Place in oven and bake until cheese is melted. Serve with sour cream, guacamole and additional pico de gallo.

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

Team Members: **Jake Allison, El Reno;** **Denton Cook, Cordell;** **Kade Henrichs, Okarche;** **Bentley Lott, Carmen;** **Madilyn Norvell, Tuttle;** **Blayklee Stelzer, Oologah**

## Ball Tip Roast With Oklahoma Red-Dirt Butter

3-lb. CAB® ball tip roast, trimmed of excess fat

### Rub:

2 Tbs. black pepper  
1 Tbs. sea salt flakes  
1 Tbs. smoked sea salt flakes  
1 tsp. dry chipotle pepper  
2 tsp. Head Country seasoning\*  
Marinating liquid: 2 cups water and 1 Tbs. Minor's meat base mixed together

### Glaze:

½ cup Oklahoma sand plum jelly \*

1 tsp. Griffin's pancake syrup\*

2 Tbs. balsamic vinegar  
1 canned chipotle pepper, minced

1 Tbs. adobo from canned chipotle

### Oklahoma Red Dirt Butter

1 stick Braum's butter\*  
3 Tbs. shallots, minced  
1 Tbs. minced chipotle peppers in adobo sauce  
1 Tbs. fresh lime juice  
½ tsp. salt

\*Products made in Oklahoma

- ~ Place roast in meat base and season with rub. Whisk together jelly, vinegar, chipotle and adobo to create a glaze. Baste roast with glaze. Let marinate in refrigerator for 2 hours.
- ~ While roast is marinating, make butter. Whisk together butter with shallots, chipotle peppers, lime juice and salt.
- ~ Preheat half of grill to medium high.
- ~ Sear roast 3-5 minutes per side; move to indirect heat and liberally apply glaze to both sides. Wrap roast in foil when moved to indirect heat. Leave access to roast for basting with glaze.
- ~ Finish cooking roast over indirect heat (keeping grill around 350°F) for 35-45 minutes (or until 135°F internal temperature for medium doneness), basting with jelly glaze once more during cooking.
- ~ Rest 10 minutes on carving board before slicing thinly against the grain. Serve with Oklahoma Red Dirt Butter.

# ROAST COMPETITION

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

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

## St. Olaf's Ball Tip Stew

3lb.-CAB® ball tip roast	1 tsp. minced garlic
1 package of au jus gravy mix (1 oz.)	1 green bell pepper
1 package dry ranch seasoning (1 oz.)	1 red bell pepper
1 package dry onion soup mix	1 onion, medium size
½ tsp. black pepper	2 Tbs. olive oil
1 cup beef broth	yum yum sauce
1 stick of butter (1/2 cup)	

- ~ Cut roast against the grain into small stew-like meat chunks. Place meat in slow cooker. Add gravy mix, ranch seasoning mix and dry onion soup mix.
- ~ Pour in beef broth and add garlic. Top mixture with a stick of butter. Cover and cook on high for 1 hour, then reduce temperature to low for 30 minutes. Make sure meat is cooked until the desired doneness.
- ~ While meat is cooking, slice green pepper and red pepper into strips; coarsely chop onion. In a skillet, sauté peppers and onion in olive oil until vegetables are "limber."
- ~ Once the stew has reached the desired doneness, serve over rice or mashed potatoes; top with sautéed vegetables and drizzle with yum yum sauce.

### Serving ideas:

- ~ Great for plated servings using salad plate or soup bowl on a cold wintry night, movie night, game night or any small gathering.

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

Team Members: **Danielle Alberts**, *Atlanta*; **Addison Bartlow**, *Monticello*; **Brenna Bartlow**, *Monticello*; **Brooke Schiffbauer**, *Tonica*

## Smoky Grilled Ball Tip Roast

3-lb. CAB® ball tip roast	½ cup chopped onions
2 Tbs. olive oil	3 bay leaves
1 Tbs. cumin	3 Tbs. dried chives
1 tsp. thyme	2 Tbs. smoked paprika
2 Tbs. smoked salt	2 Tbs. coarse grind black pepper
2 Tbs. dry mustard	

- ~ Combine the spices in a food processor and grind until mixture is the texture of salt. Pat roast dry and rub with oil. Generously rub spice mixture on all sides of the roast.
- ~ Wrap in plastic wrap and let sit in refrigerator 4 hours or overnight. Remove roast from refrigerator and let sit 30 or more minutes.
- ~ Unwrap and place roast over hot fire. Sear on all sides. Lower temperature to a medium fire. Grill roast, turning to evenly cook all sides, until internal temperature is 125 degrees.
- ~ Remove from fire and tightly wrap roast in foil.
- ~ Let sit for 30-45 minutes. Unwrap and slice roast for serving.

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

Team Members: **Molly Busch**, *Saint James*; **Victoria Busch**, *Saint James*; **Sache Dowling**, *Fair Grove*; **Selby Hulse**, *Hannibal*; **Rhett Keaton**, *Anderson*; **Bailey Schuering**, *Thompson*

## Philly Cheese Melt

2-lb. ball tip roast	6 button mushrooms, sliced
4 hoagie rolls, divided	salt & pepper to taste
4 Tbs. butter, divided	¼ cup Worcestershire sauce
½ cup onion, sliced	8 slices Monterey cheese
½ cup bell peppers, sliced	

- ~ Slow cook roast for 8 hours on low or 4 hours on high. Sauté onions, peppers and mushrooms in 2 Tbs. butter, set aside. Remove roast from liquid and slice thinly.
- ~ Place roast slices in skillet with Worcestershire sauce, salt and pepper to taste. Heat on medium for 2 minutes, then flip the meat. Add the sautéed onions, peppers and mushrooms. Heat another 2 minutes.
- ~ While the roast is heating in the skillet, butter the hoagie rolls with the remaining 2 Tbs. and lightly toast in oven or toaster.
- ~ Remove meat, onion, pepper and mushrooms, and place onto the hoagie rolls. Top with cheese while meat is still hot. Cheese can be added while meat is still in the skillet for maximum melt, if desired.

