

## A PERFECT PAIRING

*Juniors get creative, persuade judges to eat Certified Angus Beef at the 2024 National Junior Angus Show.*

*by Jessica Hartman, American Angus Association*

Junior Angus breeders translated their knowledge in the barn to the plate during the 2024 All-American Certified Angus Beef® (CAB®) Cook-Off. The competition has a four-decade history at the National Junior Angus Show (NJAS) and is an event favorite. The cook-off, put on by the American Angus Auxiliary, encourages young beef enthusiasts to learn more about the end product they are producing for consumers.

“It’s about your beef education; how these kids are going to prepare themselves for when their classmates ask questions about the industry or meat alternatives,” says Karla Knapp, president of the American Angus Auxiliary.

Twenty-seven teams competed from 12 states July 3 in Madison, Wis., and earned scores for recipe, showmanship and overall presentation. The teams pick from one of three categories of meat to come up with their own unique recipes and table settings. This year, CAB cuts were baseball steaks (sirloin), chuck flap roast and frankfurters.

Claire Kuipers of Illinois is a seven-year participant in the program. She



and her teammates learned how a seemingly small difference in cuts can make a big difference in the outcome of a recipe.

“When we first did a test cook of our recipe, we couldn’t find a chuck flap roast, so we tried it with a chuck roast,” Kuipers says. “It did not go over very well; it was very tough. When we tried it again with a chuck flap roast the recipe came out super tender and juicy.”

The cook-off also encourages participants to become better public speakers. Each team is tasked with writing and performing a creative skit which communicates the value and specifications used to qualify a carcass as CAB and how those specifications elevate the beef eating experience.

State groups let their imagination take off with themes ranging from the Berenstain Bears and The Addams Family to the Kansas City Chiefs and Golden Girls.

“It helps you grow your confidence,” Kuipers says. “It is a way to practice public speaking without actually public speaking.”

While the long-standing competition has many real-world applications, Knapp says the part she and her fellow Auxiliary members appreciate most is the comradery they see among the junior members.

“They are having fun. There is lots of laughter and bonding,” Knapp says, as she looked around the exhibit hall. “They are making life-long friends; life-long connections.”

### COOK-OFF CHAMPIONS

The teamwork paid off for many of the teams. Winners were announced Friday night of NJAS during an awards ceremony.

Overall winner and champion in the steak division went to the Illinois senior team. Members include Ella Brooks, Prophetstown;



Brenna Bartlow, Monticello; and Max Dameron, Lexington. These Illinois were also awarded the Black Kettle Award established in memory of Paul St. Blanc, a supporter and long-time friend of the cook-off, and is given annually to the overall team.

Oklahoma junior team took home champion in the roast division. Members include Denton Cook, Foss; Joseph Davis, Council Hill; Gracie Stonebarger, Council Hill; Bentley Lott, Carmen; Sadie Plagg, Guthrie; and Saylor Norvell, Tuttle.

Frankfurter division champion was the Louisiana intermediate team. Members include Eleanor Straney, Thibodaux; Amelia Straney, Thibodaux; Christian Corsentino, Denham Springs; Emma Lejune, Elton; and Charli Boudreaux, Bel Rose.

Ardyce's Apron was created in memory of Ardyce O'Neill, a past American Angus Auxiliary president who served as the contest's first chairwoman. The award goes to the junior cook-off team with the highest point total. This year, the honor went to

## Black Kettle award-winning recipe



### SUYA (PEANUT BUTTER GRILLED BEEF)

#### Ingredients:

- 1 CAB® baseball cut sirloin, cut into 1 1/2-in. cubes
- 1 large red onion, cut into 1-in. chunks
- 2 limes, cut into wedges
- 1/2 cup cilantro, finely chopped

#### Marinade:

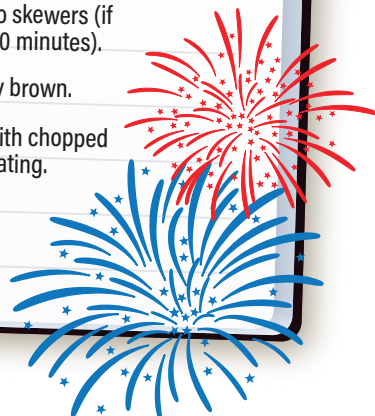
- 1/4 cup creamy peanut butter
- 3 Tbs. tomato paste
- 2 Tbs. olive oil
- 2 Tbs. rice vinegar
- 1 Tbs. kosher salt
- 2 tsp. smoked paprika
- 1 tsp. onion powder
- 1 tsp. allspice
- 1 tsp. granulated garlic
- 1/2 tsp. cayenne pepper
- 1/2 tsp. freshly ground black pepper
- 1/4 tsp. powdered ginger

Mix marinade ingredients, and pour over steak cubes in resealable plastic bag. Massage marinade into steak and refrigerate 2-6 hours.

Thread steak cubes, onion chunks and lime wedges onto skewers (if using wooden skewers, first soak skewers in water for 30 minutes).

Grill over a hot fire about 10-12 minutes, turning to evenly brown.

Serve on bed of rice, quinoa or couscous, and garnish with chopped cilantro. Squeeze grilled lime wedges over meat when eating.



Continued on page 112

the Kansas junior frankfurter team who was first in recipe, showmanship and overall, in the age division; members include Aubree McCurry, Hutchinson; Avery Mullen, Ulysses; and Haillie Mullen, Ulysses.

The Pat Grote LEAD (Leaders Engaged in Angus Development) Award is given to the winning intermediate team in the steak division. Team members receive a

scholarship to the National Junior Angus Association's (NJAA) LEAD conference, which was hosted in late July in Louisiana. The 2024 recipients were members of the Illinois team: Charlee Jones, Gridley; Ella Bane, Towanda; Blake Wolters, Aviston; Danielle Alberts, Atlanta; Macie Carroll, Mt. Carroll; and Macie Bartlow, Macomb.



The Illinois senior steak team won the Black Kettle Award. Pictured (from left) are Anne Lampe, presenting; Brenna Bartlow, Monticello; Max Dameron, Lexington; Ella Brooks, Prophetstown; and Garrett Lampe and Anne Patton Schubert, presenting.



The Kansas junior frankfurters team won the Ardyce's Apron award. Pictured (from left) are Hallie Mullen and Avery Mullen, both of Ulysses; Aubree McCurry, Hutchinson; and Anne Patton Schubert, presenting.

## WINNERS OF THE 2024 AUXILIARY-SPONSORED ALL-AMERICAN CAB® COOK-OFF

**BLACK KETTLE WINNER:** Illinois senior steak team

**PAT GROTE LEAD SCHOLARSHIP WINNER:** Illinois intermediate steak team

**ARDYCE'S APRON WINNER:** Kansas junior frankfurter team

### Steak division

RANK	OVERALL
Junior	
1	Nebraska (S, R)
2	Missouri
3	Texas
Intermediate	
1	Illinois (S, R)
2	Missouri
3	Ohio
Senior	
1	Illinois* (S, R)
2	Virginia
3	Missouri

### Roast division

Junior	
1	Oklahoma* (S, R)
2	Nebraska
3	Missouri
Intermediate	
1	Illinois (S, R)
2	Iowa
3	Louisiana
Senior	
1	Michigan (S, R)
2	North Carolina

### Frankfurter division

Junior	
1	Kansas (S, R)
2	Virginia
3	Iowa
Intermediate	
1	Louisiana* (S, R)
2	Kansas
Senior	
1	Ohio (S, R)

\*Denotes overall winner of the product division. S denotes first-place showmanship. R denotes first-place recipe.