

The 40th annual
2023 ALL-AMERICAN
Certified Angus Beef® COOK-OFF



In conjunction with the
National Junior Angus Show
GRAND ISLAND, NEB. ~ JULY 1-8, 2023

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 40th Auxiliary-sponsored All-American Certified Angus Beef 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, 2023); 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 ground beef items.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Grand Island, Neb. ~ July 4, 2023

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 23rd 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 18th time this award will be presented.
- ~ **Friends and family of Ardyce O'Neill**, who will present the Ardyce's Apron Award to the winner of the overall junior team division. The award, first presented in 2022, is given in memory of Ardyce, who helped create the Cook-Off in 1983. She served as American Angus Auxiliary president and was an Auxiliary Distinguished Woman. She and her husband, Jim, were Heritage Foundation honorees.
- ~ **Nebraska Beef Council**, Kearney, Neb., for contestant promo items.
- ~ **Kentucky Angus Association**, for awards.
- ~ **Baldrige Performance Angus**, North Platte, Neb., for sponsoring T-shirts for each contestant.
- ~ **Award sponsors**, see list on page 6.
- ~ **Certified Angus Beef**, for providing the products for the contest.
- ~ **Sysco, Lincoln Inc.**, for sponsorship of the contest.
- ~ **Marilyn Conley**, CAB administrative assistant, for providing awards, products and encouragement.
- ~ The **many volunteers** who helped provide assistance.
- ~ The **American Angus Auxiliary** and **National Junior Angus Association** for assistance during the event and for awards.
- ~ **Angus Journal** 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.

2023 All-American Certified Angus Beef Cook-Off contest judges

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ROAST COMPETITION

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

Team Members: **Danielle Alberts, Atlanta; Ella Bane, Towanda; Braden Bartlow, Monticello; Macie Bartlow, Macomb; Charlee Jones, Gridley; Blake Wolter, Aviston**

Herbed Top Sirloin Cap Roast With Cheesy Hash Brown Waffles

CAB® top sirloin cap roast, 3 lb.	1 garlic clove, finely grated	shredded has brown potatoes, thawed and drained
¼ cup balsamic vinegar	1 serrano chile pepper, seeded and finely chopped	1 cup shredded pepper jack cheese
¼ cup Worcestershire sauce	½ tsp. kosher salt	6 Tbs. butter, melted
½ cup olive oil	¼ cup brown sugar	1 Tbs. kosher salt
½ cup fresh basil, chopped	Cheesy Hash Brown Waffles:	½ tsp. black pepper
½ cup fresh cilantro, chopped	1 bag (30 oz.) frozen,	
¼ cup fresh mint, chopped		

- Pat roast dry. Combine balsamic vinegar and Worcestershire sauce and coat roast. Mix olive oil and seasonings.
- Generously rub on all sides of roast, reserving remainder for drizzling sauce.
- Refrigerate roast 2 to 3 hours. Remove and let sit at room temperature 30 to 40 minutes before grilling.
- Sear roast on all sides over high heat. Move to indirect heat and grill until internal temperature reaches 135° F, about 15 to 20 minutes per lb.
- Remove from grill. Cover with foil and let rest 10 to 15 minutes.
- Slice and serve over Cheesy Hash Brown Waffles. Drizzle with reserved herb sauce.
- For Cheesy Hash Brown Waffles, mix waffle ingredients. Heat waffle iron to high and spray with cooking spray. Place ¾ cup of the hash brown mixture in each section of the iron and pat down. Close the waffle iron and cook until the hash browns are golden brown and crispy, about 15 minutes. Check occasionally to prevent burning. Use a butter knife to remove the hash browns. Repeat until all of the hash browns have been cooked.

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

Team Members: **Colby Bacon, Manson; Kylie Claussen, Walcott; Bella Gotto, Dyersville; Karlee Gotto, Dyersville; Travis Harder, Holy Cross**

Iowa Cheese Steaks

3-lb. CAB® top sirloin cap roast	1 orange pepper	2 sweet yellow onions
1 green pepper	1 container of mushrooms	3 sticks of butter, divided
1 yellow pepper	3 slices provolone cheese	Carolina Seasoning Mix
	3 hoagie buns	

- Slice the roast into 1 ½-inch slices, against the grain.
- Tenderize roast slices with a meat mallet.
- Once roast slices are tenderized, cook thoroughly on a flat surface griddle with 1 stick of butter and Carolina Seasoning Mix.
- Sauté peppers, mushrooms and onions with 1 ½ sticks of butter and Carolina Seasoning Mix on the griddle.
- Butter one side of the hoagie buns, and place buns on flat surface griddle with remaining Carolina Seasoning Mix from the sautéed vegetables and cooked roast.
- Once the meat and vegetables are cooked, place provolone cheese on a toasted hoagie bun, then place sautéed mushrooms, onions and peppers on the provolone cheese.
- Finally, place the roast slices on the bed of cheese and sautéed vegetables. Enjoy with a side of buttered and grilled Iowa-grown sweet corn and grilled fruit kebabs sweetened with Iowa-made maple syrup and melted milk chocolate drizzled on top.

