

The 41st annual
2024 ALL-AMERICAN
Certified Angus Beef® COOK-OFF



In conjunction with the
National Junior Angus Show
MADISON, WI. ~ JUNE 29-JULY 6, 2024

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 41st 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, 2024); 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. Heidi Peterson, Marshall, WI, local contact.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** MADISON, WI. ~ JULY 2, 2024

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 19th 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.
- ~ **Colorado Angus Association**, for awards.
- ~ **Kentucky Angus Association**, for awards.
- ~ **Fortune Fish Co.**, for sponsorship of the contest.
- ~ **Deer Valley Farm**, Fayetteville, TN, for sponsoring T-shirts for each contestant.
- ~ **Certified Angus Beef**, for providing the products for 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 editorial staffs**, who helped produce this recipe booklet.
- ~ The contestants, audience and many volunteers who make this contest possible each year.

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ROAST COMPETITION

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

Team Members: **Cecelia Hulse, Hannibal; Tyne Lehenbauer, Palmyra; Ruby Renfro, Hamilton; Wyatt Pohlman, Oak Ridge; Baxter Meier, Jackson; Kara Meier, Jackson**

Missouri Roast

2-3 lb. chuck flap roast
 ½ cup unsalted butter, sliced
 1 packet au jus mix
 1 pkg. ranch dressing mix

1 jar of pepperoncini peppers & juice (optional)
 salt and pepper to taste or your preference of seasoning (optional)

- Place roast in slow cooker, sprinkle ranch and au jus packets over roast.
- Lay slices of butter on top of roast, and add pepperoncini peppers to taste, if desired, to the sides of roast. Pour a slight amount of pepperoncini juice in slow cooker, if desired.
- Cook on low 8 hours, or high for 4 hours.
- Shred the meat and stir with the juice (can remove peppers or mix in).
- Serve over bread, mashed potatoes, rice or by itself.

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

Team Members: **Denton Cook, Foss; Joseph Davis, Council Hill; Gracie Stonebarger, Council Hill; Bentley Lott, Carmen; Sadie Plagg, Guthrie; Saylor Norvell, Tuttle**

Chuck Flap with Firecracker Salsa

1 (3-lb.) CAB® chuck flap roast, trimmed of excess fat

Rub:
 2 Tbs. black pepper
 2 Tbs. smoked sea salt flakes
 1 tsp. dry chipotle pepper

Marinating liquid:
 2 cups water and 1 Tbs. meat base mixed together

Glaze:
 2 Tbs. balsamic vinegar
 1 canned chipotle pepper, minced

Salsa:
 ¾ cup green peppers
 3 cups ripe peaches
 1 cup cherries
 ¼ cup jalapeños, or according to taste
 ½ onion
 ½ Tbs. garlic

½ cup lime juice
 ½ Tbs. vinegar
 ½ cup sugar
 Other fruit may be added or substituted to suit taste or season.

Whip:
 8 oz. cream cheese
 1 Tbs. chipotle peppers
 squirt of lime juice

- Place roast in meat base.
- Let marinate in refrigerator for 2 hours.
- While roast is marinating, make salsa.
- Preheat half of grill to medium-high.
- Whisk together vinegar and minced chipotle pepper to create a glaze. Baste roast with glaze. Season roast with rub.
- Sear roast 3-5 minutes per side; move to indirect heat. Wrap roast in foil when moved to indirect heat.
- Finish cooking roast over indirect heat (keeping grill around 350°F) for 35-45 minutes (or until 135°F internal temperature for medium doneness).
- Rest 10 minutes on carving board before slicing thinly against the grain. Serve with cream cheese and salsa.

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

Team Members: **Harper Scott, Gordon; Alexis Malander, Belgrade; Sutton Hartwell, Oakland; Willow Hartwell, Oakland; Ruby June Edwards, Franklin**

CAB® Amigos Chuck Flap Tacos

2-lb. chuck flap roast, chopped into ½-in. cubes
 1 Tbs. chili powder
 1 Tbs. celery salt
 1 Tbs. pepper
 1 ½ tsp. granulated beef bouillon

1 tsp. garlic powder
 1 tsp. onion powder
 1 tsp. ground cumin
 1 tsp. brown sugar
 ¾ tsp. salt, plus more to taste
 ½ tsp. dried oregano

½ tsp. smoked paprika
 ½ tsp. ground coriander
 ¼-½ tsp. cayenne pepper (optional for medium-spicy heat)
 2 Tbs. vegetable oil

- Combine all spices and seasoning in a medium bowl.
- While the meat is still on the cutting board, pat it dry. Season with the seasoning mix. Set aside for 20-60 minutes. Meanwhile, prep your desired taco toppings.
- To cook meat, heat vegetable oil in a large cast iron skillet over medium-high heat. Once hot, add half of the meat and let sear for 1-2 minutes, then continue to cook while stirring the meat just until browned (don't overcook or it won't be as juicy). Season to taste with additional salt and/or cayenne pepper if desired. Repeat with remaining meat.
- Place meat in warmed tortillas, followed by desired toppings.