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

Team Members: **Addison Cotton**, *York*; **Jessalynn Hudson**, *Belvidere*; **Tucker Stagemeyer**, *Page*; **Tavin Uden**, *Franklin*

## Grand Champion Angus Barbecue

3-lb. ball tip roast	1 tsp. + 2 Tbs. mustard powder
	2 Tbs. Worcestershire sauce
<b>Sauce</b>	½ tsp. freshly ground black pepper
1 onion, chopped	2 tsp. liquid smoke
12 oz. chili sauce	1 tsp. salt
2 Tbs. butter	½ tsp. ground cayenne pepper
3 Tbs. brown sugar	4 cloves garlic, minced

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

# ROAST COMPETITION

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

Team Members: **Logan Davis, Bidwell; Maggie Davis, Bidwell; Tori DeMeyer, West Union; Audrey Hoffman, Coshocton**

## “Night at the Museum” French Dip Sammies

3-4 lb. CAB® ball tip roast  
2 Tbs. olive oil  
1 Tbs. kosher salt  
1 Tbs. coarse ground black pepper  
French rolls  
provolone cheese slices

1 sweet onion, thinly sliced  
2 tsp. olive oil  
salt and pepper to taste

### **Creamy Horseradish Sauce:**

12 oz. mayonnaise  
4 oz. Kraft creamy horseradish  
1 tsp. prepared horseradish from jar  
1 tsp. Frank's RedHot® sauce  
Pinch of salt and pepper to taste

### **Au jus:**

16 oz. water  
8 oz. Johnny's French Dip Au Jus base

- ~ Prepare smoker or grill for indirect cooking at 250-275 degrees F.
- ~ Rub olive oil over the surface of the roast and season with salt and pepper.
- ~ Place the roast on one side of the cooking grate. Toss the sliced onion in half size aluminum pan with olive oil, salt and pepper. Place on the cooking grate with the roast.
- ~ Sweat onions for 20 minutes, stirring halfway. Add au jus base and water. Cover pan and simmer.
- ~ Turn the roast after 30 minutes of smoking to brown both sides. Insert a meat probe thermometer set for an internal temperature of 130 degrees. (medium rare).
- ~ Continue to cook the roast until it hits target temp and remove from smoker (about 1 hour and 15 minutes total cook time).
- ~ Rest the roast for 30 minutes, in foil, before thinly slicing. Place the slices in the jus for serving.
- ~ Serve the roast beef on fresh French rolls topped with a creamy horseradish sauce, thinly sliced provolone cheese and a bowl of the au jus for dipping.

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

Team Members: **Payton Alexander, Nemo; Dalton Birdwell, Bryson; Brenlen Humpert, Windthorst; Daisy Plaschke, Hallsville; Bayler Smith, Kirbyville; Kilye Winge, Cisco**

## Instant Pot® Authentic Birria Tacos

3-lb. CAB® ball tip roast  
2 Tbs. vegetable oil  
3 dried ancho chilies (*very mild, smoky, 1,000-2,000 SHU*)  
3 dried guajillo chilies (*sweet, smoky, not very spicy, 2,500-5,000 SHU*)  
1 New Mexican dried chili (*mild, sweet 800-1,400 SHU*)  
1 onion, sliced  
6 garlic cloves, chopped  
2 bay leaves

½ cinnamon stick or ½ tsp. cinnamon powder  
2 tsp. dried Mexican oregano or oregano  
1 ½ tsp. cumin seeds, ground  
1 tsp. coriander, ground  
2 tsp. tomato paste  
2 cups unsalted chicken stock or high-quality unsalted beef stock, divided  
2 Tbs. apple cider vinegar  
1 Tbs. regular soy sauce

1 Tbs. fish sauce  
salt & ground black pepper

### **Garnish:**

8-12 corn tortillas  
good melting cheese (i.e., Oaxaca cheese or mozzarella cheese), freshly grated  
white onion, diced  
cilantro, finely chopped  
lime slices

- ~ Remove stems and seeds from dried chilies, then cut chilies into smaller pieces. Put all dried chilies in Instant Pot. Press “Sauté” button to “Sauté More” to heat up the Instant Pot. Stir occasionally. Once you smell the chilies’ aroma (approximately 4-5 minutes), remove and set aside the toasted chilies.
- ~ Wait until the Instant Pot says “HOT.” Pat dry your meat. Season one side of beef with salt and black pepper. Add 1 Tbs. vegetable oil in the inner pot, and ensure the oil coats the whole bottom of the pot. Carefully place the seasoned side of beef in the Instant Pot. Season the other side of beef with more salt and black pepper. Brown one side for 5 minutes before flipping the meat, then brown the other side for another 5 minutes. Set the meat aside.

- ~ Add another 1 Tbs. vegetable oil to Instant Pot. Add in sliced onions, then sauté for 3 minutes. Add in garlic cloves, bay leaves, cinnamon stick, dried Mexican oregano, ground cumin seeds, ground coriander and tomato paste, then sauté for another minute.
- ~ To deglaze Instant Pot, pour in 1 cup unsalted chicken stock, then deglaze by scrubbing all the flavorful brown bits off the bottom with a wooden spoon. Give it a quick mix.
- ~ To pressure cook birria, add in apple cider vinegar, soy sauce, fish sauce and another cup of unsalted chicken stock, and mix. Add in toasted dried chilies (make sure all chilies are submerged in the cooking liquid), and place roast that has been cut into 1½”-2” thick pieces and browned on top.
- ~ With venting knob in venting position, close the lid, then turn venting knob to sealing position. Pressure cook at high pressure for 40 minutes, then natural release for 15 minutes. Remove the lid carefully.
- ~ Transfer beef to a large mixing bowl. Find and discard the bay leaves & cinnamon stick. Keep all the chilies in the Instant Pot.
- ~ Blend the birria sauce with an immersion hand blender. With two forks, shred the beef, then transfer the shredded beef back to the Instant Pot.
- ~ Taste and adjust the seasoning by adding more salt. For reference, we added roughly 4-6 large pinches of salt.
- ~ This birria is epically tasty with freshly grated melting cheese. Place some of the flavorful birria sauce in a ramekin. Garnish with diced white onion and finely chopped cilantro.
- ~ To make birria tacos, heat a non-stick skillet over medium heat. Dip corn tortillas in the birria sauce. Place corn tortilla on the heated skillet. Layer a handful of grated melting cheese on corn tortilla, then let the cheese melt. Once the cheese has melted and the corn tortilla is a bit crisped, layer some birria meat on the cheese. Fold corn tortilla in half.
- ~ Serve birria tacos immediately with dipping sauce and lime slices.

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

Team Members: **Madalyn Grace Carpenter, Ansonville; Mattie Harward, Richfield; Greyson Peeler, Lawndale; Emma Vanhoy, Catawba; Hannah Vanhoy, Catawba**

## Shredded CAB® Tacos

3-lb. CAB® ball tip roast  
1 packet of fajita seasoning mix or the following seasonings:  
1 ½ tsp. ground cumin  
1 tsp. sea salt  
½ tsp. ground black pepper  
½ tsp. garlic powder  
½ tsp. paprika  
½ tsp. ground ginger  
½ tsp. cayenne pepper

1 can (14 ½ oz.) diced tomatoes  
1 can (8 oz.) tomato sauce  
1 can (4 oz.) mild green chilies  
½ large white onion, chopped  
3 garlic cloves, smashed  
10 flour tortillas  
Optional toppings: shredded cheese, diced fresh tomatoes, sour cream, Greek yogurt, lettuce, salsa, lime wedges

- ~ Place the roast in the slow cooker. Cover roast with fajita seasoning mix (or all other seasonings), diced tomatoes, tomato sauce, chilies and onion, and mix together. Place smashed garlic on top of the roast.
- ~ Cover and turn heat on the slow cooker to high and cook for 3-4 hours (or until beef is tender and breaks away with a fork).
- ~ Remove roast from slow cooker and place on a cutting board. Discard the smashed garlic and leave the remaining juices, tomatoes, chilies and onion in the slow cooker.
- ~ Using two forks, shred the roast. Transfer the shredded roast to a large bowl and add the reserved juices from the slow cooker. Stir to combine.
- ~ Heat tortillas on a flat skillet over medium-high heat. Remove from heat and place desired amount of shredded roast onto tortilla. Top the taco with the desired toppings.