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

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

Red Kingdom Roast

1 (3lb.) CAB® brand sirloin cap (coulotte) roast	2 tsp. sugar, coarse, if possible
4 tsp. coarse kosher salt	½ tsp. granulated garlic
4 tsp. cracked black pepper	½ tsp. onion powder

- Combine salt, pepper, sugar, garlic and onion powder.
- Evenly rub roast with rub. Cover tightly in plastic wrap or zipper-locking plastic bag. Refrigerate at least 2 hours or overnight for more intense flavor.
- Set up charcoal smoker to around 225° F and smoke roast approximately 90 minutes or until meat reaches an internal temperature of 130 to 135° F.
- Remove roast, cover and let rest for 15 minutes.

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

Team Members: **Alexis Malander, Belgrade; Zoey Malander, Belgrade; Harper Scott, Gordon; Payton Scott, Gordon; Mckinley Stoller, Palisade; Julia Wolfe, Raymond**

Hocus Pocus CAB® Beef Pot Pies

3 lb. CAB® top sirloin cap roast, cut into 1-in. cubes	4 cloves garlic, minced	1 cup carrots, diced
1 tube (8 oz.) crescent roll dough sheets	2 cups beef broth	1 cup frozen peas
4 Tbs. butter	1 tsp. thyme	2 cups beef broth
1 cup onion, diced	1 tsp. salt	1/3 cup cornstarch
1 cup celery, diced	½ tsp. pepper	1/3 cup milk
	2 bay leaves	6 oven-safe ramekins
	2 cups potatoes, diced	

- On Ninja Foodi®, set to sauté. Add butter. When butter has melted, add onion, celery, garlic and beef cubes. Sauté until beef becomes browned.
- Add beef broth, bay leaves and thyme and place lid on Ninja Foodi. Set tab to pressure cooker and lock. Steam-release knob should be set on sealing. Cook on high pressure for 30 minutes. When time is up, do a quick release.
- Add potatoes, carrots and peas; place lid back on Ninja Foodi. Cook on high pressure for 3 minutes. When time is up, do a quick release.
- Remove meat and vegetables with a slotted spoon and place in a large bowl. Remove bay leaves and discard.
- Press sauté and add beef broth.
- Combine cornstarch and milk to make a slurry. Slowly add to Foodi, whisking constantly until reaching a gravy-like consistency.
- Allow to simmer for 3 to 5 minutes. Season with salt and pepper to taste.
- Turn off Ninja Foodi. Carefully pour gravy over the beef and vegetables, and stir to combine. Set aside and allow to cool while preparing the next steps.
- Prepare ramekins by spraying each with cooking spray. Fill with beef filling and set on sheet tray.
- Roll out crescent dough sheet to an 8x12-inch rectangle and cut into six 4x4-inch squares. Drape a square over each ramekin. Bake for 12 to 15 minutes at 375° F or until crust is golden brown.

ROAST COMPETITION

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

Team Members: **Camryn Greene, Slaughter; Emma LeJeune, Eiton; Elise Meche, Morganza; Amelia Straney, Thibodaux; Eleanor Straney, Thibodaux**

Louisiana Grits & Grillades

1 to 1 ½ lb. lean CAB® roast, cut into ½ in. thick slices	¼ cup beef broth	Cheesy Grits:
6 Tbs. all-purpose flour, divided	1 can diced tomatoes	¾ cups water
1/2 tsp. salt	1/2 tsp. dried thyme	1 cup uncooked stone-ground white grits
1/2 tsp. black pepper	1/2 tsp. dried basil	8 oz. sharp cheddar cheese, grated
4 Tbs. vegetable oil, divided	1/2 tsp. crushed red pepper	¼ cup unsalted butter
1 large onion, cut into wedges and sliced	Tabasco® to taste	kosher salt, to taste
1/2 cup celery, chopped	2 Tbs. chopped parsley	
1 cup bell pepper, chopped	4-5 cups warm buttered cooked grits	
2 garlic cloves, minced	1/2 cup green onions, thinly sliced	

- Cut roast into 2-inch pieces. Combine 4 Tbs. of flour and the salt and pepper, dredge steak pieces.
- Heat 2 Tbs. vegetable oil in heavy skillet over medium-high heat. Cook the roast pieces, turning them until brown on both sides. Remove to a plate and set aside.
- Add the onion, celery and bell pepper to the same pan and cook until onion is translucent, stirring frequently. Add the garlic and cook, stirring for 2 minutes longer.
- Remove the onion mixture to a plate and set aside. Add the remaining oil and stir in the remaining flour. Stir the mixture well and cook, stirring constantly, until the roux mixture is medium-brown in color. Return the onion mixture to the pan and add the beef broth; stir until smooth.
- Return meat to the pan and add the tomatoes. Sprinkle with thyme, basil, red pepper and a little Tabasco. Reduce heat to simmer and cook until tender, about 40 to 60 minutes. Stir in fresh parsley before serving.
- Serve the grillades with grits and slices of green onion, if desired.