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

Team Members: **Madison Bagley, Staunton; Payton Johnston, Staunton; Layla Grimm, Staunton; Teagan Johnston, Staunton; Hixson Herbers, Lynchburg**

Hot Beef Sundae

1 CAB® chuck flap roast (2-3 lb.)
 ½ tsp. salt
 ½ tsp. black pepper
 14 ½ oz. can reduced-sodium beef broth

2 Tbs. minced garlic
 3 cups frozen or fresh sweet corn, any variety
 1 Tbs. fresh thyme, chopped salt (as desired)
 4 cups mashed potatoes

additional fresh thyme or parsley (optional)
 dinner roll (optional)

- Spray stockpot with cooking spray, heat over medium heat until hot. Place CAB® chuck flap roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper, set aside.
- Add broth and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 ¼ to 2 ½ hours or until roast is fork-tender.
- Remove roast; keep warm. Skim fat from cooking liquid; bring to a boil. Reduce heat to medium; cook 5 minutes, thicken as needed. Stir in 1 Tbs. thyme. Season with salt, as desired.
- Add frozen or fresh sweet corn to second stockpot; bring to a boil, or grill corn to your preference. Reduce heat to medium; cook, uncovered, 5-7 minutes or until corn is tender.
- Shred the roast; serve with corn and mashed potatoes, if desired. Garnish with remaining cooking liquid and additional thyme or parsley, if desired.

ROAST COMPETITION

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

Team Members: **Ella Eathington, Avon; Madaline Bergmann, Vienna; Addison Tebbe, Saint Rose; Cylee Kirchner, Cambridge; Claire Kuipers, Leroy; Brianna Tebbe, St. Rose**

Orange-Lime Chuck Flap Roast

CAB® chuck flap roast, 2-3 lb.	Sauce:	(if using salted butter, reduce to 1/4 tsp.)
Marinade:	4 Tbs., butter, salted or unsalted	1/4 tsp. freshly ground black pepper
3/4 cup orange juice	1 clove garlic, minced	1/4 cup fresh cilantro leaves, finely chopped
juice and zest of 1 lime	finely grated zest and juice of 1 lime	
1/2 cup soy sauce	3/4 cup orange juice	
1 Tbs. granulated garlic	1/2 tsp. coarse-grind salt	
1 tsp. freshly ground black pepper		

- Mix marinade ingredients and pour over roast in resealable plastic bag. Massage roast to work in marinade. Refrigerate 4-8 hours, turning occasionally.
- Remove from refrigerator and let sit at room temperature for 30-45 minutes.
- Grill over medium fire until internal temperature is 130-135°, about 8-10 minutes per pound. Remove from fire, cover with foil, and let rest 10 minutes before slicing.
- While meat is resting, prepare sauce by melting butter and sautéing garlic, about 5 minutes. Add lime zest and juice and orange juice. Cook until reduced by 1/2.
- Remove from heat and mix in salt, pepper and cilantro.
- To serve, drizzle sliced meat with sauce. Serve with crusty bread and fresh salad.

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

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

Clark's "Prime Rib"

1 CAB® chuck flap roast	4 tsp. coarse ground pepper	1 tsp. dried parsley
herbed butter		1 tsp. dried thyme
Rub:	2 Tbs. granulated garlic	2 tsp. brown sugar
8 Tbs. coarse salt	2 Tbs. onion powder	1 tsp. smoked paprika
2 tsp. dried rosemary	2 tsp. dried oregano	

- Combine all ingredients in a bowl. Taste and adjust salt level if needed for personal preference.
- Preheat grill or flat top to 450-500° F.
- While the grill or flat top is heating, pat the surface of the meat with a paper towel to remove excess moisture. Sprinkle seasoning over the meat, 1 tablespoon at a time, until entire roast is covered. Use a gloved hand to rub seasoning into roast.
- Place the roast on the grill or flat top and cook for 4-8 minutes per side or until thermometer reads 135-145°. Once meat has reached the proper temperature, remove from heat and let rest for approximately 10 minutes. Then slice evenly.
- Top with herbed butter and serve.

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

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

Roast Beef Po'Boys...Southern Style

2-3 lb. chuck roast	1 quart beef broth	Fixin's:
4 Tbs. vegetable oil	3 green bell peppers	mayo
4 carrots	4 bay leaves	pickle slices
4 potatoes	8 sprigs thyme	sliced tomatoes
1 pkg. sliced mushrooms	8 Tbs. butter, divided	sliced American cheese
2 yellow onions	4 Tbs. cornstarch	shredded lettuce
4 celery stalks	salt, pepper, Tony's, and Season-All® to taste	
4 cloves garlic		
1 quart chicken broth	2 loaves French bread	

- Coat the chuck roast with vegetable oil and seasonings. Sear each side of the roast in the roasting pan. Remove roast and set aside.
- Add 2 Tbs. butter and all veggies to the roasting pan. Sauté until veggies are starting to tenderize.
- Return roast to pan, add broth, bay leaves, thyme and seasonings. Cook at 225° until roast is tender, about 3-4 hours.
- Remove beef, set aside and allow to rest.
- Mix the cornstarch in a small cup with warm water until dissolved (all clumps are gone). Then, stir into gravy.
- Slice roast and return to roasting pan. Remove from heat and allow to sit for a few minutes while preparing the fixins for the po'boy.
- Cut bread, assemble po'boy (using veggies as a side or on your po'boy), top with gravy, and enjoy!

