

The 42nd annual
2025 ALL-AMERICAN
Certified Angus Beef® COOK-OFF



In conjunction with the
National Junior Angus Show
TULSA, OK. ~ JUNE 28-JULY 5, 2025

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 42nd 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, 2025); 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. Cara Gerken, Cashion, Okla., serves as local contact for the

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Tulsa, Okla. ~ JULY 1, 2025

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.
- ~ Awards: **Colorado Angus Association, Kentucky Angus Association, and Oklahoma Beef Council.**
- ~ **U.S. Foods**, Tulsa, Okla., for sponsorship of the contest.
- ~ **Davis Angus JJD, Frey Angus, Gerken Red Plains Ranch, J&J Beef Genetics LLC, 360 Ranch and Show Cattle**, for sponsoring T-shirts for contestants.
- ~ **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 staff**, who helped produce this recipe booklet.
- ~ The contestants, audience and many volunteers who make this contest possible each year.

2025 All-American Certified Angus Beef Cook-Off contest judges

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ROAST COMPETITION

Division: **Junior 8-13 Years** — State: **Louisiana**

Team Members: **Emma Le Jeune, Elton; Amelia Straney, Thibodaux; Eleanor Straney, Thibodaux; Joseph Straney, Thibodaux**

Vietnamese Beef Noodle Pho

For the quick broth:	1 Tbs. tamari or soy sauce	1 fresh chili pepper, such as Thai bird, serrano, or jalapeño
2 large yellow onions	1 Tbs. fish sauce	
1 piece (4-in.) fresh ginger	3 medium carrots, peeled and coarsely chopped	1-2 medium limes
2 whole cinnamon sticks (3 in.)	For serving:	1 cup mung bean sprouts
2 whole star anise	8 oz. sirloin steak	1 cup fresh herbs, such as cilantro, basil, Thai basil, mint, or a mix
3 whole cloves	8 oz. dried rice noodles (bahn pho, ¼-, ½-, or ¾-inch wide)	hot sauce, sriracha, or hoisin sauce
2 tsp. whole coriander seeds	3 medium scallions	
6 cups low-sodium beef broth		

- Peel the onions, and cut them into quarters. Peel the ginger, and slice it into quarters down its length.
- Using tongs char the onions and ginger on all sides over high flame on a gas stove or on a baking sheet placed directly under the broiler (about 5 minutes on each side), until the onions and ginger pieces are charred in spots. Rinse the pieces under cool water to remove any loose, gritty or overly charred bits; set aside.
- Place the cinnamon, star anise, cloves and coriander seeds in a medium saucepan, and toast over medium-low heat until toasted and very fragrant, 1-2 minutes. Stir frequently to prevent the spices from scorching.
- Combine the broth, tamari or soy sauce, fish sauce, carrots, and charred onions and ginger. Cover, and simmer the broth. Increase the heat to medium high and bring the broth to a boil. Reduce the heat to medium low, cover, and simmer 30 minutes to give time for all the spices and aromatics to infuse in the broth.
- Place the beef on a plate, cover with plastic wrap and freeze for 15 minutes. The edges of the beef should feel firm to the touch, but the beef should not be frozen through.
- Remove the beef from the freezer and immediately use your sharpest knife to slice the beef across the grain into very thin slices, no thicker than ¼ in. Once sliced, keep the beef covered and refrigerated until ready to serve.
- Add the rice noodles to boiling water and cook according to package (typically 1 minute for very thin noodles, and up to 4 minutes for wider noodles). Drain the noodles, then run them under cool water to stop cooking. The noodles will start to stick together after cooking, so either divide them immediately between serving bowls, or toss them with a little neutral-tasting oil to prevent sticking.
- Thinly slice the scallions and the chili pepper. Cut the lime into wedges. Place the bean sprouts in a serving dish. Roughly chop the herbs, or tear them with your hands. Arrange all the toppings on a serving dish and place it on the table.
- When the broth is ready, set a strainer over another bowl or saucepan, and strain the solids from the broth. Discard the solids. Place the broth back over low heat and keep it just below a simmer — you should see a fair amount of steam, but the broth should not be boiling. The broth needs to be quite hot to cook the beef.
- Divide the noodles between serving bowls and top with a few slices of raw beef. Arrange the beef in a single layer so the slices will cook evenly in the broth; slices that are stacked or clumped may not cook all the way through. Ladle the steaming broth into each bowl, pouring it evenly over the beef in order to cook it. The beef should immediately start to turn opaque. Serve the pho at the table and let each person top their bowl as they like.

Division: **Intermediate 14-17 Years** — State: **Illinois**

Team Members: **Macie Bartlow, Macomb; Macie Carroll, Mount Carroll; Grayson Leake, Lexington; Blake Wolter, Aviston**

CAB® Top Sirloin Medallion Crostini

3-4 lb. CAB® top sirloin roast	1 Tbs. granulated garlic	¾ cup tomato jam
½ cup balsamic vinegar	1½ tsp. salt	6-8 oz. fresh arugula leaves
¼ cup vegetable oil	½ tsp. black pepper	½ cup goat cheese crumbles
½ cup cilantro, chopped, (reserve 2 Tbs. for garnish)	½ tsp. chili powder	French bread loaf, sliced ¼-in. thick
	2 tsp. honey	

- Mix marinade ingredients, vinegar through honey, in resealable gallon plastic bag. Cut roast into 2-in. x 3-in. pieces and place in marinade. Marinate in refrigerator 3-5 hours.
- Before grilling, let meat sit at room temperature 30-40 minutes. Remove from marinade and grill over hot fire 10-13 minutes for medium rare (145°), searing all sides. Take off fire, cover with foil, and let rest 10 minutes. While beef is grilling, place bread slices on foil and toast both sides on grill until lightly toasted. Place arugula in dry skillet and roast until slightly crisp, 2-3 minutes.
- To assemble crostini: spread each slice of toast with 1-2 tsp. tomato jam. Lay arugula leaves on top of jam and place beef medallion on top. Put 1 tsp. tomato jam on top, sprinkle with goat cheese crumbles and chopped cilantro. Serve as appetizer or entrée.