# STEAK COMPETITION

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

Team Members: **Ella Bane**, Towanda; **Braden Bartlow**, Monticello; **Ella Eathington**, Avon; **Charlee Jones**, Gridley; **Grayson Leake**, Lexington; **Blake Wolter**, Aviston

## Open Face Caprese Steak Sandwich

2 lb. CAB® flank steak	1 tsp. honey
½ cup pesto, divided	4 ciabatta rolls
¼ cup mayonnaise	8 slices fresh mozzarella cheese
½ tsp. each coarse salt, coarse grind pepper, granulated garlic	1-2 cups arugula leaves
1 cup balsamic vinegar	large tomatoes, sliced

- ~ Season steak with salt, pepper and garlic, then rub on all sides with ¼ cup pesto. Cover tightly and refrigerate for several hours. Mix ¼ cup pesto and mayonnaise and refrigerate until serving time. Simmer balsamic vinegar and honey until reduced to half.
- ~ Remove steak from refrigerator and bring to room temperature. Grill over medium fire 8 minutes per side. Remove from fire and let rest 5-10 minutes and then slice into ¼-inch thick slices. While the steak is resting, toast the cut side of the rolls on the grill. Remove from heat and spread each bun half with the pesto-mayonnaise mixture. Place cheese slice on each bun half and top with steak slices. Top with arugula leaves and tomato slice. Drizzle with balsamic glaze.

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

Team Members: **Lilah Doerstler**, Hagerstown; **Raleigh Doerstler**, Hagerstown; **Zayda Hofing**, Coatesville

## CAB® Flank Steak Fajitas

1 lb. CAB® flank steak	8-12 small flour tortillas
juice of lime	1 ½ cups grated cheddar cheese
1 fajita seasoning packet (2 tsp.)	1 cup salsa
2 Tbs. vegetable oil, divided	1 cup sour cream
1 large red onion, quartered and sliced	½ cup fresh cilantro, chopped
1 green bell pepper, seeded and cut into 1½ x ¼-in. strips	1 cup fresh guacamole

- ~ Combine lime juice, fajita seasoning and 1 Tbs. of oil. Thinly slice flank steak across the grain and place strips in zip-close plastic bag; pour lime mixture over steak strips and close bag, removing excess air. Marinate in refrigerator for 30 minutes.
- ~ Remove steak from marinade; discard marinade. Heat remaining 1 Tbs. oil in a skillet over high heat. When oil begins to smoke, add flank steak strips and stir frequently until brown, 2-3 minutes. Add onion and pepper; continue stir-frying until onions are slightly brown on edges, 5-7 minutes.
- ~ Serve fajitas immediately in flour tortillas with choice of prepared accompaniments.

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

Team Members: **Molly Hill**, Baldwin City; **Ruby Hill**, Baldwin City; **Paris Olivia Marsh**, Oskaloosa; **Aubree McCurry**, Hutchinson; **Avery Mullen**, Ulysses; **Hallie Mullen**, Ulysses

## Pinwheel Steak Skewers with Waffle Hash Browns

1 ½ lb. CAB® top sirloin or flank steak	salt and pepper to taste
1 cup beef broth	6 metal skewers*
2 Tbs. red wine	1 tsp. kosher salt
1 Tbs. Lea & Perrins® Worcestershire Sauce	1 tsp. freshly ground black pepper
1 Tbs. vegetable oil	3-cheese waffle hashbrowns
1 tsp. Italian seasoning	coffee-BBQ sauce

- ~ To make marinade, combine beef broth, red wine, Worcestershire, vegetable oil and Italian seasoning. Place flank steak and marinade in zip-close plastic bag; refrigerate 2 hours.
- ~ Remove flank steak from bag and discard any leftover marinade. Slice steak across the grain into thin strips. Roll each steak strip and thread onto skewers. Season with salt and pepper, and grill to desired doneness.
- ~ Serve with 3-cheese waffle hash browns.
- ~ 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.

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

Team Members: **Carter Eavers**, Middlebrook; **Mattie Eavers**, Middlebrook; **Mason Salling**, Montpelier; **Rylee Stratton**, Appomattox

## CAB® Carne Asada

1 ½ CAB® lb. flank steak	3 Tbs. white wine vinegar
¾ cup orange juice (no pulp)	1 tsp. cumin
¼ cup olive oil	½ tsp. salt
¼ cup fresh cilantro, chopped	½ tsp. fresh ground black pepper
juice from 2 limes	1 jalapeño pepper, seeded and diced
juice from 1 lemon	4 cloves garlic, minced

- ~ In a large mixing bowl, combine orange juice, olive oil, cilantro, lime juice, lemon juice, white wine vinegar, cumin, salt, pepper, jalapeño, and garlic. Whisk until well combined.
- ~ Reserve ½ cup of the marinade; cover the rest and refrigerate.
- ~ Combine remaining marinade and steak in a large resealable freezer bag. Seal and refrigerate for at least 2 hours, or overnight.
- ~ Preheat grill to high heat.
- ~ Remove steak from marinade and lightly pat dry with paper towels.
- ~ Add steak to the preheated grill and cook for 6-8 minutes per side, or until desired doneness. Note that flank steak tastes best when cooked to rare or medium rare because it's a lean cut of steak.
- ~ Remove from heat and let rest for 10 minutes. Thinly slice steak against the grain, garnish with reserved cilantro mixture and serve.

## FRIENDS OF THE BLACK KETTLE ~ 2022

**12 Star Ranch/Roussel's Jewelry**, Chris & Amber Roussel, Gramercy, La.

**American Angus Hall of Fame**, Tom Burke, Kurt Schaff, Carter Ward, Smithville, Mo.

**APS Angus**, Anne Patton Schubert & Gordon Schubert, Taylorsville, Ky.

**Kentucky Angus Association**

**Quintin Smith Family Angus**, Quintin, Vicki, Jamie, Sonya, Robbie & Callie, Lebanon, Tenn.

**Triple 3 Bar S Angus**, Mark, Anne, Garrett, Gretchen, Weston, Grayson, Braylon, Clayton, Carter & Claire Lampe, Scott City, Kan.