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

Team Members: **Tori DeMeyer, Buchanan; Katelyn Dargus, Buchanan; Kris Kosal, Deckerville; Blake Pillars, Martin**

Thing's Helping Hand Dinner Roll-Up

2-3 lb. chuck flap roast	Gouda)	*If seasoning mix is unavailable, use 2 tsp. sweet paprika, 1 1/2 tsp. dried thyme leaves, 1 tsp. garlic powder, 1 tsp. onion powder, 1/2 tsp. salt and 1/2 tsp. pepper
2 Tbs. Steak and Burger Seasoning Blend*	food-safe thermometer	
4-5 sweet mini peppers	butcher's twine	
1 shishito pepper	pink butcher paper for smoking	
2 Tbs. olive oil		
salt and pepper to taste		
1/2 cup shredded cheese of choice (we used smoky		

- Preheat smoker or grill to approximately 250° for indirect cooking. Place chuck flap between two sheets of waxed paper and pound to 1/2-3/4 inch thickness.
- Season chuck flap with seasoning blend. Cut peppers in half and add olive oil, salt and pepper.
- Cook on the grill or smoker. If you're using a grill, grill for 5-6 minutes, flipping halfway through. On the smoker, roast for approximately 1 hour.
- Place peppers and cheese over flattened roast and roll. Tie with butcher's twine. Smoke until the roll's internal temperature reaches at least 160°, approximately 2 hours per pound. After the roll has a good char on all sides, wrap in pink butcher paper and continue cooking.
- Remove the roll from the smoker and let it rest 10-15 minutes before slicing.
- Slice and enjoy!

ROAST COMPETITION

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

Team Members: **Emma Vanhoy, Catawba; Hannah Vanhoy, Catawba; Ava Wood, Willow Spring; Maddie Carpenter, Wadesboro; Ellie Shuping, Morganton; Eason "EB" Carpenter, Wadesboro**

Instant Pot Chuck Roast

1 Tbs. clarified butter, ghee, or olive oil	6 cloves fresh garlic, sliced thin	1 ½ cup beef stock or beef bone broth
3-lb. chuck roast	1 large sprig fresh rosemary, leaves removed and chopped finely	2 bay leaves
salt and pepper, to taste		
3 cups baby bella or cremini mushrooms, sliced	1 sprig fresh thyme, leaves removed	Mushroom Gravy
1 ½ cups red onion, finely diced	2 Tbs. balsamic vinegar	¼ cup cold water
		2-4 Tbs. cornstarch*

- Cut any excessive fat off of the roast and discard it. Pat the roast dry on both sides with a clean, dry paper towel. Season both sides of the roast generously with salt and pepper.
- Heat the butter, ghee or oil in the insert of your Instant Pot® set on sauté (or in a cast iron pan over medium heat until shimmering). Add the roast and sear until well browned on each side (about 5 minutes per side). Remove the seared roast and set aside on a clean plate.
- Add the onions and sauté for 3-5 minutes, or until tender and translucent.
- Then, add the mushrooms to the onions and sauté for 5-6 minutes, or until they've released all of their liquid and are very tender.
- Add the garlic, rosemary and thyme, and stir until fragrant, about a minute. Add the balsamic vinegar. Bring to a boil, then let simmer for 10 minutes.
- Add the beef broth to the insert of the Instant Pot and stir.
- Transfer the roast and any drippings on the plate to the Instant Pot. Add the bay leaves.
- Secure the lid, making sure the release valve is set to closed. Set the controls to high pressure and cook for 60 minutes.
- After the cook time has elapsed, let the pressure release naturally for 15-20 minutes. After that, quick release any remaining pressure.
- Remove the roast from the Instant Pot and set aside on a plate or cutting board.

Gravy:

- Whisk the cornstarch and water together until well-blended and smooth. Stir the cornstarch mixture into the Instant Pot.
- Turn the heat to sauté, and bring to a boil. Cook until the mixture has thickened.
- Season with additional salt and pepper, to taste. Serve the mushroom gravy alongside the roast.

Notes:

- If the gravy isn't thickened to your liking, add an additional ½-1 Tbs. of cornstarch to another ¼ cup of water, and add that to the Instant Pot.

STEAK COMPETITION

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

Team Members: **Tyler Meier, Jackson; Burton Hulse, Hannibal; Kye Lehenbauer, Palmyra; Lane Pohlman, Oak Ridge; Hank Renfro, Hamilton; Chisum Bedwell, Holt**

Sous Vide Steak

4 baseball steaks	seasoning as desired (Baldrige, salt and pepper, etc.)
2 Tbs. butter	
1 Tbs. olive oil	

- Set the sous vide to your desired temperature (132° for medium-rare).
- Vacuum seal the filet mignons using your preferred method, two steaks per bag.
- Cook for 1 hour (for 1-inch thick steak), up to 4 hours.
- Remove steaks and pat dry with paper towels.
- Season as desired on both sides.
- Preheat a cast iron skillet over high heat. Add oil and butter.
- Sear steaks 1 minute per side, tilting skillet and spooning butter over them as they cook. Let rest 2-5 minutes.