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

Team Members: **Aubrey Herbers, Lynchburg; Alexis Musselman, Purcellville; Kallie Poole, Staunton; Madison Stratton, Appomattox; Rylee Stratton, Appomattox**

Sous-per Woman Top Sirloin Cap

1 (3-lb.) CAB® top sirloin cap roast	mayonnaise	1 Tbs. olive oil
kosher salt	Horseradish Dijon Sauce:	1 Tbs. parsley, chopped
pepper	2 Tbs. horseradish cream	2 tsp. red wine vinegar
	1 Tbs. dijon mustard	

- Preheat water bath with immersion circulator to 131° F for medium-rare.
- Season top sirloin cap liberally with salt and pepper. Vacuum seal and add to water bath. Cook for 2 to 4 hours, depending on desired temperature.
- While the top sirloin cap is cooking, mix together the ingredients for the Horseradish Dijon Sauce. Season with salt and pepper to taste. Refrigerate until time to serve.
- When the top sirloin cap is done, thoroughly pat dry with paper towels and re-season with salt and pepper.
- Cover the top sirloin cap in a thin layer of mayonnaise on all sides except the fat cap.
- Bring a cast iron skillet to smoking over high heat. Sear the top sirloin cap on the fat cap side first until deep golden brown. Continue to sear on all sides until deep golden brown.
- Remove to a cutting board; let sit for 5 minutes. Slice into ½ inch-thick slices and serve with Horseradish Dijon Sauce.

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

Team Members: **Addison Cotton, York; JessaLynn Hudson, Belvidere; Kasey Meyer, Blue Hill; Tucker Stagemeier, Page; Tavin Uden, Franklin**

Husker Cupid Coulotte Roast

3-lb. CAB® cut top sirloin cap	1 Tbs. chili powder	1 ½ Tbs. brown sugar
1 Tbs. sea salt	1 ½ Tbs. garlic powder	1 Tbs. dried oregano
1 Tbs. pepper	1 Tbs. onion powder	½ tsp. cayenne pepper

- Preheat grill or cast iron skillet. Score the fat cap of the roast in a cross-hatch pattern. Do not cut too deep into the fat cap. (May need to first slice down fat cap if very thick.)
- Combine all dry ingredients and season the fat cap heavily with 2 Tbs. of mixed seasoning. Now cut the roast into 1-inch strips of meat. Fold each 1-inch cut over into a “horseshoe” shape, and skewer meat across about 1 inch above each end with center touching. Lightly season both sides of each piece of meat with remainder of dry ingredients.
- Place on grill or in skillet. Time for 3 minutes on first side, then flip and continue 2 minutes each side until medium rare. (135° F medium rare, 145° F for medium). Remove meat from heat and place in a pan and cover with foil until serving. Don't remove skewer until plating your food.

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

Team Members: **Maddie Carpenter, Wadesboro; Emma Vanhoy, Catawba; Hannah Vanhoy, Catawba; Ava Wood, Willow Spring**

Beef and Broccoli

2-lb. CAB® roast, sliced thinly against the grain	3 Tbs. cornstarch	Sauce:
2 Tbsp. peanut or canola oil	¼ cup cold water	½ cup soy sauce, low-sodium
1 medium onion, sliced into half-moon shapes	1 Tbs. sesame seeds	1 cup beef broth, low-sodium
5 cloves garlic, pressed or finely minced	2 green onions, sliced	1 ½ Tbs. sesame oil
1 ½ lb. broccoli florets, fresh or frozen	2 cups long-grain white rice, well rinsed	3 Tbs. brown sugar
	2 cups cold water	1 tsp. ginger powder
		¼ tsp. red pepper flakes

- Combine the sauce ingredients, whisk well. Set aside.
- Using an Instant Pot®, turn on the sauté setting, and when hot, add the oil. Add half of the beef strips and brown on both sides (don't cook fully). Remove them to a plate and repeat with the second half.
- After the beef is browned, add the first batch back into the pot and add the onion and garlic. Cook for a couple minutes, stirring frequently. Pour in the sauce and stir.
- Turn off the sauté setting. If making rice, set the tall trivet into the pot and set the pan of rice and water on the trivet. Close the lid and set the steam release knob to the sealing position.
- Press the pressure cook/manual button or dial, then the +/- button or dial to select 10 minutes, high pressure.
- After the cooking cycle has ended, let the pot sit undisturbed for 5 minutes (5 minute natural release). Then do a quick release of the remaining pressure/steam. When the pin in the lid drops down, you can open the lid.
- Combine the cornstarch with 1/4 cup cold water, set aside.
- Carefully remove the pan of rice and the trivet and set aside. Add the broccoli to the pot, pour in the cornstarch slurry, and pressure cook again, for 0 minutes. Then quick release as soon as the cooking cycle has finished.
- Fluff the rice with a fork and transfer to a serving bowl. Open pot and stir well. Serve over hot rice. Garnish with green onion and sesame seeds, or as desired.

STEAK COMPETITION

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

Team Members: **Curtner Bergmann, Vienna; Claire Kuipers, Leroy; Kelson Kuipers, Leroy; Alice Leake, Lexington; Grayson Leake, Lexington; Lydia Leake, Lexington**

Smoked Steak and Potato Kebabs

2 to 3 lb. CAB® teres major steak, cut into 1½-in. cubes	2 tsp. granulated garlic 2 tsp. crushed dried New Mexico oregano	into 1 to 1½-in. pieces 1 large green bell pepper, cut into 1 to 1½-inch pieces
1½ tsp. green chili powder 1½ tsp. red chili powder	10 to 12 small potatoes 1 large red bell pepper, cut	wooden skewers, soaked in water

- Combine seasonings and reserve 2 tsp. Place steak cubes and seasoning mix in sealable plastic bag. Massage to mix seasonings into meat. Refrigerate 2 to 3 hours.
- Remove beef from refrigerator 30 minutes before grilling. Cut potatoes in half and parboil until slightly tender. Toss with reserved seasoning. Alternately thread steak cubes, potato halves and pepper pieces onto skewers.
- Place in stovetop smoker, using strong flavor wood chips, such as mesquite or hickory. Follow smoker directions and smoke 10 minutes.
- Finish cooking by searing on a hot grill for 5 to 6 minutes, turning every 2 minutes. (If you do not have a smoker available, mix in ½ to 1 tsp. of liquid smoke while marinating meat.)