**T-Shirt Sponsor:** Kansas Angus Auxiliary



# STEAK COMPETITION

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

Team Members: **Owen Austrino**, *Dade City*; **Beau Ware**, *Lithia*; **Jayce Ware**, *Lithia*

## Steak & Prosciutto Skewers w/Creamy Basil-Tarragon Sauce

½ cup minced fresh gingerroot	¼ tsp. salt
½ cup Worcestershire sauce	¼ tsp. pepper
¼ cup cider vinegar	
¼ cup dry red wine or beef broth	<b>Sauce:</b>
2 garlic cloves, minced	¾ cup cream cheese, softened
1 beef flank steak (1¼ lbs.), cut into ½-in. strips	¼ cup heavy whipping cream
1 package (3 oz.) thinly sliced prosciutto, cut into ½-in. strips	2 Tbs. lemon juice
2 Tbs. olive oil	2 Tbs. minced fresh basil
	2 Tbs. minced fresh tarragon
	1 Tbs. minced fresh parsley

- ~ In a bowl or shallow dish, combine the first five ingredients. Add beef and turn to coat. Refrigerate at least 3 hours.
- ~ Drain beef, discarding marinade. Layer one slice steak and one slice prosciutto; roll up. Repeat with remaining slices of meat.
- ~ Thread onto metal or soaked wooden skewers. Brush with oil; sprinkle with salt and pepper. Grill, covered, over medium-high heat or broil 4 inches (in.) from heat until beef reaches desired doneness, 10-12 minutes, turning occasionally.
- ~ In a small bowl, beat cream cheese and cream until blended. Stir in lemon juice and herbs. Serve with kebabs.

Division: **Intermediate, 14-17** ~ State: **Georgia**

Team Members: **Ella Baker**, *Douglas*; **Ansley Segars**, *Clarksville*; **Henry Stone**, *Valdosta*

## Zesty Beef Tacos

CAB® flank steak	¼ cup Worcestershire sauce	tortillas
	1 Tbs. minced garlic	red cabbage, shredded
<b>Marinade ingredients:</b>	2 tsp. cilantro	avacados, diced
½ cup Coca-Cola®	1 tsp. black pepper	Romas, diced
¼ cup lime juice freshly squeezed	½ tsp. salt	onions, diced
½ cup olive oil	½ tsp. onion powder	shredded cheddar cheese

- ~ Place all marinade ingredients in a resealable gallon-sized freezer bag. Mix to combine. Add the flank steak to the marinade. Marinate for at least 1 hour, up to 24 hours.
- ~ Remove flank steak from bag and grill, broil or pan cook the flank steak as desired. Let the meat rest for at least 5 minutes, covered with foil.
- ~ Slice the meat against the grain, then serve.
- ~ Serve the sliced steak with tortillas and toppings of choice.

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

Team Members: **Reese Anderson**, *Chrisman*; **Ella Brooks**, *Prophetstown*; **Anne Dameron**, *Lexington*; **Max Dameron**, *Lexington*

## Chipotle Steak

2 lb. CAB® flank steak	juice of 1 lime
½ cup orange juice	2 tsp. chipotle sauce
2 Tbs. each oil, soy sauce and honey	1 taco seasoning packet (1.25 oz.)
1 Tbs. minced garlic	

- ~ Mix marinade ingredients. Cut steak into 4-6 servings and place in a large plastic bag or plastic container. Pour marinade over steak and marinate 4 or more hours.
- ~ Remove steak from marinade. Grill over medium fire 8 minutes per side for medium doneness. Remove from fire and tent with foil.
- ~ Let rest 5 minutes before serving.

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

Team Members: **Cheyenne Houk**, *Blakesburg*; **Lylah Houk**, *Blakesburg*; **Joslyn Koppen**, *Lakota*; **Jillian Moffitt**, *Colfax*

## CAB® Flank Steak Burritos

<b>Marinade:</b>	<b>Other ingredients:</b>	favorite breakfast burrito fillings (we use hash browns, peppers and onions)
½ cup olive oil	tortilla shells	
2 cloves minced garlic	flank steak	
2 Tbs. red wine vinegar	cheese	
½ cup soy sauce	steak seasoning	
¼ cup honey		
½ tsp. pepper		

- ~ Combine the marinade ingredients and add the flank steak. Let it marinate at least 2 hours to overnight.
- ~ Turn grill on to high heat. Take steak out of the marinade and shake the excess off. Season the steak with your favorite steak seasoning on both sides. Grill on high heat for 2-5 minutes per side, depending on size of steak. You want the internal temperature of the steak between 120 to 145 degrees. Set steak aside to rest.
- ~ Cook remaining breakfast burrito ingredients. We are cooking hash browns, peppers and onions, and scrambling some eggs.
- ~ Cube up the rested flank steak.
- ~ Lay out the tortilla shell and line it with some of the steak and other burrito fillings, and sprinkle some shredded cheese on top. Roll the tortilla over the filling, fold in the sides, and finish rolling. Use a panini press to press the burrito and seal it up. Leave it on the press until the outside of the tortilla shell has crisped up a little and the burrito is held together. Serve with your favorite burrito toppings such as salsa, sour cream or guacamole.

# STEAK COMPETITION

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

Team Members: **Meah Allison, El Reno; Allison Cook, Orlando; Brylie Cook, Orlando; Allie Hartin, Madill; Jelani King, Enid; Gage Long, Adair**

## Tornado Alley Red Dirt Flank Steak

CAB® flank steak (1½–2 lb.)

poblano peppers (for garnish)

### Mesa Rosa Chipotle Spice Rub

#### ingredients

2 Tbs. kosher salt  
2 Tbs. chili powder  
1 Tbs. ground cumin  
1 Tbs. garlic powder  
1 Tbs. onion powder  
1 Tbs. light brown sugar, packed  
1 Tbs. black pepper  
2 tsp. cayenne pepper (optional for spicier version)

### Chile Sauce ingredients\*

hatch chile peppers (*we used hot peppers – use your desired level of spice*)

½ red onion, roughly chopped  
1 cup cilantro

1 cup extra virgin olive oil

2 cloves garlic, minced

1 lime

2 Tbs. white vinegar

1 Tbs. kosher salt

1 Tbs. cumin

*\*If you don't like Southwestern flavors, that's OK, skip using the Southwestern rub and season your steak with salt and pepper.*

- ~ Heat oven to 400 degrees F. Place the hatch chile peppers on a foil-lined baking sheet on the highest rack in the oven. Roast for about 10 minutes total, turning the peppers every 2 minutes until the skin is blackened and pulling away from the peppers.
- ~ Once the peppers are roasted, remove from oven and let cool. When they are cool, remove the skins, stems and seeds from the peppers.
- ~ Add the peppers and the next 9 ingredients to a blender or food processor. Blend together until you have a smooth sauce. Add more olive oil if you would like a thinner sauce, and taste the hatch chile sauce to adjust seasoning to your preference. When you're happy with the flavor and consistency, set the sauce aside in the refrigerator to rest while you cook the steak.
- ~ Generously season all sides of your skirt steak with the Mesa Rosa Chipotle Rub. Let the steak rest at room temperature and heat your grill to very high heat — 500 degrees F — and set up for direct heat cooking. When the grill is hot, place the steak directly over the heat and cook for 2-3 minutes per side, flipping once each side has a solid sear and the steak has blackened a bit.
- ~ When the steak is seared, remove from the grill and tightly wrap it in aluminum foil. Bring the foil packet inside and let sit on the counter for 10 minutes to finish cooking through.
- ~ After the steak has rested, remove it from the foil, being careful not to spill the juices that are inside the foil packet. Slice the steak into thin slices and serve with hatch chile sauce spooned over top.