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

Team Members: **McKinley Stoller, Palisade; Payton Scott, Gordon; Zoey Malander, Belgrade; Addison Dalrymple, Arnold; Adalynn Jones, Syracuse; Blaise Hartwell, Oakland**

Survivor CAB Baseball Cut Sirloin with Chimichurri

4 CAB® baseball cut sirloin steaks	Chimichurri:	¾ tsp. dried oregano
your favorite seasoning (we used Coppermill Steakhouse Original Seasoning)	½ cup olive oil	1 tsp. salt
	2 Tbs. red wine vinegar	½ tsp. pepper
	½ cup parsley, finely chopped	
	3-4 cloves garlic, finely chopped or minced	
	2 small red chilies	

- Heat grill to hot. Grill the steaks, turning occasionally, until desired degree of doneness is reached.
- Let rest for 5 minutes.
- Top with Chimichurri and serve.

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

Team Members: **Reese White, Grandview; Kinlee Hughes, Montague; Briella Humpert, Windthorst; Bristol Humpert, Windthorst**

Summer CAB Steak Kebab

4 CAB® baseball cut sirloin steaks, cut to 1 ¼-in. cubes	1 red onion, cut to 1 ¼-in. pieces	for drizzle (store-bought or homemade)
extra virgin olive oil	2 small-medium zucchini, cut to ½-in. rounds	9 (12-14-in.) bamboo skewers, soaked overnight; or metal skewers
1-½ Tbs. kosher salt	large pineapple, cut into ¾ in.- to 1 ¼-in. cubes	
1 Tbs. fresh ground pepper		
2 Tbs. garlic, minced	cilantro lime crema sauce	

- Heat grill to medium-high (450° on most grills).
- Bring steaks to room temperature (approximately 30 minutes) for even cooking and to maintain tenderness.
- Cut steaks into even cubes and pat dry on all sides.
- Season generously with salt and pepper. Gently press seasoning and garlic onto meat.
- Assemble kebabs on skewers, alternating beef, pineapple, red onion, zucchini (starting and ending in beef). Spray kebabs with a very light coat of olive oil.
- Place kebabs on the hot grill, turning to cook steak to desired temperature: 125° Rare, 135° Medium rare, 145° Medium.
- Adjust salt (if necessary), plate kebabs and drizzle with cilantro lime crema before serving.

STEAK COMPETITION

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

Team Members: **Cealy Bedwell, Holt; Ross Wheeler, Paris; Landon Witt, Union; Madi Coulter, Wentzville; Taylor Coulter, Wentzville**

Grand Slam Baseball Steak

4 CAB® (6 oz.) baseball steaks	Crab Stuffing ingredients:	1 tsp. Old Bay® Seasoning
salt, cracked black pepper to taste	2 Tbs. olive oil	
1 Tbs. olive oil	1 tsp. onion, minced	Peppercorn Sauce ingredients:
1 clove garlic, minced	1 tsp. garlic, minced	1 ¼ cups beef broth
1 tsp. shallot, minced	1 tsp. celery, minced	1 tsp. cracked pepper
1 cup cremini mushroom, sliced	1 tsp. green bell pepper, minced	1 cup heavy cream
1 Tbs. beef bouillon paste	Tbs. shrimp stock	
1 tsp. Dijon mustard	1 (6 oz.) can of crab meat, drained	
	2 Tbs. breadcrumbs	

- Make crab stuffing: Heat 2 Tbs. olive oil in large skillet. Sauté onion, green onion, and green pepper until tender. Stir in shrimp stock, crab meat, breadcrumbs and Old Bay® Seasoning. Remove from heat, and set aside.
- To prepare peppercorn sauce, in a small saucepan over medium heat, combine beef broth and cracked black pepper. Simmer until reduced to 1 cup, stirring frequently; add heavy cream. Continue simmering until reduced to 1 cup. Remove from heat and set aside.
- To prepare steaks, slice a pocket into the side of each steak, and stuff generously with crab stuffing. Season to taste with salt and pepper, and set aside. Heat olive oil in the large cast iron skillet over medium heat. Sauté garlic and shallot for 1 minute. Stir in mushrooms, and sauté until tender. Remove mushroom mixture, and set aside.
- Place steaks in skillet, and cook to desired doneness; remove from skillet, and keep warm. Deglaze skillet with the beef bouillon paste. Reduce heat, and stir in peppercorn sauce and Dijon mustard. Add mushroom mixture and reduce sauce until thickened.
- Arrange steaks on plate, top with peppercorn sauce and enjoy!