Division: **Intermediate 14-17 Years** — State: **Kansas**

Team Members: **Evie Clark, Lecompton; Jasper Clark, Lecompton; Jett Clark, Lecompton; Molly Hill, Baldwin; Ruby Hill, Baldwin; Ruby Shaver, Hillsboro**

Slugger's 'Knockout' Bacon-wrapped CAB® Skewers

CAB® center cut sirloin roast (3-4 lb.)	Marinade	½ cup pineapple juice*
1 pkg. of bacon	1 clove of garlic	¼ cup Ale-8 One soda*
salt and pepper to taste	can of Ale-8 One® soda	½ cup bourbon flavoring
fresh vegetables of choice (zucchini/mushrooms/onions/etc.), cubed	Bourbon-Ale BBQ sauce	1 Tbsp. molasses
	2 cups of ketchup*	2 tsp. Worcestershire sauce
	¾ cup brown sugar*	½ hot sauce
	½ cup cider vinegar	1 tsp. salt
		½ tsp. pepper

BBQ sauce:

- Combine the ketchup, brown sugar, cider vinegar, pineapple juice, bourbon flavoring, soda, molasses, Worcestershire sauce, hot sauce, salt and pepper in a saucepan. Bring to a simmer over medium-low heat. Cook, stir occasionally for about 10 minutes or until the sauce reaches the desired thickness. Remove the pan for the heat and let sauce cool. When cooled, taste and adjust seasonings however desired. Use sauce right away or store in an airtight container in the refrigerator for up to 3 weeks.

Skewers:

- Cube sirloin roast and marinate in one clove of garlic and one can of Ale-8 One soda for at least two hours. Cut bacon slices in half and cook halfway to render some fat, 8-10 minutes. While bacon is cooking, remove roast from marinade, cut roast into 2-in. pieces and season with salt and pepper. Remove bacon and drain on a paper towel. Wrap bacon around roast cubes and your choice of fresh cubed vegetables and thread onto skewers.
- Place skewers over direct grill heat and brush with bourbon BBQ sauce. Cook 1½-2 minutes per side while brushing on BBQ sauce at each turn. Using a meat thermometer, check temperature (120° for medium rare; 135-140° for medium). Remove from the grill, place on a plate, tent with foil and rest for 7 minutes.

ROAST COMPETITION

Division: **Intermediate 14-17 Years** — State: **Nebraska**

Team Members: **Loganne Barta, Yutan; Brianna Brown, Pleasanton; Addi Crouse, Belgrade; Julia Wolfe, Raymond; Daniel Young, Scottsbluff**

Herb-Rubbed CAB® Center-Cut Sirloin Roast

1 (3-4 lb.) CAB® center cut sirloin roast	½ tsp. onion powder
¼ Tbs. Jim Baldridge's Secret Seasoning, original flavor	½ tsp. dried oregano
1 Tbs. kosher salt	½ tsp. dried thyme
1 tsp. garlic powder	2 Tbs. olive oil
½ tsp. ground black pepper	

- Mix seasoning, kosher salt, garlic powder, black pepper, onion powder, oregano, and thyme in a small bowl.
- Stir in olive oil; allow mixture to sit for about 15 minutes.
- Preheat grill to 350°. Line a baking sheet with aluminum foil.
- Place roast on the prepared baking sheet. Rub spice mixture all over roast.
- Grill until an instant-read thermometer inserted into the center reads at least 145°, about 1 hour.
- Let sit 15 minutes before slicing.

Division: **Intermediate 14-17 Years** — State: **Oklahoma**

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

Route 66 Top Sirloin Roast

1 3-lb. CAB® top sirloin roast, trimmed	1 Tbs. garlic powder
2 Tbs. coarsely ground black pepper	1 Tbs. crumbled dried oregano
2 Tbs. sea salt	1 tsp. chipotle pepper seasoning

- To prepare the roast, set it out to bring it to room temperature and pat it dry with paper towels. In a small bowl, combine ingredients. Sprinkle dry rub over both sides of the roast and press it into the meat.
 - If using wood chips for smoking flavor, place them on top of your charcoal or in a smoker box. Preheat your grill to 400° and place the seasoned roast over indirect heat. Close the lid and lower the grill temperature to about 350°. Cook the roast until it reaches your desired internal temperature; doneness is usually achieved at around 135° for medium doneness. Plan on a total cooking time of 2 to 2 ½ hours.
 - Once cooked, remove the roast from the grill and let it rest for about 20-30 minutes before slicing, allowing all the meat's juices to settle and ensuring they aren't lost when the roast is sliced.
- Carve into thick slices and serve with your favorite sweet sauce.