Division: **Senior, 18-21** ~ State: **Georgia**

Team Members: **Henry Throne, Lexington; Hannah Williams, Milan**

## Italian Stuffed Pin Wheels

2-2 ½ lbs. flank steak

3-4 cloves garlic, 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. thinly sliced prosciutto

4 oz. thinly sliced provolone cheese

toothpicks soaked in water for 10 minutes

oregano, salt and pepper to taste

- ~ Combine garlic, shallot, parsley, basil, sage and olive oil in small bowl.
- ~ Slicing horizontally across the steak, butterfly and pound steak into 2 thin rectangles.
- ~ Position steak so the grain runs parallel to the edge of the counter, spread herb mixture evenly over surface of steak.
- ~ Lay prosciutto evenly over steak, leaving 1-in. border along top edge.

- ~ Cover prosciutto with even layer of cheese, leaving 1-in. border along top edge.
- ~ Starting from bottom edge and rolling up away from you, towards the top, roll steak into tight log and place on cutting board seam-side down.
- ~ 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-in. intervals, until the whole steak roll is tied up.
- ~ Using a sharp knife, slice roll between pieces of twine into 1-in. thick pinwheels. Season pinwheels lightly with salt and black pepper.
- ~ Skewer each pinwheel with a toothpick.
- ~ Heat a cast iron skillet over medium-high heat, add 1 Tbs. of olive oil. Place pinwheels in pan and brown for 3 minutes or so. Flip over and brown on the other side for 2 minutes.
- ~ Remove pinwheels and place on a heated grill to continue the cooking process. Cook to an internal temperature of 140 degrees.
- ~ Remove from grill. Allow to rest for 5 minutes under aluminum foil.
- ~ Remove twine and toothpicks and enjoy!

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

Team Members: **Austen David, Lenox; Erica Driscoll, Williamsburg; Erin Driscoll, Williamsburg; Jordan Johnson, Fort Dodge; Lexi Knapp, Bloomfield; Lauren Phillips, Centerville**

## Cheesy Steak Quesadilla

### Steak Ingredients:

CAB® flank steak

4 tsp. sea salt

4 tsp. black pepper

4 tsp. garlic powder

2 Tbs. oil

jalapeño, chopped

lime juice

12 large tortillas

### Chipotle Lime Mayo ingredients:

4 Tbs. mayonnaise

4 Tbs. sour cream

2 Tbs. pickled jalapeños & brine blended

4 tsp. lime juice

4 tsp. chipotle paste

### Quesadilla Ingredients:

6 cups Monterey jack cheese

cilantro, chopped

red onion, chopped

- ~ Mix ingredients for the Chipotle Lime Mayo. Place mayo in the fridge until it is ready to use.
- ~ Lather your flank steak with oil and season thoroughly with salt, pepper and garlic. Let rest for 5 minutes in the fridge.
- ~ Preheat grill to 400 degrees F.
- ~ Add your steak to the grill and cook for about 3 minutes per side or until internal temperature is 120 degrees. Once done, pull off and rest for 5-6 minutes. When done resting, slice the flank steak against the grain into small pieces.
- ~ Add oil to a cast iron skillet and preheat to 400 degrees.
- ~ Add a handful of cheese onto the cast iron skillet to caramelize. Cover the cheese with a tortilla. Once the cheese is stuck to the tortilla (about 1 minute), flip it over and lay cheese down to caramelize on the opposite side. Add more cheese to one half of the tortilla along with the chopped steak, red onions, jalapeños, cilantro and a drizzle of the Chipotle Lime Mayo. Let cook for 15 more seconds, then carefully flip the empty side of the tortilla onto the full side. Cook until the outside is crispy and the cheese is melted in between (about 1-2 minutes more). Flip over as needed to prevent burning. Once done, pull off and rest for 2 minutes.
- ~ Slice quesadillas into portions and enjoy!



# STEAK COMPETITION

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

Team Members: **Chesnie Dickinson**, *Glasco*; **Addie Haverkamp**, *Bern*; **Dane Haverkamp**, *Bern*; **Ava Perrier**, *Eureka*; **Lyle Perrier**, *Eureka*; **Eliza Rosenhagen**, *Cheney*

## The Best Grilled Steak Sandwich

1 ½ lb. CAB® flank steak, 1-1 ½ in. thick	¼ cup mayonnaise
2 ¼ tsp. coarse kosher salt, divided	4 ciabatta buns or French buns (about 6 in. long)
1 tsp. fresh cracked pepper	4 cups (2 oz.) baby arugula
3 Tbs. Dijon mustard, divided	½ lemon, zested and juiced
1 Tbs. plus 2 tsp. balsamic vinegar, divided	6 oz. sharp provolone (or sharp cheddar or blue cheese crumbles), sliced
2 Tbs. extra virgin olive oil, divided	
1 red onion, sliced	
2 cloves garlic, minced	

- ~ Season steaks with 2 tsp. salt and pepper. In a small mixing bowl, combine 1 Tbs. Dijon mustard, 1 Tbs. balsamic vinegar and 1 Tbs. olive oil; whisk thoroughly to combine. Transfer marinade to a zip-close plastic bag, add steaks and coat well. Seal bag, refrigerate 2-4 hours.
- ~ In medium skillet, heat 2 tsp. olive oil over medium-low heat. Add onion, sear 2 minutes. Reduce heat to low, slowly cook 30-35 minutes, stirring occasionally as they darken and caramelize; add minced garlic, simmer 5 more minutes. Stir in 2 tsp. balsamic vinegar and 1 tsp. water. Simmer 2-3 minutes while stirring to reduce liquid without burning onions. Remove from heat, transfer to a bowl and refrigerate.
- ~ In a small mixing bowl, combine mayonnaise and 2 Tbs. Dijon mustard; refrigerate.
- ~ Preheat a grill to medium high. Split buns lengthwise without cutting all the way through. Open up and lay cut side down on grill to toast, 2-3 minutes or until golden brown.
- ~ Remove steaks from marinade, pat dry and grill over medium-high heat about 5 minutes per side or until they reach an internal temperature of 125 degrees F. Remove from heat and let rest 5 minutes.
- ~ In a small mixing bowl, combine arugula, ¼ tsp. salt, 1 tsp. olive oil, 1 Tbs. lemon juice and lemon zest; mix to combine and set aside.
- ~ Spread 1 Tbs. Dijon-mayo on each of the bottom buns and ¼ of the sautéed onions on the top buns. Slice steaks super thin and evenly divide slices on top of Dijon-mayo. Top steak with provolone. Place the open sandwiches back in the grill over indirect heat and close the lid. Cook 3-4 minutes or just until the cheese melts.
- ~ Remove sandwiches from grill, top with arugula and fold top buns.