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

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

Coffee and Cola Steak

CAB® baseball cut sirloin rice for serving	½ cup strong coffee or espresso	1 tsp. salt
Marinade:	¼ cup rice vinegar	1 tsp. crushed dried rosemary
2 large cloves garlic, minced	2 Tbs. ketchup	¼ tsp. Louisiana-style hot sauce
12 oz. cola-flavored soda (not diet)	1 ½ tsp. freshly ground black pepper	

- Mix marinade ingredients. Place steak portions in large resealable plastic bag or covered container and pour marinade over steak to completely cover.
- Refrigerate for 4 hours, or as long as overnight. Remove from refrigerator and let sit at room temperature for 30-45 minutes.
- Remove steak from marinade and pat dry; reserve marinade.
- Season both sides of meat with coarse-grind salt, and grill over hot fire until internal temperature reads 130-135°, about 6 minutes per side, depending on thickness.
- Remove from grill, cover with foil, and let rest 10 minutes.
- Meanwhile, place reserved marinade in small pan and simmer until slightly thickened, about 10 minutes. Slice meat across the grain and serve over a bed of rice. Drizzle with reduced marinade.

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

Team Members: **Aubrey Bapst, Waverly; Logan Davis, Bidwell; Maggie Davis, Bidwell; Hannah Millikan, Napoleon; Levi Millikan, Napoleon**

Loaded Sheetpan Steak Nachos

Steak Marinade/Rub:	¼ tsp. chili powder	2 cups smoked queso
¼ cup soy sauce (if choosing to make marinade instead of rub)	¼ tsp. smoked paprika	8 oz. pico de gallo
¼ cup extra virgin olive oil	Nachos:	8 oz. sour cream
1 tsp. minced garlic	large bag tortilla chips	pickled onions
¼ tsp. cumin	2 cups shredded Monterey Jack cheese	jalapeños, sliced
		guacamole

- Prepare marinade/rub and cover steaks, letting them rest in refrigerator for at least 2 hours.
- Remove steaks from refrigerator, allowing to rest at room temperature for 30 minutes.
- Preheat pellet grill to highest temperature (450-500°).
- Place steaks on grill and cook for 5-8 minutes on each side until desired doneness (at least 135°). Reduce heat to 350° when steaks are finished.
- Let steaks rest to evenly distribute juices, before slicing against the grain for nachos.
- Place half of the tortilla chips on lined sheet pan. Cover with shredded cheese.
- Repeat with layer of tortilla chips and cover with queso.
- Place sheet pan in smoker/grill and bake until cheese is melted and nachos are warmed through, approximately 5-7 minutes.
- Remove nachos from grill, and add steak, along with beans, pico de gallo, crema, pickled onions, jalapeños and guacamole.

STEAK COMPETITION

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

Team Members: **Rylee Stratton, Appomattox; Kady Harris, Staunton; Aubrey Herbers, Lynchburg; Riley Brown, Waynesboro; Madison Stratton, Appomattox**

CAB® Razzmatazz Steak Sandwich

4 CAB® baseball steaks, sliced into thin strips	thinly sliced	3-4 Tbs. pickled jalapeños, chopped
salt and pepper, to taste	8 slices sourdough bread	pickled jalapeño juice, to taste
4 slices Gouda cheese, sliced thin and each slice cut into thirds	¼ cup unsalted butter, softened	
2 Tbs. unsalted butter	Razzmatazz Sauce:	
1 large yellow sweet onion,	10 oz. jar of raspberry preserves	
	10 oz. jar of pepper jelly	

- Make Razzmatazz Sauce by combining in a bowl equal parts raspberry jam and pepper jelly and stirring well. Add the pickled jalapeños, and juice from pickled jalapeños to taste. Stir well, and set aside.
- Slice steaks into thin strips and season with salt and pepper (to make slicing a bit easier, freeze steaks for a few minutes and use a very sharp knife to slice).
- Heat a flat-top grill on high heat (a cast iron skillet or flat griddle can also be used, heated on a stove top or grill).
- Melt 1 Tbs. butter, and add onions to flat top grill or skillet. Season onions with salt and pepper, sauté until softened and just beginning to caramelize. Remove onions and set aside, loosely covered.
- On same flat top or skillet, melt 1 Tbs. butter and add CAB® baseball steak slices in two batches. Do not crowd. Cook a few minutes per side to medium rare. Remove steak slices and set aside, loosely covered.
- To assemble a sandwich, butter both sides of two slices of sourdough bread. Toast both sides of both slices of bread on the same flat top or skillet.
- Layer one slice of toast with steak slices, onion slices and a slice of Gouda cheese (cutting slices into thirds makes layering cheese easier). Top with the other slice of toast, and flip the sandwich on the grill to melt cheese on bottom layer.
- When cheese is melty, remove the top toast, and drizzle the layers of steak and onions with Razzmatazz Sauce. Replace the top toast, cut in half and serve warm.

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

Team Members: **Ella Brooks, Prophetstown; Brenna Bartlow, Monticello; Max Dameron, Lexington**

Suya (Peanut Butter Grilled Beef)

1 CAB® baseball cut sirloin, cut into 1 ½-in. cubes	Marinade:	1 tsp. allspice
1 large red onion, cut into 1-in. chunks	¼ cup creamy peanut butter	1 tsp. granulated garlic
2 limes, cut into wedges	3 Tbs. tomato paste	½ tsp. cayenne pepper
½ cup cilantro, finely chopped	2 Tbs. olive oil	½ tsp. freshly ground black pepper
	2 Tbs. rice vinegar	¼ tsp. powdered ginger
	1 Tbs. kosher salt	
	2 tsp. smoked paprika	
	1 tsp. onion powder	

- 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.