Division: **Senior 18-21 Years** — State: **Kentucky**

Team Members: **Emily Caffee, Magnolia; McKenna Jackson, Paris; Lily Jeffries, Canmer; Emily Jeffries, Canmer**

Oaks Day Royale Roast Dinner

3-4 lb. sirloin tip roast	1 tsp. Jim Baldridge's Original Secret Seasoning
64 oz. beef stock	¼ lb. baby carrots
¼ tsp. thyme	½ stalk celery, diced
½ tsp. salt	¼ of 1 red onion, sliced
½ tsp. black pepper	parsley flakes for garnish
1 cup water	Optional sides: mashed potatoes, green beans, salad, rolls
¼ cup butter	
¼ cup flour	

- Season both sides of roast with Jim Baldridge's seasoning. Cut roast into small pieces. Sear each piece on all sides until rare.
- In a large pot, melt your butter and add the flour. Turn heat to medium low and stir often to keep from burning the roux. (The roux should get brown, and it will smell like popcorn.)
- Add beef stock, thyme, salt, and pepper. Stir every few minutes to keep from sticking. Eventually, your liquid will begin to thicken to a gravy consistency. You may need to add water during this process.
- Add the meat, carrots, celery, and onion to the crockpot, and pour in the gravy mixture. Put the lid on and cook on high for 6 hours.
- Spoon onto your plate, sprinkle with parsley, add a side of mashed potatoes and a roll. Then, sit back and enjoy the race with your Oaks Day Royale Roast Dinner, along with Angus friends & family.

STEAK COMPETITION

Division: **Junior, 8-13 Years** — State: **Indiana**

Team Members: **Piper Cates, Modoc; Emma Miller, Gaston; Caroline Jean Sankey, Economy**

Best Chicken Fried Steak with Crispy Crust & Creamy Gravy

4 pieces cube steak, about ¼-in. thick	1 tsp. baking powder	1 ½ cups whole milk, warmed for smoother texture
1 tsp. kosher salt for seasoning	½ tsp. paprika	¼ cup heavy cream, optional for extra richness
½ tsp. black pepper, or to taste	½ tsp. onion powder	1 tsp. black pepper, or to taste
½ tsp. garlic powder (optional)	¼ tsp. cayenne pepper	½ tsp. salt, adjust as needed
	1 cup buttermilk	
	2 large eggs	
	For the gravy:	
	2 Tbs. pan drippings, reserved from frying	
	2 cups all-purpose flour, divided into two bowls	
	2 Tbs. butter	
	2 Tbs. all-purpose flour	

- Pound cube steaks to ¼-in. thickness. Season both sides with salt and pepper, and the garlic powder, if using. Set up three stations: two bowls of the flour and other dry breading ingredients, and the buttermilk-egg mixture. Dredge steak in flour mixture, dip into buttermilk, then coat in the flour mixture again. Let coated steaks rest for 10-15 minutes. Heat oil in a cast-iron skillet to 350°.
- Fry steaks for 3-4 minutes per side. Drain on a wire rack and keep warm. Reserve 2 Tbs. of pan drippings. Add butter and whisk in flour until golden. Gradually whisk in warm milk and cream. Simmer until smooth, season with salt and pepper.

STEAK COMPETITION

Division: **Junior, 8-13 Years** — State: **Missouri**

Team Members: **Cealy Bedwell, Holt; Chisum Bedwell, Holt; Burton Hulse, Hannibal; Kye Lehenbauer, Palmyra; Hank Renfro, Hamilton; Ruby Renfro, Hamilton**

Fired Up Steak Fajita Bowls

Fajita Steak: 1.5 lb. cube steak, or steak of your choice ¼ cup olive oil ½ cup fresh lime juice (approx. 2 limes) zest of 2 limes ½ tsp. chili powder ½ tsp. ground cumin 1 Tbs. garlic, minced 1 Tbs. soy sauce ¼ tsp. kosher salt	1-2 Tbs. cilantro, chopped (optional) Fajita Veggies: 2-3 Tbs. chicken broth, more if needed ½ red onion, sliced 3 bell peppers (red, yellow, orange), sliced 2 Tbs. fajita seasoning 1 Tbs. garlic, minced ½ yellow onion, sliced	2 poblano peppers kosher salt & ground black pepper, to taste Other fajita toppings and serving suggestions: cilantro lime rice, guacamole or sliced avocado, tomatoes or salsa, sour cream, cilantro lime sauce, lime wedges, corn salsa
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- Prepare steak: Pat steak dry with clean paper towels. Season lightly with salt and pepper, pressing them into the meat. Place steak in a large glass baking dish and set aside.
- Marinate steak: Add olive oil, fresh lime juice, lime zest, chili powder, cumin, garlic, soy sauce, kosher salt and fresh cilantro (if using) into mixing bowl. Whisk until well combined. Pour over the steak, ensuring it is fully coated. Seal and place in the refrigerator for 30 minutes or more.
- Cook steak on stovetop or grill.
- Stovetop: Bring a large cast iron skillet to medium-high heat.
- Add olive oil to coat pan. Remove steak from marinade, letting excess drip off steak; discard marinade. Place steak in pan and sear 4-5 minutes per side, and then 1-2 minutes per side until the internal temperature towards the thickest part of the steak reaches 130-135°.
- Grill: Cook steak on hot grill to desired doneness, flipping often to avoid over cooking.
- Cook veggies: Keeping pan at medium-high heat, add 2-3 Tbs. of chicken broth to deglaze the pan. Use a spatula to scrape up the bits from the bottom of the pan. Add garlic and move around pan until it becomes fragrant, approx. 1 minute. Add onion, bell peppers and the fajita seasoning. Stir to combine. Add additional broth or olive oil to pan if getting a bit dry. Sauté for approx. 10-15 minutes or until the peppers have reached your desired doneness. Taste and add any additional salt or pepper, to taste.
- Serve: Slice the steak against the grain into thin slices. In each bowl add steak, veggies and other sides of your choosing.