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

Team Members: **Aubree McCurry, Hutchinson; Molly McCurry, Hutchinson; Avery Mullen, Ulysses; Hallie Mullen, Ulysses**

Sous Vide Teres Major

CAB® teres major steak	dried)	1 ½ stick butter
1 Tbs. fresh rosemary (or 1 tsp. dried)	2 Tbs. garlic powder 2 tsp. sea salt	1 Tbs. garlic, minced
1 Tbs. fresh thyme (or 1 tsp.)	2 tsp. pepper	3 sprigs fresh rosemary (optional)

- Combine rosemary, thyme, garlic powder, sea salt, and black pepper. Mix together, then generously coat steaks with the seasoning. Pat it down so it's packed against the beef.
- If desired, add about 3 sprigs of fresh rosemary. Then, seal it tightly in a plastic zip-close bag, pushing air out of the bag as you do.
- Attach the sous vide cooker to a large pot filled with water. Set the temperature to 140° F and place the bag of beef teres major in the pot. Clip it to the side of the pot so the beef is submerged, but the bag is secure.
- Cook for 2 hours. The internal temperature should read about 135° F for medium rare. When done, remove from the bag and set aside on a plate. Heat butter in a pan over medium-high heat. Add minced garlic and cook for 2 to 3 minutes. Sprinkle in a few extra pinches of seasoning.
- Add sous vide teres major to the pan and sear on all sides. While the beef sears, add the drippings from the sous vide bag to the pan.

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

Team Members: **Chaney Hahs, Freidheim; Molly Hahs, Friedheim; Gracyn Meier, Jackson; Tyler Meier, Jackson; Lane Pohlman, Oak Ridge**

Not-Plant-Based Steak

For every ½ lb. of CAB® teres major steak:	2 Tbs. unsalted butter 2 fresh rosemary sprigs 2 garlic cloves, smashed	pepper or other steak seasoning (optional)
1 tsp. salt		

- Pat the teres major dry and, if needed, trim any silverskin or fat from the meat.
- Season the steak liberally with salt and other seasoning if using, and arrange it on a baking sheet in the fridge for 2 to 4 hours to air dry.
- When ready to cook, let the steak sit at room temperature for 20 or so minutes.
- Preheat a large cast iron skillet to medium-high heat until just smoking.
- Add 2 Tbs. of butter to the pan, swirl to coat.
- As soon as the butter has finished frothing, add the rosemary and smashed garlic to the pan.
- Add the teres major. You should immediately hear a sizzle.
- Allow the steak to cook, forming a crust, undisturbed for 2 to 3 minutes. Rotate to sear all sides, basting in the melted butter as it cooks.
- Cook the steak to 125° F, using an instant-read thermometer to check the internal temperature accurately.
- Remove the steak from the heat and place the remaining butter on top. Tent loosely with foil and let rest for 5 to 7 minutes.
- To serve, slice the steak into thin strips on a bias against the grain for the best bite.

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

Team Members: **Reese Anderson, Chrisman; Ella Brooks, Prophetstown; Macie Carroll, Mount Carroll; Anne Dameron, Lexington; Max Dameron, Lexington; Ella Eathington, Avon**

Grilled Steak with Onion-Blue Cheese Sauce

2 to 3 lb. CAB® teres major steak	salt and pepper to taste 1 large yellow onion, sliced	½ cup crumbled blue cheese
6 Tbs. butter, divided	1 cup heavy cream	

- Pat steaks dry. Rub with 2 Tbs. butter. Generously season with salt and pepper, and let rest at room temperature 30 to 40 minutes.
- While meat is resting, sauté onions in remaining butter over high heat. Cook for 5 to 7 minutes, or until dark and caramelized. Reduce heat to low and pour in cream. Cook 3 to 5 minutes or until reduced by half. Stir in blue cheese until melted. Keep sauce warm while grilling steaks.
- Grill steaks until thermometer reads 130 to 135° F. Remove from heat, cover with foil, and let rest 10 minutes. Slice steaks into medallions. Spread onion sauce on plate and place steak slices on top of sauce.

STEAK COMPETITION

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

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

Campfire Steak Pizzas With Onion Jam and Balsamic Glaze

CAB® teres major steaks, cooked to medium rare and sliced
naan bread
olive oil
½ cup per pizza alfredo sauce (jarred or recipe included)
arugula
balsamic glaze, store-bought or homemade

For alfredo sauce:
1 ½ cups heavy cream
½ cup Parmesan cheese, grated
1 Tbs. unsalted butter
6 cloves minced garlic
salt and pepper, to taste