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

Team Members: **Adrienne Bryant, Fulton; Melaina Thiltgen, Republic; Faith Williams, Rhineland; Addison Ward, Oak Grove**

Golden CAB® Steak Served with Golden Russet Potatoes and Classic Cheesecake

Steak:	¼ cup of Worcestershire	½ Tbs. Italian seasoning
2 Tbs. Italian seasoning	edible gold and fresh	3 garlic cloves, minced
1 Tbs. minced garlic	parsley for garnish	pinch salt and pepper
½ tsp. salt		¼ cup shredded parmesan
½ tsp. pepper	Potatoes:	parsley for garnish, freshly
½ tsp. red pepper flakes	2 Tbs. olive oil	chopped

- Pat steaks dry and trim if preferred.
- Combine Italian seasoning, minced garlic, salt, pepper and red pepper flakes. Coat steaks in Worcestershire, and then cover all sides of the steak with the previous combined dry seasoning. Let steaks sit for an hour.
- Place steaks on the grill and cook until an internal temperature of 130° F. Remove steak from heat, cover in foil and let rest for 10 minutes before serving.
- After rested, add gold foil and parsley for preferred look.
- Rinse, dice and pat dry the golden russet potatoes.
- Coat in olive oil before seasoning with Italian seasoning, minced garlic, salt, pepper and Parmesan.
- Toss thoroughly to ensure all potatoes are evenly coated.
- Place potatoes in air fryer for 12 to 15 minutes at 400° or until fork-tender.
- Add parsley as garnish before serving.

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

Team Members: **Mandy Bramhall, Lovettsville; Meghan Pantaleo, Purcellville; Brooklyn Davis, Winchester**

Badger Pineapple Street Tacos

2 lb. CAB® baseball steak	½ red onion	1 tsp. salt
juice of one can of pineapple (16-oz. can)	1 can Mexican corn	1 avocado
½ cup soy sauce	1 bunch (¼ cup chopped) fresh cilantro	1 jalapeño pepper
1 tsp. cumin	3 Tbs. lime juice	extra-sharp Wisconsin cheese, shredded
¼ tsp. cayenne pepper	¼ cup olive oil	bag of flour tortillas
4 pineapple rings	1 Tbs. honey	

- In a bag mix/shake together the can of pineapple juice, soy sauce, cumin and chili pepper. Pour over the baseball steak, and marinate for about 60-90 minutes.
- Preheat grill to 475°, and grill baseball steak on flat iron. Grill the steak on each side for 6-8 minutes for a medium rare steak with a pink center. Flipping once, grill until the internal temperature of the steak reaches 135° (for medium rare). Remove the baseball steak from the grill, tent with foil and allow to rest for 10 minutes before slicing to serve.
- Place the whole pineapple rings on the grill and cook, flipping occasionally.
- Grill the red onion and cool. Chop finely. Grill corn over high heat for approximately 5 minutes to char.
- Chop fresh cilantro. Combine the cilantro, lime juice, oil, honey and salt in the bowl with the grilled pineapple and onion. Stir everything together to make the chimichurri sauce.
- Slice the steak thin, and serve the tacos filled with steak and chimichurri sauce.
- Garnish with 1 slice of avocado, 2 jalapeño pepper slices, and top with Wisconsin extra-sharp cheddar cheese.

CAB FRANKFURTERS

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

Team Members: **Zane Tebbe, Saint Rose; Chandler Jones, Gridley; Kelson Kuipers, Leroy; Grayson Leake, Lexington; Alice Leake, Lexington; Lydia Leake, Lexington**

Ballpark Frank Kebabs

6 CAB® frankfurters, cut into 1-in. pieces	(depending on size of pickles), cut into 1-in. pieces	¼ cup mustard, yellow or Dijon
1 medium sweet onion, cut into 1-in. pieces	Marinade:	¼ cup pickle juice
5-8 sweet gherkin pickles	½ cup ketchup	¼ tsp. smoked paprika

- Mix marinade ingredients. Place frankfurter chunks in bowl or resealable gallon bag and pour marinade over, being sure to cover all the meat.
- Let sit in refrigerator for 2-4 hours. Soak 10-12 wooden skewers in water for 30 minutes. Alternately thread frankfurter, pickle and onion chunks onto skewers.
- Grill over hot fire, turning to brown all sides, about 8-10 minutes. Serve with potato salad, chips or nachos and cheese for a true ballpark experience!

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

Team Members: **Piper Cates, Modoc; Emma Miller, Gaston; Zayda Hofing, Coatesville**

Marinated Frankfurter Baked Potatoes

4 CAB® frankfurters	butter, sour cream, green onion, cheese, bacon bits)	½ tsp. yellow mustard
4 russet potatoes	Marinade ingredients:	½ tsp. Dijon mustard (optional)
olive oil	2 Tbs. barbecue sauce	½ tsp. minced garlic
salt	1 Tbs. ketchup	¼ tsp. onion powder
aluminum foil	2 tsp. Worcestershire sauce	4 tsp. olive oil
Toppings of your choice (e.g.,		

- Mix all marinade ingredients in a small bowl.
- Cut slits into one side of each frankfurter. You don't want them too deep, but you want them deep enough that the marinade can be partially absorbed. Depending on frank size, you can cut 5-8 slits.
- Place franks in closeable bag, pour marinade over them.
- Place in fridge for at least 2 hours. Remove and lightly wipe down franks, excess marinade may burn before frank is done.
- Grill to preferred doneness. Enjoy!