Division: **Junior, 8-13 Years** — State: **Texas**

Team Members: **Whitney Beuerlein, West; Alleigh Blackwell, Iowa Park; Briella Humpert, Windthorst; Bristol Humpert, Windthorst; Cutter Murray, Perrin; Jack Peterson, Whitesboro**

Texas Original Steak on Garlic

4 (4oz.) beef cubed steak salt or seasoning salt pepper 1 ½ cups all-purpose flour ¼ tsp. cayenne pepper ½ tsp. garlic powder 3 large eggs	1 cup buttermilk frying oil (such as peanut, canola or vegetable) Sandwich: 8 large pieces of sandwich bread or Texas Toast bread	¼ cup butter 1 Tbs. garlic salt ½ cup mayonnaise 4 large pieces of lettuce 1 tomato
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- Season steaks with a sprinkle of salt and pepper and set aside.
- On a large plate, stir together flour, cayenne pepper, garlic powder, and about ½ tsp. black pepper and 1 tsp. seasoned salt.
- In a wide shallow bowl, whisk together eggs with the buttermilk and an additional pinch of salt and pepper.
- First dredge the steaks in the flour, then dip in the egg mixture, and then dredge in the flour again. Set aside on a wire rack as you bread the remaining steaks. Set aside the remaining breading flour.
- In the meantime, heat oil to approximately 2 in. high in a deep cast iron skillet or other large skillet or Dutch oven to about 350°F.
- When the oil is almost heated, give the steaks one last light dredge in the flour so they have a nice crisp coating, and then fry about 5-6 at a time (you don't want to overcrowd the pan) until they are golden brown on each side. You'll want to flip them once brown on one side.
- Place fried steaks on an absorbent paper-lined oven-safe dish. You can keep them in the oven at about 200° or the warm setting while you fry the rest of the fingers. This is preferred to covering with foil, as they can get soggy.
- To prepare sandwiches, butter and garlic salt one side of each piece of bread. Toast bread on skillet until golden brown. Lay aside.
- Slice tomato and prepare lettuce.
- Put mayonnaise on the side that is not buttered. Build your sandwich with toast, mayonnaise side up, then your steak, then tomato slices, then lettuce. Finish with top piece of toast, mayonnaise-side down.
- Enjoy your Texas Original Steak on Garlic!

STEAK COMPETITION

Division: **Junior, 8-13 Years** — State: **Virginia**

Team Members: **Madison Bagley, Staunton; Jack Begoon, Grottoes; Teagan Johnston, Middlebrook; Myles Putnel, Appomattox**

Chicken Fried Steak With Cowboy Gravy

4 (4-oz.) CAB® cube steak	Beef Batter:	Cowboy Gravy:
3 cups all-purpose flour	3 Tbs. powdered whole egg	½ cup bacon grease
¼ cup seasoned salt	3 Tbs. powdered milk	5 Tbs. all-purpose flour
3 Tbs. lemon pepper	1 tsp. baking powder	2 cups milk, warmed
2 Tbs. garlic salt	½ tsp. smoked paprika	salt and black pepper
canola or peanut oil for frying	½ tsp. garlic powder	
	3 cups warm water	

- Prepare the Beef Batter in a small bowl by whisking the egg, milk, baking powder and paprika together.
- Dissolve the mixture in the water.
- To prepare the beef, in a medium bowl, combine flour, seasoned salt, lemon pepper and garlic salt. Set aside.
- In a large saucepan, pot or deep Dutch oven, pour in enough oil to deep-fry the CAB® cube steak (2 ½ to 3 in.). Heat the oil over medium high heat until it reaches 350°.
- Pick up one piece of meat with tongs, and dip it into the beef batter and then into the flour mixture. Be sure both sides are well coated. Repeat with each cut twice.
- Fry the pieces for 3-4 minutes on each side, or until golden brown. Cool on wire rack. Serve warm with the gravy.
- To make gravy, heat the grease over medium heat in a large cast iron skillet.
- Sift in the flour, and let it come to a boil for 2 minutes, stirring and mashing down constantly with a flat spatula.
- Slowly stir in 1 ½ cups of the milk and bring back to a light boil. Continue stirring until the mixture is smooth and reaches the desired consistency, about 2 minutes. You can add more milk or water to thin the gravy, if necessary.
- Season with salt and pepper to taste. Serve hot on top or beside the CAB® cube steak.

Safe Handling Tips:

- Wash hands with soap and water before cooking and always after touching raw meat.
- Separate raw meat from other foods.
- Wash all cutting boards, utensils and dishes after touching raw meat.
- Do not reuse marinades used on raw foods.
- Wash all produce prior to use.
- Cook steaks and roasts until temperature reaches 145° for medium rare, as measured by a meat thermometer, allowing to rest for 3 minutes.
- Refrigerate leftovers promptly.

Division: **Intermediate, 14-17 Years** — State: **Iowa**

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

CAB Steak Royale with Carmelized Onion Chutney

4 (4 oz.) CAB® cube steaks	8 Tbs. Meat Mitch seasoning	1 ½ cup brown sugar, divided
8 slices of seedless light rye bread	2 lb. red onions, sliced thinly	4 Tbs. butter
sharp cheddar cheese, sliced thickly	3 Tbs. rapeseed oil or canola oil	1 cup balsamic vinegar
4 fried eggs	2 bay leaves	1 cup red wine vinegar
		1 tsp. chili flakes

- Warm the oil and butter in a saucepan on low heat. Peel and thinly slice onions, making sure they are evenly cut. Add onion slices and bay leaves to warmed oil and butter. Simmer on low heat, covered, for 45 minutes, stirring occasionally.
- Add 4 Tbs. brown sugar and continue to cook on low, covered, for an additional 15 minutes. Stir occasionally.
- Remove lid, and add the remaining brown sugar, balsamic, red wine vinegar, and chili flakes and cook down on low heat for 1 ½-2 hours. Chutney will be ready when the liquid content has reduced, so a spatula drawn through it will leave a trail for approximately 30 seconds before filling again.
- Grill the cube steak on a hot grill until internal temperature reaches 145°. Butter and grill or toast the bread. Fry eggs with the yolk broken.
- Assemble sandwiches by adding 2-3 Tbs. of onion chutney, a fried egg and sliced cheese to the grilled bread. Place grilled meat on top and enjoy!