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

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

## "It's Greek to Me" Certified Angus Beef Gyros

1 lb. flank steak	tzatziki sauce (homemade or storebought)
½ cup olive oil	feta cheese, optional
3 tsp. minced garlic	<b>Tzatziki Sauce:</b>
2 tsp. dried oregano, or 1 Tbs. fresh, finely chopped	1 medium cucumber, peeled and sliced, plus ½ tsp. salt,
1 tsp. salt	2 cups cold plain Greek yogurt
¼ tsp. black pepper	4 tsp. minced garlic
juice of 1 lemon, plus additional wedges for squeezing	½ cup chopped dill — fresh or frozen (may substitute 2 Tbs. dried dill)
4 white or wheat pitas	1 ½ Tbs. lemon juice, freshly squeezed
½ red onion, thinly sliced	½ tsp. salt
1 tomato, thinly sliced	¼ tsp. black pepper
romaine lettuce	

- ~ Place steak, olive oil, garlic, oregano, salt, pepper and juice from ½ lemon in a large resealable bag. Press excess air out and seal bag. Refrigerate for 1-8 hours.
- ~ Spread cucumber slices out on a paper towel. Sprinkle generously with salt on both sides and allow to rest for 5 minutes. Wrap cucumber slices in paper towels, squeeze excess liquid out, and transfer to a food processor or blender.
- ~ Add remaining sauce ingredients to blender and pulse until smooth and creamy. Cover and chill until ready to use.
- ~ Preheat grill, grill pan or cast iron skillet to medium-high heat. Use tongs to transfer steak to grill and discard excess marinade. Cook steak for 6-8 minutes on each side until desired doneness (We recommend leaving just a hint of pink in the center for super juicy, tender meat with lots of flavor.)
- ~ Transfer steak to a cutting board and allow meat to rest for a few minutes before slicing very thinly across the grain.
- ~ Assemble gyros with lettuce, sliced onions, cucumbers and steak. Drizzle with tzatziki sauce, top with black pepper and fresh-squeezed lemon, and serve immediately. Can also top with feta cheese if desired.

Division: **Senior, 18-21 ~ State: Tennessee**

Team Members: **Emma Armstrong**, *Unionville*; **Allison Davis**, *Shelbyville*; **Jackson Hagood**, *Minor Hill*; **Alli Perry**, *Fayetteville*; **Lena Sims**, *McEwen*; **Lila Sims**, *McEwen*

## A League of Their Own Fajitas

2 lb. CAB® flank steak	¼ tsp. coarse ground pepper
green, red and yellow peppers	½ tsp. garlic salt
sweet yellow onion	½ tsp. dried oregano
chopped jalapeño, seeds removed	¼ tsp. dried cilantro
Kitchen Bouquet® Browning & Seasoning Sauce	¼ tsp. seasoning salt
¼ tsp. brown sugar	pinch of crushed red pepper
	cooking oil

- ~ Slice steak and peppers into strips. Quarter the onion. Toss all ingredients with the spices.
- ~ In a heavy cast iron skillet, heat ½ in. cooking oil. Add fajita mix into hot skillet and toss until brown. Pour off liquid as it accumulates (very important). When steak is rare to medium rare, sprinkle mixture with Kitchen Bouquet and brown sugar. Continue cooking until ingredients are coated, yet beef is still tender with a char finish.

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

Team Members: **Jacqueline Bramhall**, *Lovettsville*; **Suter Clark**, *Gretna*; **Hannah Davis**, *Winchester*; **Zachary McCall**, *Greenville*; **Chanse Mullinix**, *Gretna*; **Mikayla St. Clair**, *Berryville*

## Hibachi Flank Steak

1 CAB® flank steak	2 tsp. coarse black pepper	1 tsp. cayenne pepper
3 Tbs. sea salt	2 tsp. onion flakes or powder	1 tsp. ground cumin
2 Tbs. paprika		1 oz. Coca-Cola®
1 Tbs. garlic powder	2 tsp. dried oregano	

- ~ Thoroughly mix dry ingredients together in a bowl (you have made enough to save for another occasion).
- ~ Trim any fat from the flank steak, and cut into ¾-in. cubes. Lightly season the cubes with the mixture of dry ingredients.
- ~ Preheat the pan with 2 Tbs. of extra virgin olive oil.
- ~ Toss the cubes, hibachi-style, for 3 minutes in the pan. Add 1 ounce of Coca-Cola during the last 30 seconds of cooking.
- ~ Serve with traditional hibachi sides utilizing the extra juices.

# ULTIMATE CAB BURGER GRILL-OFF

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

Team Members: **Macie Bartlow**, *Macomb*; **Curtner Bergmann**, *Vienna*; **Madaline Bergmann**, *Vienna*; **Claire Kuipers**, *Leroy*; **Kelson Kuipers**, *Leroy*

## Reuben Burgers

2 lb. CAB® ground beef	12 slices rye bread
2 cups sauerkraut, divided	6 slices havarti cheese
1 tsp. salt	Thousand Island dressing
1 tsp. black pepper	12 thick slices kosher dill pickles
1 tsp. granulated garlic	

- ~ Mix ground beef, 1 cup sauerkraut, salt, pepper, and garlic. Shape into 6 patties, shaped like bread slices. Refrigerate until time to grill.
- ~ Place beef patties on medium fire and cook 6-8 minutes per side. When burgers are almost done, place a heaping tablespoon of sauerkraut on each burger. Top with slice of cheese and allow to melt before removing from fire. Toast bread on both sides over grill.
- ~ Remove and spread the toast slices with a generous amount of Thousand Island dressing. Place burger patties between two toast slices. Garnish with pickle slices.