For onion jam:
3 to 4 large Vidalia onions, thinly sliced
1 tsp. sugar
water

For balsamic glaze:
1 cup balsamic vinegar
¼ cup brown sugar

- Combine the ingredients for the alfredo sauce.
- For the onion jam, cook onions over medium heat in skillet with olive oil. Once browned, add sugar and a splash of water, and cook until caramelized (2 to 3 additional minutes).
- Coat all sides of steak with salt and pepper. Let seasoning rest on steak for 30 minutes. Prepare grill for high indirect heat. Place steak on indirect side of grill, away from heat. Grill steak for 3 to 4 minutes on each side until desired doneness. Let steaks rest (to evenly distribute juices) before slicing.
- To make the balsamic glaze, add balsamic vinegar and brown sugar to small saucepan, and stir to dissolve sugar. Bring mixture to a simmer over medium heat, then reduce to medium-low (stirring occasionally) until it has reduced volume by half. Remove from heat and allow to cool.
- Brush naan bread with olive oil and place on preheated (400° F) grill until crispy.
- Assemble pizzas in this order: Alfredo sauce, onion jam, steak slices, blue cheese crumbles, arugula and balsamic glaze.
- Place pizzas on the grill and cook until heated through, approximately 8 to 10 minutes.

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

Team Members: **Meah Allison, El Reno; Alison Cook, Orlando; Brylie Cook, Orlando; Cara Cummins, Hollis; Jelani King, Enid; Gage Long, Vinita**

Out of This World Pepper Steak

CAB® teres major/petite tender
Marinade (per pound):
2 garlic cloves, finely chopped
½ tsp. black pepper
½ tsp. seasoned salt
2 Tbs. brown sugar

1 to 2 tsp. ginger, minced
1/3 cup soy sauce
1 ¼ cups beef broth
1 tsp. vegetable oil
1 tsp. cornstarch
vegetables to taste — ½ to 1 cup each, chopped into bite-size pieces: broccoli,

snow peas, sweet peppers (lots of colors), mushrooms, carrots, summer squash, zucchini and onions

- Combine marinade ingredients and add meat and marinade to zip-close bag. Let meat marinate for at least 30 minutes.
- Reserve 1 cup marinade for vegetables/sauce.
- You'll need ¼ cup of the marinade to mix with cornstarch after the veggies are tender-crisp.
- Grill whole steak approximately 2 minutes per side, until 120 to 125° for medium rare.
- In a large, nonstick skillet, heat oil, add garlic and ginger, sauté 30 seconds, until fragrant.
- Add vegetables and marinade to skillet; stir fry 4 minutes or until veggies are crisp-tender and mixture is thickened.

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

Team Members: **Payton Alexander, Nemo; Dalton Birdwell, Bryson; Brantley Humpert, Windthorst; Briella Humpert, Windthorst; Kilye Winge, Cisco**

Kicked-Up Texas-Style Pan-Seared Bistro Tender Steak

2 to 3 lb. CAB® bistro tender steak
3 tsp. salt
2 tsp. coarse black pepper

4 to 6 Tbs. unsalted butter, divided
6 fresh rosemary sprigs

6 garlic cloves, smashed
umami powder, enough to lightly dust

- Pat the steak dry and, if needed, trim any silverskin or fat from the meat.
- Season the steak liberally with salt and pepper, and arrange it on a baking sheet in the fridge for 2 to 4 hours to air dry.
- Pan sear the bistro tender.
- Dust with umami powder.
- When ready to cook, let the steak sit at room temperature for 20 or so minutes.
- Preheat a large cast iron skillet to medium-high heat until just smoking.
- Add 2 Tbs. of butter to the pan and swirl to coat.
- As soon as the butter has finished frothing, add the rosemary and smashed garlic to the pan.
- Then add the teres major. You should immediately hear a sizzle.
- Allow the steak to cook, forming a crust, undisturbed for 2 to 3 minutes. Rotate to sear all sides, basting in the melted butter as it cooks.
- Cook the bistro tender steak to 125° F, using an instant-read thermometer to check the internal temperature accurately.
- Remove the steak from the heat and place the remaining butter on top. Tent loosely with foil and let rest for 5 to 7 minutes.
- To serve, slice the steak into thin strips on a bias against the grain for the best bite.

STEAK COMPETITION

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

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

Sizzlin' Southern Steak

1 CAB® petite tender	¼ cup brown sugar	2 tsp. fresh ground black pepper
¾ cup chili powder	2 tsp. salt	1 tsp. cayenne pepper
¼ cup ground coffee	2 tsp. dry mustard	2 Tbs. olive oil
¼ cup smoked paprika	2 tsp. ground coriander	
¼ cup ground cumin		

- In a small bowl, combine all the ingredients except the steak and whisk gently to combine. Keep mixture in an airtight container until ready to use.
- Drizzle olive oil over 1 pound of steak.
- Rub in ¼ cup of the spice mixture and marinate at least 30 minutes, up to overnight.
- Grill to desired doneness.

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

Team Members: **Brianna Brown, Pleasanton; Eva Brown, Pleasanton; Addie Crouse, Belgrade; Rachel Smith, Stromsburg; Treyton Jones, Syracuse**

Pirates of the CAB'bean Steak Treasure

CAB® petite tender steak, cut to portion size	butter garlic powder minced garlic	onion powder salt and pepper
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- Season steak to taste with coarse ground salt, pepper, onion powder and garlic powder. Let rest for a few hours before cooking.
- Grill to just before desired doneness is reached. While meat is cooking, melt minced garlic and butter in an aluminum pan.
- Remove steak from heat, let rest in the aluminum pan with the butter and garlic.
- Serve with desired sides.