Baked potato bun

- Start by preheating your griddle. Set the heat to medium and allow it to heat up for a few minutes.
- While the griddle is heating, wash the potatoes thoroughly to remove any dirt. Pat them dry with a paper towel.
- Pierce each potato several times with a fork to allow steam to escape during the cooking process. This will prevent them from bursting. Rub each potato with olive oil. This will help the skin crisp up and add a delicious flavor. Sprinkle them generously with salt.
- Once the griddle is hot, place the potatoes directly on the cooking surface. Cook them for about 30 minutes, flipping them occasionally to ensure even cooking.
- While the potatoes are cooking, prepare your desired toppings and condiments.
- After 30 minutes, check the potatoes for doneness. Insert a fork into the thickest part of the potato. If it goes in easily and the flesh is tender, they are ready to be removed from the griddle. Using tongs, carefully remove the potatoes from the griddle and let them cool for a few minutes.
- Once the potatoes have cooled slightly, you can cut a wedge shape off of the top of the potato. Place your cooked hot dog on top and add your desired toppings such as butter, sour cream, green onion, cheese or bacon bits.

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

Team Members: **Grant Cherne, Guttenberg; Lane Cherne, Guttenberg; Boyd Schroeder, Clarence; Kegan Bacon, Manson; Jillian Moffitt, Colfax; James Moffitt, Colfax**

Super Iowa Dogs

6 CAB® frankfurters	Pineapple Sauce	1 Tbs. fresh-squeezed lime juice
6 hoagie buns	20 oz. pineapple (sliced, quartered or crushed)	1 Tbs. minced garlic or 3 cloves, minced
6 slices bacon	½ cup sugar	1 tsp. ground cumin
12 slices Monterey Jack cheese	1 Tbs. cornstarch	½ cup cilantro
1 cup crushed original potato chips	Garlic Cilantro Aioli	⅓ tsp. salt, or to taste
ketchup and mustard	1 cup mayonnaise	

Pineapple Sauce:

- Drain pineapple juice into a small saucepan.
- Add sugar and cornstarch. Whisk to combine.
- Cook over medium-low heat until dissolved and syrup begins to thicken (about 5 minutes).
- Add pineapple, and continue to cook over medium-low heat for about 12-15 minutes, until sauce has thickened further.
- Allow to cool. Add to food processor, and puree until smooth.

Garlic Cilantro Sauce:

- Add all ingredients into a food processor, and puree in 15-second increments until completely combined.
- Refrigerate until ready to use.

Assemble Iowa Super Dog in the following order:

- Grill CAB frankfurters to your liking, and place inside hoagie bun.
- Top with one slice of bacon, add 0.5 oz. pineapple sauce, 0.5 oz. Garlic Cilantro Aioli, 0.25 oz. ketchup and 0.25 oz. mustard.
- Top with two slices Monterey Jack cheese. Using a food-safe kitchen torch, heat cheese until warm and bubbly.
- Top with crushed regular potato chips.

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

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

Sauced Hasselback-style CAB® Frank Bites

6 CAB® frankfurters	2 Tbs. apple cider vinegar	2 Tbs. mayonnaise
¼ cup coarse (or regular)-ground Dijon mustard	2 Tbs. light brown sugar	parsley, chopped for garnish
	1 tsp. Worcestershire sauce	

- Slice the frankfurters into ¼-inch slices, but not all the way through, or use spiralizer.
- Cut frankfurters crosswise into 1-inch bite-sized pieces. Place the bites into a large bowl or onto a flat surface (flat-top grill/iron skillet) for grilling.
- In a small bowl, combine the mustard, apple cider vinegar, brown sugar and Worcestershire sauce. Divide the mixture into two bowls.
- To the first bowl of the mustard mixture, add the mayonnaise (this will be the dipping sauce). Stir to combine. Store the sauce in the refrigerator, covered, while you prepare the bites.
- Pour or brush about half of the second bowl of mustard sauce over the bites, making sure to get the sauce in between each cut section. Reserve the rest of the sauce for after cooking.
- Arrange the bites in a single layer on a flat surface for grilling (also suitable for use in air fryer, pressure cooker or baking in oven).
- Grill over medium heat for 8-10 minutes or until browned, stirring while cooking. Pour or brush the rest of the reserved mustard sauce over each.
- Garnish with parsley (optional), and serve warm with refrigerated mayonnaise-based dipping sauce. Can portion into individual baskets or serve on a platter. Perfect "finger food" for any occasion! Enjoy!