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

Team Members: **Eli Atkisson**, *Stockton*; **Cora McCurry**, *Colwich*; **Jett McCurry**, *Colwich*; **Clara Patterson**, *Strong City*; **Sloane Spader**, *Lawrence*

## Game Show Grill Burger

2 lb. CAB® ground beef	2 Tbs. flour	½ cup flour
<b>Burger seasoning:</b>	salt and pepper to taste	1 tsp. chipotle chili powder
3 Tbs. Killer Hogs A.P.	2 roasted poblano peppers	1 egg
Seasoning	½ cup milk	¼ cup milk
1 Tbs. Cattlemen's Grill Smoky	½ cup heavy whipping cream	salt and pepper to taste
Chipotle	4 oz. triple-cheese package	6 strips of bacon
<b>Cheese sauce:</b>	mix	3 pretzel buns
½ tsp. Dijon mustard	<b>Toppings:</b>	canola oil
½ tsp. hot sauce	1 yellow onion	
2 Tbs. butter	1 large whole dill pickle	

### Beef burger seasoning

- ~ Place beef into a mixing bowl and coat with Killer Hog A.P. Seasoning and Cattlemen's Grill Smoky Chipotle seasonings. Mix well and evenly coat.
- ~ Place ground beef into hamburger press to make 3 perfect-sized hamburger patties.
- ~ Set burgers aside until ready to grill.
- Fried onion/pickle and bacon topping**
- ~ Make the dry mix first by combining ½ cup flour, 1 teaspoon chipotle chili powder and salt and pepper. Next, make the egg mix of 1 egg and ¼ cup milk in separate bowl. Set both mixes aside.
- ~ Slice yellow onion as thin as possible.
- ~ Dip onions in dry mix to coat well, then dip into egg mixture, also to coat well. Dip back into dry mix once more.
- ~ Drop onions into frying pan of hot canola oil to fry for just a few minutes until golden brown.
- ~ Slice whole dill pickle into thin slices.
- ~ Repeat dip process with pickles — first dry mix, then egg, then back to dry to coat well.
- ~ Put coated pickle slices into hot canola oil to fry until golden brown.
- ~ Fry 6 strips of bacon.

### Cheese sauce

- ~ Grind 2 poblano peppers in food processor. Set aside.
- ~ Make a roux in a small saucepan of 2 Tbs. melted butter and 2 Tbs. flour. Add ½ cup milk and ½ cup heavy whipping cream and stir well.
- ~ Stir in ½ teaspoon Dijon mustard, ½ teaspoon hot sauce and ground peppers to the roux saucepan. Fold in the triple cheese and mix well.
- Grill burger patties**
- ~ Grill burger patties on a hot charcoal grill for approximately six minutes per side.
- ~ While grilling, place top and bottom halves of pretzel buns on the grill to lightly toast.
- Assemble the ultimate Game Show Grill Burger**
- ~ Place bottom bun on a plate, and place hamburger patty on the bottom bun.
- ~ Top burger patty with fried onion, fried pickle and top with a strip or 2 of bacon.
- ~ Drizzle cheese sauce over the entire burger pile. It should fall over the sides of the burger and coat.
- ~ Place top pretzel bun on top.
- ~ Serve with your favorite pub sides.

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

Team Members: **Cealy Bedwell**, *Holt*; **Cinch Dowling**, *Fair Grove*; **Kassidie Eagleburger**, *Elkland*; **Kye Lehenbauer**, *Palmyra*

## Loaded CAB Cowpoke Burgers

CAB® ground beef	tomato, sliced
burger buns	leaf lettuce, sliced
sliced cheese	¼ cup mayonnaise
prepared onion rings	¼ cup barbecue sauce
avocado, sliced	1 Tbs. red pepper flakes
slices prepared bacon	salt and pepper

- ~ Combine mayo, barbecue sauce, and red pepper flakes. Set aside.
- ~ Prep patties: very gently mold beef into 3 equal-sided burger shapes (don't overwork the meat). Push down the center of each burger to make a mini dome shape (will help with shrinkage). Heavily season both sides with salt and black pepper.
- ~ Cook patties: heat a drizzle of oil in a heavy base pan over high heat until smoking. Add patties and fry for a couple of minutes until they begin to crust/char on the bottom. Flip (don't press down), add cheese and fry for another couple of minutes until nicely charred on the other side. Remove and place to one side until needed. Internal temperature should reach 160° F.
- ~ To assemble your burgers, spread some of the spicy barbecue mayo on the inside of each bun, then add your burger. Top with optional toppings: lettuce, tomato, 2 slices of bacon, 2 slices avocado, 2 onion rings, and more barbecue mayo.
- ~ Serve and enjoy!

# ULTIMATE CAB BURGER GRILL-OFF

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

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

## BBQ Meatloaf Burger with Air Fryer Shallots

### Burger Ingredients:

2 lb. CAB® ground beef  
2 cups breadcrumbs  
1 large egg, whisked  
2 cloves garlic, chopped  
½ small onion, finely diced  
1 Tbs. Worcestershire sauce  
1 Tbs. flat-leaf parsley, chopped  
1 tsp. salt  
½ tsp. black pepper  
1 ¼ cup BBQ sauce (recipe below or store bought is fine)  
4 brioche burger buns, toasted  
mayo  
8-12 strips crispy bacon  
crispy fried shallots (recipe below, or you can use store-bought crispy fried onions)

### BBQ Sauce ingredients:

1 cup ketchup

2 Tbs. Worcestershire sauce  
1 Tbs. plus 1 tsp. brown sugar  
2 tsp. apple cider vinegar  
1 tsp. yellow mustard  
1 tsp. Dijon mustard  
¾ tsp. Liquid Smoke seasoning  
½ tsp. granulated onion  
½ tsp. black pepper  
pinch or 2 of salt  
pinch of cayenne pepper  
**Air Fryer Shallot ingredients:**  
vegetable oil spray  
4 shallots, sliced thinly into circles  
salt  
black pepper  
¼ cup flour, heaping  
pinch paprika

### Burger Preparation:

- ~ Place the ground beef into a large bowl; add in the remainder of the ingredients up to and including the black pepper, and gently mix with your hands just until well combined.
- ~ Divide mixture in half and gently form into two mini loaf pans. Brush about ¼ (heaping) cup of the BBQ sauce all over the meatloaf, then sprinkle on a little black pepper.
- ~ Add 1.5 cups of water into pressure cooker liner, add trivet and place filled mini loaf pans onto the trivet. Secure lid and set vent to sealing (closed) position. Cook on high pressure for 25 minutes. After cooking time is complete, do a quick release of the pressure.
- ~ Turn on your oven's broiler. Carefully remove mini loaf pans from the pressure cooker and pour out any drippings from the pans.
- ~ Finish burgers on grill. Cover tops of each meatloaf with remaining ketchup and place pans under broiler, or grill for about 5 minutes. Remove from broiler or grill and let cool on countertop for about 5 minutes.
- ~ Use 2 forks to remove each meatloaf burger from the pans, and you're ready to slice and serve.

### BBQ sauce:

- ~ In a small bowl, whisk together all ingredients until well combined; spoon into a container and use immediately, or store in fridge (also any unused portion).