Division: **Intermediate, 14-17 Years** — State: **Nebraska**

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

Golden Buzzer CAB® Hawaiian Cube Steak

Steak:	Sauce:	1 Tbs. cornstarch + 1 Tbs. water (slurry, to thicken)
1 lb. CAB® cube steak, cut into strips	½ cup soy sauce	
salt & black pepper, to taste	¼ cup brown sugar	
2 Tbs. cornstarch (optional, for a nice sear)	½ cup pineapple juice	Veggies:
1 Tbs. oil (vegetable or canola)	1 Tbs. rice vinegar	½ onion, sliced
	1 tsp. sesame oil	½ bell pepper, sliced
	2 cloves garlic, minced	pineapple chunks (fresh or canned)
	1 tsp. grated ginger	toasted sesame seeds
	½ tsp. chili flakes	

Prep the steak:

- Cut into strips. Season steak with salt and pepper. Lightly coat in cornstarch for a crispier exterior.
- Heat oil in a pan over medium-high heat. Sear steak pieces for 2-3 minutes per side until browned. Remove and set aside.
- In the same pan, sauté onions, bell peppers and pineapple chunks for 3-4 minutes until slightly caramelized. Remove and set aside.
- In the same pan, add soy sauce, brown sugar, pineapple juice, vinegar, sesame oil, garlic and ginger. Bring to a simmer. Stir in the cornstarch slurry, and cook until thickened.
- Return steak and veggies to the pan. Toss everything in the sauce. Let it simmer together for 2-3 minutes until the steak is tender and everything's coated.
- Serve over steamed white rice, garlic fried rice, or even in a sandwich or wrap. Garnish with sesame seeds.

STEAK COMPETITION

Division: **Intermediate, 14-17 Years** — State: **Ohio**

Team Members: **Aubrey Bapst, Waverly; Maggie Davis, Bidwell; Carrie Gahler, Graytown; Lilly Gahler, Graytown**

Buckeye Barbecue Cubed Steak Sandwiches

4 (6-oz.) CAB® cube steaks	1 cup buttermilk	4 slices hot pepper cheese
2 ½ tsp. kosher salt, divided	1 cup barbecue sauce	12-16 dill pickle chips
1 tsp. black pepper	4 cups frying oil of choice	1 cup iceberg lettuce, thinly sliced
1 ½ cups all-purpose flour	(like canola, vegetable, peanut, avocado)	
1 Tbs. paprika	4 burger buns	
2 eggs		

- Season cube steaks evenly on both sides with 1 ½ tsp. salt and black pepper; set aside on a sheet pan.
- In a medium mixing bowl, whisk together flour, paprika and remaining 1 tsp. salt.
- In a separate bowl, whisk together eggs, buttermilk and hot sauce.
- Coat seasoned steaks, one at a time, in flour mixture, pressing gently into flour and tapping off excess. Set floured steak into egg mixture, coat evenly and go back into flour mixture for extra crispy crusts. Place each steak on a sheet pan fitted with a cooling rack and refrigerate, 30 minutes.
- While steaks are chilling, prepare spicy coating. In a medium bowl, mix together cayenne, brown sugar, chili powder, chili flakes and garlic; set aside.
- Add oil to a large Dutch oven or high-sided cast iron pan; put over medium-high heat. Heat oil to 325°. Gently drop steaks into hot oil, two at a time and fry for 4 minutes on first side. Carefully flip each steak (slotted, metal spatula works well) and fry an additional 2 minutes until golden brown. Place steaks on a clean cooling rack.
- With a metal ladle, carefully add 1 cup of the hot frying oil directly into reserved bowl of spices. Stir to combine. Ease the fried steaks into the spiced oil and flip gently to heavily coat each cube steak.
- Assemble sandwiches. Build bottom bun with pickles, shredded lettuce, hot pepper cheese and fresh fried cubed steak. Spread barbecue sauce over steaks, and top with a bun crown.

Division: **Intermediate, 14-17 Years** — State: **Virginia**

Team Members: **Quincy Clayton, Staunton; Lizzie Kendig, Chatham; Ella Jane Michael, Fishersville; Sadie Poole, Staunton; Sophie Salling, Orange; Rylee Stratton, Appomattox**

Survey Says: CAB® Cube Steak

2-3 lb. CAB® cube steak	½ cup Worcestershire sauce (or more, if desired)	Optional Add-ins: cheese (your choice)
2 onions, thinly sliced	Tabasco® or your favorite hot sauce, to taste	sautéed mushrooms and/or peppers
1 Tbs. minced garlic	4 sub rolls or deli rolls, halved — or bread of your choice	sauce of your choosing
2 sticks butter (yes — lots of butter!)		
Lawry's® Seasoned Salt, to taste		

- Sauté the onions and garlic. Melt 2 Tbs. (¼ stick) of butter in a large skillet over medium heat. Add the sliced onions, and cook until they begin to soften, about 5 minutes.
- Add minced garlic and cook for 1 more minute, stirring constantly so it doesn't burn. Remove onion-garlic mixture from the skillet and set aside. Optional: Add sliced mushrooms and/or peppers at this stage.
- Slice cube steak against the grain into thin strips. Season well with Lawry's Seasoned Salt. In the same skillet, melt 2 Tbs. butter over high heat until browning. Add steak in a single layer. Sear for 1 minute per side until browned.
- Add Worcestershire sauce, Tabasco to taste and 2 more Tbs. butter. Return the onion-garlic mixture (and any optional veggies) to the pan. Stir and simmer for a couple of minutes to let the flavors meld.
- Butter the inside of each roll and toast in a skillet until golden and crisp.
- Spoon steak and onion mixture onto the bottom half of each roll. Add cheese or sauce if desired. Top with the other half of the roll.
- Optional: Press in a panini press for a crispy finish.