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

Team Members: **Ellie Kidwell, Walhonding; Josie Kidwell, Walhonding; Emma Meek, Grand Rapids; Hannah Millikan, Napoleon; Anna Scheurman, Warsaw**

Petite Filet Salad With Balsamic Dressing

8 oz. CAB® petite filet, sliced	½ cup gorgonzola or blue cheese crumbles	2 tsp. honey
Kinder's The Blend Seasoning®		1 tsp. Dijon mustard
10 oz. grape or cherry tomatoes	Dressing:	½ tsp. salt
4 cups spring mix greens	½ cup olive oil	¼ tsp. pepper
1 purple onion, sliced	¼ cup balsamic vinegar	
	1 clove garlic, minced (1 tsp.)	

- Combine dressing ingredients in a mason jar. Shake well to combine.
- Rub seasoning on both sides of steak. Let rest for 15 minutes.
- Set pellet grill temperature to 450° F and preheat for 15 minutes.
- Place steaks directly on grill. Close lid and cook until internal temperature reaches 130 to 135° (medium rare).
- Layer steak, tomatoes and onion over salad greens. Crumble cheese over top of salad. Top with dressing. Serve additional dressing on the side.

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

Team Members: **Maddie Bagley, Staunton; Mandy Bramhall, Lovettsville; Brooklyn Davis, Winchester; Layla Grimm, Staunton; Mason Salling, Orange**

Stuffed Petite Tender

2 to 3 CAB® petite filet steaks	3 Tbs. beef tallow coarse sea salt pepper	1 ½ tsp. Worcestershire ¾ tsp. lemon from large slice of lemon lemon zest from the lemon slice
1 large onion, diced in small pieces	unwaxed dental floss or butchering twine	4 Tbs. prepared horseradish
2 cloves of garlic, minced	Horseradish Sauce:	¼ tsp pepper
1 Tbs. olive oil	1 cup light sour cream	¼ tsp salt
½ stick of salted butter	1 cup mayonnaise	
1 block of Fontina cheese		

- Horseradish Sauce: Mix all ingredients together the night before and let it chill in the refrigerator until use.
- Also the night before, dry-brine steaks by rubbing coarse sea salt and pepper on all sides of the steaks. Cover and let sit in the fridge. If you do not have that time, apply dry brine and let steaks sit out at room temperature for 1 hour prior to butterflying and stuffing.
- Sauté onion and garlic in olive oil until onions are soft.
- Butterfly the steaks after dry-brining is complete. Cut three 8-inch pieces of dental floss or butchering twine for each steak. Lay them under the butterflied steaks in order to tie them after stuffing them.
- Spread the homemade horseradish sauce on the interior of the meat. Spread half a cup of onion on inside of each steak. Slice thin pieces of Fontina cheese and stuff on interior of steak with onion. Take butter and place a thin layer of wide shreds of butter on the length inside of each steak.
- Fold steak over, enclosing the stuffing. Tie floss/twine around the meat to hold stuffing in while cooking.
- Place steak on the griddle or in a cast iron skillet on a gas grill, with high heat. Sear both sides of the steak until steak is brown on the outside. Then cover, reduce heat and cook, flipping steak in 2-minute intervals until the steak reaches an internal temperature of 125 to 130° F to achieve medium rare. Once desired temperature is reached, remove from the grill and tent for 5 minutes, during which time the steak will continue to cook. Cut strings off before serving.
- Serve with remaining sauce on the side for seasoning as you like it.

CAB GROUND BEEF

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

Team Members: **Evelyn Clark, Lecompton; Jasper Clark, Lecompton; Molly Hill, Baldwin; Ruby Hill, Baldwin; Cooper Marsh, Oskaloosa; Ruby Shaver, Hillsboro**

Wanda's Poor Man's Salisbury Steak

Hamburger patties:	dash or 2 of salt and pepper	4 cups beef broth (more if needed for thinning)
2 lb. CAB® ground beef	2 Tbs. unsalted butter	
4 large eggs	2 Tbs. olive oil	8 dashes of Worcestershire
2 cup potato chips, smashed	Gravy:	2 Tbs. cornstarch
4 tsp. dry mustard	2 yellow onions, thinly sliced	Dash or 2 of salt and pepper
4 tsp. garlic powder		

- To make hamburger patties, combine the ground beef, eggs, potato chips, dry mustard, garlic powder, and some salt and pepper.
- Mix all the ingredients until fully combined. Form into 8 patties.
- With butter and oil over medium heat, fry the patties on both sides until no longer pink in the middle (about 5 minutes per side, to an internal temperature of at least 160° F). Remove patties.
- To make gravy: On medium heat, stir and cook onions until golden brown and somewhat soft, about 3 to 5 minutes.
- In a small bowl, combine the beef broth and the cornstarch. Mix well.
- Add the beef broth mixture and Worcestershire sauce to the onions, and stir as the mixture comes to a low boil. The sauce will reduce and thicken.
- If the sauce appears too thick, you can add more broth for thinning.
- Return the cooked hamburger patties to the gravy. Spoon the gravy over the top, and let them simmer and heat back up for a couple of minutes.

