

**American Angus Auxiliary sponsored All-American
Certified Angus Beef® Cook-Off**

July 4, 2023, 1 pm

National Junior Angus Show, Grand Island, NE



Entries accepted by online entry only. Entry deadline May 25, 2023.

Entry Form-<https://forms.gle/MmfYFEsCX47ZDzk37>

2023 Cook-Off Cuts- all teams in respective categories will receive and must use:

- **STEAK - Teres Major, also known as Petite Tender, Bistro Tender. 2 per team, Approx. 2-3 pounds total weight.**
 - **ROAST - Top Sirloin Cap, also known as Culotte, Approx. 3 pounds.**
 - **OTHER - 2 pounds fresh ground beef (specific rules below)**
- In celebration of our 40th year we are throwing it back to the very first cook-off " The Great Ground Round Cook Off" the other category each team will receive 2 pounds of fresh CAB ground beef. The ground beef must be prepared entirely outdoors on a grill , camp stove, flat top, propane burner. Grills will be provided OR bring your own. You must furnish any other outdoor cooking method - flat tops, black iron on the grill, camp stove, propane cooker - no electric appliances.) Burgers, Sliders, Chopped Steak, Anything that can be prepared on a grill or other outdoor method! No electric appliances can used for the ground beef.**

A lot has certainly changed since 1983 under the trees on the Iowa State Fairgrounds in Des Moines when 9 NJAA teams, 3 Adults and 34 contestants participated in the "Great Ground Round Cook Off". In 1985, the products expanded to include other cuts in the "Big Beef Round Up" in Tulsa, Oklahoma. In 1988, a partnership with Certified Angus Beef began and the Auxiliary Sponsored All American Certified Angus Beef Cook Off was born!

Rules for the All-American Certified Angus Beef ® Cook-Off

1. The Cook Off Contest is open to NJAA members only.
2. Adult supervision is strongly recommended, however, food preparation and presentation is to be done by the junior members.
3. The contest will be divided into three age categories: 8-13; 14-17; and 18-21. All ages will be determined as of January 1. Mixed teams may be entered but will be classified by the oldest member of the team.
4. State Junior Associations may each field only one team of 2 to 6 members in each age division and each category. Note: a state may have up to 9 teams! (example state could have 3 jr teams – 1 steak, 1 roast and 1 other)
5. State Jr Associations that do not have enough members to form a team may combine with another state, however those states CANNOT have another team in the same category and age division.
6. In addition to age divisions there will also be a Steaks, Roasts and Other Beef Items Division.
7. All entries must use the specified and contest provided Certified Angus Beef® brand product in the recipes.
8. **No alcoholic** beverages may be used in the recipe(s), presentation or be presented to the judges; an exception is the use of cooking wine in the recipes.
9. All entries in Steaks, Roasts, or Other Beef Items will be evaluated on the two separate and distinct categories of Showmanship (presentation of the dish) and Recipe (taste of the dish.) Winners will be named in both the Showmanship and Recipe categories, as well as Overall Excellence. Awards will be presented in all areas.
10. All names of cook-off participants, age, birth date, and address, NJAA member code and tee shirt size along the entry's recipe, MUST be submitted to the cook-off official by May 25, 2023. ONLINE ENTRY ONLY - <https://forms.gle/dXeivmVJJ1gfoRxi6>
11. Certified Angus Beef ® specifically designated steaks, roasts, and other beef items will be provided and will be available after 9 am, Tuesday, July 4,) The contestants must furnish all other ingredients.
12. Certified Angus Beef ® brand products will not be available to contestants until 9 am contest day—no exceptions. (Do not use recipes that require overnight marinating.)
13. **Grills will be provided and due to facility limitations, entrants are strongly encouraged to utilize grills.** Other types of cooking units may be used but must be furnished by the contestant. Must bring your own extension cords. Refrigeration is limited, teams are encouraged to bring coolers with ice. Stove tops, ovens and microwaves are NOT available. Teams may choose to bring their own grill; ALL grills will be placed in designated areas. Electricity is limited please do not plan to use more than 1 electric device.

14. In keeping with the “creative” aspect of this contest, entrants are encouraged to choose a theme, dress accordingly, and serve the beef in a manner keeping with that theme. Participants should use imagination and creativity in choosing a theme and serving the “dish” in that style.
15. **Skit/presentation must not be over 5 minutes in length.** Skits will be timed and 1 point will be deducted from total score for each 30 seconds over 5 minutes. Time does not apply to the judge's tasting dish and consultation with the team.
16. Cooks may begin preparations any time after 9 am they deem necessary to be ready for judging at the designated time on contest day.

Entry Deadline: May 25, 2023

There **will not** be a Chef's Challenge Contest or a CAB At Home contest this year.

The Cook-Off is sponsored and coordinated by the American Angus Auxiliary in coordination with the Certified Angus Beef Brand and the National Junior Angus Association.

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