Division: **Senior, 18-21 Years** — State: **Iowa**

Team Members: **Madie Deutmeyer, Ryan; Cheyenne Houk, Blakesburg; Lylah Houk, Blakesburg; Joslyn Koppen, Lakota; Thea Zidlicky, Decorah**

Crown Jewel Steak Sandwich

4 (4 oz.) cube steaks	Lawry's seasoned salt	Tabasco sauce to taste
1 whole large, or 2 small, onions	½ cup (approximate) Worcestershire sauce	4 whole French rolls
2 sticks of butter		

- Slice onions and cook in ¼ stick of butter until onions are soft and light brown. Remove from skillet.
- Slice cube steak against the grain and season with Lawry's.
- Heat 2 Tbs. of butter over high heat in the same skillet until melted and beginning to brown. Add meat in a single layer. Cook one side until brown, then flip and cook until brown, about a minute on both sides.
- Add at least ½ cup Worcestershire sauce, 5 to 6 shakes of Tabasco, and 2 Tbs. of butter. Add the cooked onions and stir to combine.
- Butter the halved French rolls, and brown them in the skillet.
- Lay the bottom half of a French roll on a plate. Place meat mixture, followed by a spoonful of juice from the pan. Top with other half of roll, cut it in half and devour!

STEAK COMPETITION

Division: **Senior, 18-21 Years** — State: **Michigan**

Team Members: **Katelyn Dargus, Buchanan; Tori DeMeyer, Buchanan; Sara Fox, Charlotte; Colton Morrison, Charlotte**

Sponge Bob's Best Day Ever Cube Steak & Pasta

4 (4 oz.) cube steaks	1 tsp. salt	1 shallot, chopped
½ cup beef stock	½ tsp. black pepper	½ cup heavy cream
¼ cup white wine	½ tsp. paprika	1 Tbs. parsley, optional
3 Tbs. capers	1 cup panko breadcrumbs	buttered pasta
1 lemon, sliced	1 egg	
4 Tbs. + ½ cup flour	2 Tbs. olive oil	
2 cloves garlic, minced	4 Tbs. butter	

- Pound cube steak thin. Mix ½ cup flour, salt, pepper, paprika and breadcrumbs together. Mix egg with fork.
- Dredge cube steak through flour mixture, then egg, then flour mixture.
- Heat oil and butter in cast iron skillet. Brown steaks on both sides—about three minutes each side and remove from pan. Cover to keep warm.
- In the same pan, add shallots, sauté for 2-3 minutes. Then add minced garlic and let cook for 1 minute. Add 3 Tbs. flour and cook until it turns to a paste, stirring constantly. Pour in wine, and let get bubbly for 2-3 minutes. Add beef stock, lemon slices and capers and bring to a boil. Reduce heat, return cube steaks to pan and let simmer a few minutes. Add heavy cream, heat through. Garnish with fresh parsley. Serve over fresh pasta.

Division: **Senior, 18-21 Years** — State: **Missouri**

Team Members: **Ella Coulter, Wentzville; Sache Dowling, Fair Grove; Madelyn Sampson, Kirksville; Melaina Thiltgen, Republic; Addison Ward, Oak Grove**

Twister Track Trio

Steak and Garlic Butter Sauce:	3 garlic cloves, finely minced	½ cup of milk
salt & black cracked pepper, to taste	1 Tbs. chives, chopped, for garnish	½ tsp. salt for boiling
fresh rosemary		
½ tsp. onion powder	Mashed potatoes:	salt & black cracked pepper, to taste
1 Tbs. avocado oil	salt & black cracked pepper, to taste	½ Tbs. avocado oil
2 Tbs. unsalted butter	4 Tbs. of unsalted butter	½ lemon

Cube Steak and Garlic Butter Sauce:

- First, dry the cube steaks with paper towels. Then, use a meat tenderizer or mallet to pound them gently. Season both sides of each steak with salt, pepper, onion powder, and Italian seasoning. Heat a cast-iron pan over high heat until hot. Put avocado oil into the pan and gently add the cube steaks in the pan. Let them cook for 2-3 minutes on each side until they're golden brown. (For medium-rare, aim for 130-135°. For medium, 140-145°.) For garlic butter sauce, sauté the finely minced garlic, butter, and thyme together, until fragrant. Once fragrant, pour over top of cube steaks and let rest. Let them rest at least 10 minutes before cutting. Add chopped chives for garnish once plated.

Mashed potatoes:

- Rinse potatoes and cut into 1-inch pieces. Try to make the pieces about the same size so they will cook evenly. Place the potatoes in a pot of water, and add salt. Bring the pot to a boil over high heat.
- Boil potatoes for 12-15 minutes, or until they are tender enough to be pierced with a fork. Drain well before beginning to mash. Add butter and milk gradually until desired consistency. If needed add salt and pepper.

Grilled asparagus:

- To prep, wash asparagus and trim off woody ends. Coat asparagus evenly with oil, then season with salt and pepper. Squeeze lemon juice over asparagus. Preheat the grill to medium-high heat. Place the asparagus on the grill grates, flipping occasionally to ensure even cooking. Grill for 3-8 minutes, or until the spears are tender and slightly charred. Remove from grill and serve.