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

Team Members: **Case Conley, Sulphur; Denton Cook, Foss; Madilyn Norvell, Tuttle; Saylor Norvell, Tuttle; Sadie Plagg, Edmond; Gracie Stonebarger, Council Hill**

Guardians of the Grill Cheeseburger

2 lb. CAB® ground chuck, approximately 80% lean	sharp cheddar or Colby-Jack sliced cheese, enough for each patty	canned chipotle Sauce:
bacon		1 package (8 oz.) cream cheese
2 Tbs. black pepper	Glaze:	
1 Tbs. smoked sea salt flakes	½ cup fruit jelly *	½ cup sour cream
1 tsp. dry chipotle pepper	2 Tbs. balsamic vinegar	1 Tbs. lime juice
2 Tbs. Daddy Hinkle's Meat Marinade	1 Tbs. canned chipotle pepper, minced	2 Tbs. chipotle peppers, chopped
hamburger buns	1 Tbs. adobo sauce from	3 Tbs. chives, minced

- Shape the beef into a ball, hand-pat to approximately the size of the bun. This recipe works as sliders too, just adjust patty size to match the bun.
- Mix dry ingredients, pat onto hamburger patty. Allow seasoned hamburger patty to rest for 5 minutes to allow flavors to disperse, then place on hot grill. As patty nears 140° F, brush burger with glaze.
- Grill hamburger patty (will work in a skillet, gas grill or charcoal grill) until internal temperature of 160° F or until the juices run clear. Check with instant-read thermometer.
- Grill bacon, and add cheese slice to patty to melt. Remove from grill. Split bun and brush each half with butter.
- Grill (on the same surface you used for the hamburger patty), cut-side down, until toasted.
- To assemble, spread toasted bun with sauce, add patty and bacon.

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

Team Members: **Quincy Clayton, Staunton; Lindsay Davis, Winchester; Ella Jane Michael, Fishersville; Sadie Poole, Staunton; Sophie Salling, Orange**

Colonial Cottage Pie

2 lb. CAB® ground beef	and diced	potatoes, peeled and cut into 1-in. cubes
4 Tbs. unsalted butter	1 tsp. thyme leaves	
½ lb. turnips, peeled and diced	½ cup all-purpose flour	¼ lb. (1 stick) unsalted butter
½ lb. carrots, peeled and diced	2 cups beef stock or water	1 egg + 1 egg yolk
3 celery stalks, trimmed and sliced	½ cup tomato paste	1 tsp. salt, or to taste
1 medium onion, peeled	salt and freshly ground black pepper, to taste	½ tsp. freshly ground white pepper, or to taste
	Potato topping ingredients:	
	2 lb. white or red boiling	

- To make the stew, melt the butter in a Dutch oven or large saucepan over medium-high heat. Add the ground beef and brown. Remove the browned hamburger and drain from the pan with a slotted spoon, and set aside.
- Add the turnips, carrots, celery and onion to the pan, and sauté for 3 minutes, stirring frequently, or until the onions are translucent. Return the cooked hamburger to the pan along with the thyme, and sprinkle the flour over the hamburger and vegetables. Cook over low heat for 3 minutes, stirring frequently, to cook the flour. Add the cold stock or water, raise the heat to medium-high, and bring to a boil. Stir in the tomato paste, and season with salt and pepper. Cook the mixture, covered, over low heat for 40 to 55 minutes or until the vegetables are tender.
- In a separate pot, boil the potatoes until tender, about 15 minutes. Drain, and then mash the potatoes using a potato masher or hand-held electric mixer with the butter, egg, yolk, salt and pepper. Place the mixture in a pastry bag fitted with a large star tip.
- To serve, preheat an oven broiler or grill and place the hamburger into a large baking dish, cast iron pan, or individual dishes, and pipe the potatoes into a latticework pattern on the top. Place 6 inches from the broiler element, and brown the potatoes. Serve immediately.
- Note: The hamburger and potatoes can be prepared up to a day in advance and refrigerated, tightly covered. Reheat the hamburger and vegetable mixture over low heat before piping the potatoes and the final broiling.

40th Cook-Off Award Sponsors

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CAB GROUND BEEF

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

Team Members: **Addison Bartlow, Monticello; Brenna Bartlow, Monticello; Madaline Bergmann, Vienna; Cylee Kirchner, Cambridge; Lauren Wolter, Aviston**

Stuffed Carne Asada Burgers

2 lb. CAB® ground beef	1½ tsp. kosher salt	lettuce leaves
1-2 Tbs. adobo sauce (from a can of chipotles)	½ tsp. ground cumin	6 buns (ciabatta or other sturdy bun)
2 Tbs. maple syrup	¼ tsp. black pepper	
1 Tbs. Worcestershire sauce	¾ cup medium cheddar cheese, shredded	
1 tsp. Mexican oregano, dried and crushed	¾ cup guacamole	
	1 cup pico de gallo	

- Combine ground beef and seasonings, adobo sauce through black pepper. Form into 12 patties. Make a well in the center of 6 of the patties. Place 2 Tbs. shredded cheese in the well. Cover filled patties with plain patties. Seal edges. Refrigerate until time to cook. Grill burgers over medium-hot fire until internal temperature reaches 140 to 145° F. Remove from heat.
- Spread guacamole on bun tops and bottoms. On bottom, place lettuce leaf and top with burger patty. Put 2 Tbs. pico de gallo on burger and top with bun.