CAB FRANKFURTERS

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

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

Mad Hatter's Frankfurter Nonsense

1 lb. CAB® frankfurters	Sauce	¼ tsp. white pepper
1 medium pepper, cut in 1-in. cubes (red, green or yellow)	1 cup pineapple juice, reserved from can	Thickener
20 oz. can pineapple chunks (drained, reserve juice)	½ cup dark brown sugar	2 Tbs. cornstarch
1 Tbs. oil	3 Tbs. cider vinegar	¼ cup water
	1/2 tsp. garlic powder	
	2 Tbs. soy sauce	

- Slice CAB® frankfurters in 2-inch pieces.
- Drain pineapple, and reserve juice.
- Mix the sauce ingredients in a small bowl. Mix the thickener ingredients in a small cup.
- Heat oil in a large skillet over medium-high heat. Add frankfurters and brown, stirring them around so they brown but do not burn. Remove frankfurters from the pan when browned.
- Add the sauce ingredients, drained pineapple and peppers to the hot skillet. Bring to a boil, and reduce heat to medium. Cook, and reduce for about 5 minutes.
- Add the thickening mixture, stirring constantly until the mixture begins to boil. Add frankfurters back to the pan and cook for another 5 minutes.
- Once cooked, frankfurters, peppers and pineapple can be placed on skewers for serving, or the dish can be served over rice.

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

Team Members: **Dane Haverkamp, Bern; Adelaide Haverkamp, Bern; Sullivan Haverkamp, Bern; Ian Haverkamp, Bern; Addison Burns, Valley Falls; Eliza Rosenhagen, Chaney**

All-American Frankfurters with Sweet Onion Relish

1 package CAB® frankfurters	½ cup apple cider vinegar	½ tsp. black pepper
5 Tbs. butter	½ cup chicken broth	
4 cups sweet onions, chopped	2 Tbs. brown sugar	
	½ tsp. kosher salt	

- Preheat the grill to medium-high. Melt the butter in a cast iron skillet on the grill. Add onion to pan; cook for 15 minutes or until golden brown, stirring occasionally.
- Add vinegar and remaining ingredients; cook 15 minutes more until onions are fully translucent or until liquid has evaporated.
- While the onion relish is cooking, grill the frankfurters until heated through, turning occasionally.
- Serve frankfurters in buns. Top with Sweet Onion Relish.

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

Team Members: **Eleanor Straney, Thibodaux; Amelia Straney, Thibodaux; Christian Corsentino, Denham Springs; Emma Le Jeune, Elton; Charli Boudreaux, Bell Rose**

Chorizo-and-Kimchi Dogs — A League of Our Own

Hot Dogs	Cilantro Crema	Kimchi Slaw
4 oz. fresh Mexican chorizo	½ cup Mexican crema	3 oz. drained kimchi, thinly sliced
6 CAB® hot dogs	½ bunch fresh cilantro, roughly chopped	2 Tbs. kimchi liquid from jar
½ cup mayonnaise	1 serrano chile, stemmed and roughly chopped	3 oz. bok choy, thinly sliced
6 brioche hot dog buns, split	1 scallion, roughly chopped	2 scallions, thinly sliced
1 ½ oz. chicharróns, crushed	2 Tbs. fresh lime juice	2 Tbs. fresh cilantro, chopped
scallions, thinly sliced, for garnish		

Cilantro crema:

- Process all cilantro crema ingredients, and whip until smooth. Set aside. Can be made 1-2 days ahead.

Kimchi slaw:

- Toss together all kimchi slaw ingredients in a large bowl until combined. Set aside.

Hot dogs:

- Cook chorizo in a skillet over medium-high heat, stirring to crumble, until lightly browned, 5 to 6 minutes. Remove from skillet. Add hot dogs to skillet and cook until seared on all sides, 6 to 7 minutes. Remove from skillet.
- Spread mayonnaise inside buns and sear cut sides of buns in skillet over medium-high heat until lightly browned. Place hot dogs in buns. Add chorizo and Kimchi Slaw; drizzle with Cilantro Crema. Sprinkle with chicharróns and garnish with scallions. Serve immediately.

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

Team Members: **Anna Scheurman, Warsaw; Audrey Hoffman, Coshocton; Claire Atterholt, Loudonville; Natalie Atterholt, Loudonville; Kinsley Hoffman, Coshocton**

CAB Frankfurter Campfire Skewers

6 CAB® frankfurters, sliced into 1-in. bite-sized pieces	1 green bell pepper, cut into 1-in. pieces	For sauce
3 cups pineapple, cut into 1-in. pieces	1 small red onion, cut into 1-in. pieces	¼ cup barbecue sauce
1 red bell pepper, cut into 1-in. pieces	rice and coleslaw for serving	1 ½ Tbs. ketchup
		1 Tbs. soy sauce
		1 tsp. rice wine vinegar
		½ tsp. chili powder

- Preheat the grill on medium heat. While it's preheating, stir together all sauce ingredients until combined.
- Put CAB® frankfurter slices, pineapple, peppers and red onions onto skewers in a pattern, then brush skewers with sauce mixture.
- Grill the skewers on preheated grill on medium heat. Rotate the skewers every few minutes, and baste with any leftover sauce until skewers are charred, about 8 to 10 minutes. Serve on a bed of rice with a side of coleslaw and enjoy.

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

A 1,200-lb. steer yields
500 lb. of retail cuts from
a 750-lb. carcass.

22% is steaks

22% is roasts

26% is ground beef and
stew meat

30% is fat, bone &
shrinkage