STEAK

Division: **Senior, 18-21 Years** — State: **Virginia**

Team Members: **Brooklyn Davis, Winchester; Kady Harris, Staunton; Aubrey Herbers, Lynchburg; Kyle Prince, Concord; Madison Stratton, Appomattox**

Real Beef Bites of Certified Angus Beef®

Fiesta brand Fajita Seasoning (or other dry rub seasoning blend)	¼ teaspoon cayenne pepper (optional)	4 Tbs. parsley, finely chopped
1 lb. CAB® cubed steak	"Super Stick" Sauce	2 Tbs. fresh chives, finely chopped
½ lb. thin-sliced bacon seasoned pepper	8 oz. mayonnaise	4 tsp. thyme, finely chopped
round toothpicks (natural colored)	4 oz. spicy mustard	½ tsp. red pepper flakes
	1 oz. prepared horseradish	½ tsp. smoked paprika
	3 Tbs. Worcestershire sauce	1 tsp. salt
		½ tsp. black pepper

"Queen B" Sauce

1 cup ketchup
½ cup honey
¼ cup apple cider vinegar
½ tsp. onion powder
½ tsp. garlic powder
¼ tsp. kosher salt

"Girl Boss" Sauce

1 cup butter (2 sticks)
8 garlic cloves, finely minced
2 shallots, finely minced
3 Tbs. Dijon mustard
1 Tbs. Worcestershire sauce
juice of 2 large lemons (5-6 oz.)

- Pierce cube steaks deeply with a fork at ½-in. intervals. Cover both surfaces of the meat generously with Fajita Seasoning dry rub. Refrigerate the cube steaks to allow the meat to season as long as possible, preferably overnight.
- Soak round toothpicks in water to soften and prevent from burning while grilling.
- Cut cube steaks into bite-sized pieces. Cut slab of bacon in thirds. Use ⅓ slice of bacon to wrap each piece of cube steak. Secure tightly with a round toothpick (completely through both sides of the meat and bacon).
- Sprinkle wrapped pieces with Seasoned Pepper. The wrapped beef bites can be refrigerated again until time to grill and serve.
- Heat grill to a low temperature (250°-300°). Grill the beef bites for approximately 10 minutes, turning frequently with tongs, until bacon is browned well.
- Keeping the fire low, frequent turning and constant watching will help control flare-ups caused by the bacon.
- Next, make the Real Ranch Wives Dipping Sauces. Each recipe yields approximately 2 cups.

"Queen B" Sauce

- Combine all ingredients in a medium saucepan and stir. Bring to a boil over medium heat.
- Reduce the heat to low and simmer, stirring often, until thickened slightly, 7 to 10 minutes. Remove the saucepan from the heat, and let cool before using.

"Super Stick" Sauce

- Combine all ingredients in a deep bowl, whisk until smooth and fully blended.

"Girl Boss" Sauce

- In a medium bowl, heat butter in microwave in 30 second increments until completely melted.
- Finely mince garlic and shallots and add to melted butter. Stir well to combine and infuse the flavors into the warm butter.
- Whisk in Dijon mustard, Worcestershire and lemon juice.
- Add herbs to butter mixture, then add red pepper flakes, smoked paprika, salt and pepper. Whisk all ingredients to combine.

CAB GROUND BEEF

Division: **Junior 8-13 Years** — State: **Iowa**

Team Members: **Grant Cherne, Guttenberg; Lane Cherne, Guttenberg; Clint Ingebritson, Hubbard**

CAB Meatball Sub Sandwiches

1 lb. ground beef	½ tsp. salt	1 French baguette
¾ cup bread crumbs	2 Tbs. grated Parmesan cheese	1 ½ Tbs. olive oil, divided
1 large egg, beaten		1 jar (14 oz.) marinara sauce
1 tsp. garlic powder	2 tsp. dried Italian seasoning	4 slices provolone cheese

- Cut baguette in half lengthwise, and open like a book. Remove and discard some of the bread from the inside to make a well for the meatballs. Generously brush the interior of the baguette with ½ Tbs. olive oil. Place baguette on heated flat top grill with the oiled sides down, and grill for 5-10 minutes until lightly toasted. Remove and set aside.
- Combine ground beef, bread crumbs, egg, garlic powder, salt, Parmesan cheese and Italian seasoning in a large bowl. Mix with your hands until well combined. Shape mixture into 12 meatballs.
- Spread remaining olive oil over flat top surface. When hot, add the meatballs, and cook for two minutes or until browned. Use tongs to rotate the meatballs and again cook for two minutes or until browned. Repeat until all sides of the meatball are browned and internal temperature is 160°F. Remove meatballs from the flat top, and place on a paper towel-lined plate.
- Remove excess oil from flat top. Place meatballs back on flat top, and add marinara sauce. Warm until sauce is heated through, stirring meatballs in sauce occasionally.
- Spoon meatballs and sauce into one side of the baguette, nestling meatballs in the well. Top with slices of provolone cheese. Place the sandwich in a grill, and heat until the cheese has melted.
- Top with a sprinkling of Italian seasoning, and cut into four servings. Enjoy!