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

Team Members: **Piper Cates, Modoc; Zayda Hofing, Coatesville; Rosalind Kidwell, Gentryville; Braylen Schaeffer, Hagerstown**

Texas Bob's Mexican Meatloaf Foil Dinner

1 lb. extra-lean CAB® ground beef	crushed cheese (optional)	
1 medium onion	4 medium potatoes, cut lengthwise	1 pkg. McCormick Original Taco Seasoning®, divided
½ cup Pace picante sauce, divided	¼ cup pickled jalapeños, chopped	nonstick cooking spray
½ cup tortilla chips, finely	1 cup shredded cheddar	

- Preheat grill to 450° F.
- Prepare 4 (18 x 12-inch) sheets of heavy-duty aluminum foil. Spray the foil with nonstick cooking spray.
- Combine ¼ cup picante sauce, tortilla chips, chopped onion, and ½ package taco seasoning; add ground beef.
- Shape mixture into four meat loaves. Place each one on a sheet of aluminum foil. Toss in the potatoes with the rest of the package of taco seasoning and chopped jalapeños. Pour the remaining ¼ cup of picante sauce on the meatloaf.
- Bring up foil sides. Double-fold top and ends to seal the packet; leave room for heat to circulate inside. Repeat to make four packets.
- Grill for 18 to 22 minutes. When serving, sprinkle cheese on top.

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

Team Members: **Hannah Katherine Jones, Flora; Emma Neth, Pope; Mollie Vick, Pope; Paisley Woods, Raymond**

Guardians of the Stack

2 lb. CAB® ground beef	1 pkg. large flour tortilla shells	sour cream
2 pkg. taco seasoning	½ cup water	tomatoes
1 large can refried beans	Optional toppings:	lettuce
1 lb. sharp cheddar cheese		green chiles

- Cook and drain hamburger meat; add taco seasoning & water. Bring to a boil and simmer 10 minutes. Spread refried beans on tortilla shell and place two spoonfuls of meat on top of the refried beans. Repeat three times. Top with cheese and melt. Dress with your choice of regular taco toppings.

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

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

Out-of-This World CAB Pizza Smash Sliders

Patty ingredients:	15 oz. tomato sauce	Additional ingredients:
1 lb. ground CAB® beef	1 Tbs. Italian seasoning	mozzarella cheese slices
1 tsp. garlic powder	½ tsp. garlic powder	pepperoni slices
1 tsp. onion powder	½ tsp. onion powder	slider buns
½ tsp. salt	½ tsp. garlic salt	butter
2 tsp. Italian seasoning	¼ tsp. black pepper	
Pizza sauce ingredients:	1 tsp. sugar	
6 oz. tomato paste		

- For the patties, mix the ground beef with the all the other patty ingredients in a bowl. Divide the mixture into golf-ball-sized portions, approximately 2 oz. each.
- For the sauce, mix all of the sauce ingredients in a bowl until well-combined.
- Preheat a cast iron pan on your grill to med-high heat. Place the meatballs into the pan and smash them flat. Cook on the first side for 1 minute. Turn the meat patty over and cook for 1 more minute on the other side. While the patty is cooking, in the same pan crisp up the pieces of pepperoni. We use 2 pieces per slider. Place a slice of mozzarella on each patty to melt. While the patties are cooking, you can also toast your slider buns by buttering them and either placing them on the grill itself or in a pan.

To assemble your slider:

- Place your bottom bun on the plate, and place your first patty on the bun. Spoon some pizza sauce on the first patty.
- Place the second patty on top of the sauce and a little more sauce on top of the second patty, add some crispy pepperoni on top of the sauce. Place the top bun on top of the smash slider.

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

Team Members: **Connor Symons, Pearl River; Rylee Symons, Pearl River; Tavin Symons, Pearl River; Zoey Symons, Pearl River; McKenna Walters, Pearl River**

Nothing Veggie About Our Burgers

1 lb. CAB® ground beef	1 egg	cheese
1 onion, diced	½ cup bread crumbs	other toppings as desired
½ can of nonalcoholic beer	Cajun seasoning, to taste	
2 Tbs. Worcestershire sauce	sesame seed buns	

- Mix all ingredients together. Form into ¼-lb. patties and grill till medium. Served on toasted sesame seed buns with cheese and all the fixings.

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

Team Members: **Emily Brooks, Prophetstown; Ashlyn Mool, Lexington; Jordi Oliver, Buncombe; Lizzie Schafer, Owanecco; Brooke Schiffbauer, Tonica**

Grilled Meatloaf With Maple Chili Glaze

2 lb. CAB® ground beef	1 tsp. black pepper	Maple Chili Glaze:
2 eggs	1 tsp. crushed red chili pepper	1½ Tbs. melted butter
2 cups panko breadcrumbs	¼ cup ketchup	¾ cup maple syrup
½ cup onion, finely chopped	1 Tbs. brown sugar	1 tsp. red or green chile pepper powder
1 Tbs. minced garlic	1 Tbs. dry mustard powder	
½ cup whole milk	2 tsp. Worcestershire sauce	
1 Tbs. kosher salt		

- Combine ingredients for Maple Chili Glaze.
- Mix remaining ingredients. Line a loaf pan with plastic wrap and press beef mixture into pan.
- Cover and refrigerate 1-2 hours. Using the plastic wrap to lift the meatloaf, remove the meatloaf from the pan.
- Slice into ¾-inch slices and grill over medium heat about 6 minutes per side. Brush with glaze and grill 2 more minutes.
- Serve with mashed potatoes.

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