### Air Fryer Shallots preparation:

- ~ Preheat air fryer to 365°.
- ~ Meanwhile, place the sliced shallots into a bowl, and sprinkle on a couple of pinches of salt and pepper, plus the flour and the paprika; toss to coat.
- ~ In batches (if necessary), add the flour-coated shallots into the preheated air fryer, coating the bottom and the coated shallots with vegetable oil spray and air fry for a couple of minutes until golden brown. Remove and drain on paper towel to remove any excess oil, and sprinkle with a little extra salt/pepper, if desired. Repeat with any remaining shallots.
- ~ Once cooled, they can be stored in a zip-close bag lined with a paper towel.

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

Team Members: **Brooklyn Davis, Winchester; Kady Harris, Staunton; Aubrey Herbers, Lynchburg; Alexis Musselman, Purcellville; Kallie Jo Poole, Staunton; Madison Stratton, Appomattox**

## Ultima Angus Hamburguesas, CAB® Ground Beef & Black Bean Burger

2 lbs. CAB® ground beef	black beans	1 yellow bell pepper
4 Tbs. 6666 Ranch Chili	6 Mexican bolillo rolls	Goya® Adobo All-Purpose seasoning mix
Seasoning (or your favorite chili or taco seasoning)	("torta" roll — crusty outside, soft and fluffy inside)	Salsa Ranch Dressing
½ cup water	8 oz. finely shredded Mexican cheese blend	1 cup. ranch dressing (prepared or homemade)
5 oz. (half 10-oz. can) Rotel® original diced tomatoes & green chilies	1 Tbs. olive oil	¼ c. fresh salsa
8 oz. (half 16-oz. can) refried	1 sweet onion	1 Tbs. fresh lime juice
	1 red bell pepper	

- ~ Slice sweet onion, red and yellow bell peppers into long, thin slices.
- ~ Heat a large cast iron skillet on outdoor charcoal grill. Add the ground beef and brown. Drain excess liquid released from the beef.
- ~ Add chili seasoning mix and water, stir until combined. Stir in Rotel tomatoes and green chilies. Bring the mixture to low boil, cover skillet and move to cooler side of grill to simmer until flavors have melded, 10-15 minutes. Stir occasionally.
- ~ Stir in the refried black beans then simmer for 5-10 more minutes. (Refried beans will thicken the seasoned meat mixture and make it adhere together like a patty.) Remove from the heat.
- ~ While beef-and-bean mixture simmers, add olive oil to another cast iron skillet and heat over the charcoal flame. Add onion and peppers and sauté to tender-crisp stage, about 7 minutes. Stir frequently and season with Adobo seasoning to taste. Move skillet to cooler side of grill and keep vegetables warm.
- ~ Mix ranch dressing, fresh salsa and lime juice. Set aside.
- ~ Slice through the top of the bolillo rolls lengthwise and gently scoop out some of the soft bread to make a shallow hole. Warm the rolls on the grill.
- ~ Using a large serving spoon, fill the rolls with the beef-and-bean mixture and top with the cheese. Garnish with warm onions and peppers. Drizzle salsa ranch dressing over the top. Add fresh or pickled jalapeños if desired.
- ~ Serve hamburguesas with tortilla chips, fresh salsa and guacamole.

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

Team Members: **Emily Brooks, Prophetstown; Emily Kieseewetter, Farmington; Ashlyn Mool, Lexington; Jordi Oliver, Buncombe; Lauren Wolter, Aviston**

## Jerk Sliders

2 lbs. CAB® ground beef	12 Hawaiian buns	1 cup mayonnaise
2 Tbs. jerk seasoning	arugula leaves	2 Tbs. cilantro, chopped
¼ cup soy sauce	Chipotle Aioli:	¼ tsp. fine sea salt
2 Tbs. Worcestershire sauce	3-6 chipotle chilies in adobo sauce	¼ tsp. ground black pepper
12 fresh pineapple slices		
12 slices provolone slices	2 tsp. lime juice	

- ~ Mix ground beef, jerk seasoning, soy sauce, and Worcestershire sauce. Shape into 12 slider-size patties. Refrigerate until time to grill. Peel fresh pineapple, leaving core intact, and slice into 1/2-inch thick slices. (Remove core after grilling to help hold slice together.)
- ~ To prepare aioli: In a small food processor or blender, puree chipotle peppers and adobo sauce for 30 seconds to form a thick paste. Remove to a separate bowl. Without cleaning the food processor, add remaining aioli ingredients. Add 1 Tbs. of the chipotle paste at a time and process to blend ingredients. Taste after each addition until desired taste is achieved.
- ~ Place beef patties over medium fire and grill 5-7 minutes per side. Place cheese slice on each patty to melt. While grilling beef, also grill pineapple slices. Cut core out of pineapple after grilling.
- ~ To assemble sliders, spread aioli on slider buns. Place beef patties on bottom halves, top with pineapple and arugula, and cover with top half of bun.



# ULTIMATE CAB BURGER GRILL-OFF

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

Team Members: **Kara LeBeouf, DeRidder; Lani LeBeouf, DeRidder; Emma LeJeune, Elton; Jacey LeJeune, Lake Charles**

## Pepperjack Boudin Stuffed CAB Burger

CAB® ground beef  
1 cup dried bread crumbs  
½ cup yellow onion, diced  
1 large egg, beaten

1 Tbs. Worcestershire sauce  
1 tsp. parsley, chopped  
½ tsp. salt  
½ tsp. granulated garlic

~ Ball up boudin & pepperjack, take the seasoned beef and flatten it out. Place the boudin on the flattened-out beef, roll it up into a patty, and grill the patty to your liking. Serve on a toasted bun with your choice of fixin's.

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

Team Members: **Alyson Friesen, Arnett; Victoria Gerken, Cashion; Blake Henrichs, Okarche; Sydney Johnson, Orlando; Blake Long, Adair; Brady Lott, Carmen**

## Ultimate Burger On Dirt – It's Poppin'

2 lb. CAB® ground beef  
Seasoning:  
Lawry's® or your favorite steak seasoning  
coarse ground pepper  
garlic powder  
onion powder

Topping  
1 lb. bacon, partially cooked

jalapeño, sliced and seeded (smoked or batter-fried)  
cream cheese, sliced  
jalapeño strawberry marmalade/jam  
avocado slices  
tomato slices  
toasted/grilled buns

~ Form hamburger patties into equal-sized balls (size depends on weight of patty desired). Season with dry ingredients.  
~ Hand-form into patties.  
~ Grill or smoke until an internal temperature of 150° F is reached and let rest. Final temperature should be 160° F.  
~ While resting, add slice of cream cheese (flavored to your desired taste).

### Topping Preparation

~ Toast or grill buns  
~ Smoke jalapeños while burgers are cooking.  
~ Crisp or warm bacon on grill  
~ Slice and chill avocado and tomatoes.  
~ Dress with additional condiments or toppings, if desired.

## ANGUS BEEF CHART