CAB GROUND BEEF

Division: **Junior 8-13 Years** — State: **Nebraska**

Team Members: **Ruby June Edwards, Franklin; Sutton Hartwell, Oakland; Bristol Lovett, Bladen; Alexis Malander, Belgrade; Jett Malander, Belgrade; Harper Scott, Gordon**

CAB Smash Burger Tacos

2 lb. CAB® grinds (ground beef)	salt and black pepper	peppers, sautéed
16 small flour or corn tortillas	2 cups shredded cheddar cheese or Monterey Jack	tomatoes, diced
2 tsp. garlic powder		pickled jalapeños
2 tsp. onion powder	toppings:	sour cream or taco sauce
2 tsp. smoked paprika	lettuce, shredded	guacamole, optional
		cilantro, chopped

- To season the CAB grinds, mix the ground beef in a bowl with garlic powder, onion powder, smoked paprika, salt and pepper. Fold gently until thoroughly incorporated.
- Wipe a large skillet or griddle with oil, and heat it over medium-high heat.
- Place a small ball of seasoned ground beef (approximately 2 oz.) on griddle. Put a tortilla on top of the ground beef ball.
- Use a spatula to smash the beef thinly and spread it out under the tortilla. Cook for 2-3 minutes until the meat begins to brown.
- Flip the tortilla and beef so the meat is on top now. Add on some shredded cheese, and cook for 1-2 minutes till the cheese is melted.
- When cheese is melted, use spatula to fold taco in half.
- To assemble the tacos, transfer the smashed taco out of the skillet. Add toppings of your choice, such as lettuce, tomatoes, sour cream or sautéed peppers.
- Serve hot with a side of guacamole, salsa or chips. Enjoy this fun taco twist! It will be a SMASH at your next Angus gathering!

Division: **Junior 8-13 Years** — State: **Ohio**

Team Members: **Caroline Adams, Cutler; Claire Atterholt, Loudonville; Natalie Atterholt, Loudonville; Audrey Hoffman, Coshocton; Kinsley Hoffman, Coshocton**

Take Me Out To the Ball Game Smash Burger

Burgers	1 ½ tsp. dark brown sugar	Burger/dipping sauce
ground beef	1 ½ tsp. onion powder	1 cup mayonnaise
dash of Worcestershire sauce	1 ½ tsp. garlic powder	2 Tbs. sweet pickle relish
dash of soy sauce	¾ tsp. cumin	2 Tbs. ketchup
cheddar cheese slices	1 ½ tsp. cayenne pepper	2 tsp. Dijon mustard
	¼ heaping tsp. ground mustard	½ tsp. Montreal Steak® seasoning
Burger seasoning		½ tsp. smoked paprika
2 Tbs. smoked paprika		½ tsp. Worcestershire sauce
1 Tbs. kosher salt		
2 tsp. black pepper		

- Combine ingredients to make the ground beef seasoning, add ½ to 1 Tbs. burger seasoning per pound of ground beef. Add Worcestershire and soy sauce to ground beef. Combine together, and form into patties. Add ¼ tsp. of seasoning per side of burger patties. Cook to desired doneness. Melt a slice of cheddar cheese on top.
- Add all the sauce ingredients together and store in an airtight container in the refrigerator.
- Layer a tortilla shell with a tasty burger with cheddar cheese, lettuce, caramelized onions, dill pickles, bacon and the burger sauce. On the side, try a few fries and a delicious coleslaw. Nothing goes better while watching your favorite baseball team.

Division: **Junior 8-13 Years** — State: **Virginia**

Team Members: **Ellie Bagley, Churchville; Blake Begoon, Grottoes; Layla Grimm, Staunton; Peyton Johnston, Staunton**

The Oklahoma Smash Burger

2 lb. ground beef (85/15; 15% fat provides the juiciest burgers)	1 ½ Tbs. black pepper	2 Tbs. white vinegar
2 cups white onions, sliced	1 ½ Tbs. garlic powder	1 Tbs. white sugar
1 ½ Tbs. salt	½ cup mayonnaise	8 brioche burger buns
	½ cup ketchup	16 slices of American cheese
	2 ½ Tbs. relish	dill pickle chips

- In a bowl, mix the mayonnaise, ketchup, relish, white vinegar and sugar for the sauce, and place in fridge until ready to eat.
- Heat grill or flat-top griddle to 450°. Mix ground beef with salt, pepper and garlic powder in a large bowl. Grab a handful of ground beef, around ¼ lb., and make eight balls. If not using a flat-top griddle, heat a cast-iron skillet over flames until slightly smoking at 450°.
- Add a burger ball to skillet, place a piece of parchment paper on the burger ball and smash it with a spatula. Allow to cook 1-1 ½ minutes. Before flipping, top with a handful of onions on the unflipped patty. Carefully flip the burger patty over. Top with a slice of cheese and allow to melt for 1-2 minutes.
- Lay the buns on the grill to slightly toast. Remove toasted bun. Apply special sauce to top and bottom of bun, place desired amount of pickles and carefully place burger patty on buns once cheese is fully melted. Close bun and enjoy!

Division: **Intermediate 14-17 Years** — State: **Illinois**

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

Peanut Butter CAB Burgers

2 lb. CAB® ground beef	Sauce:	8 brioche buns
½ cup smooth peanut butter	¼ c. peanut butter, smooth or crunchy	8 slices provolone cheese
2 Tbs. ketchup	½ c. mayonnaise	crisp lettuce leaves
3 Tbs. soy sauce	2 tsp. soy sauce	tomatoes, sliced
2 tsp. granulated garlic	½ tsp. chili powder	
1 ½ tsp. salt	½ tsp. granulated garlic	
1 tsp. chili powder		

- Mix ground beef with peanut butter, ketchup, soy sauce, garlic, salt and chili powder. Shape into eight 4-inch patties. Place in covered container, and refrigerate until time to grill.
- Mix sauce ingredients and refrigerate.
- Remove patties from refrigerator, and grill over hot fire 6-7 minutes per side until internal temperature reaches 155° for medium doneness. Just before burgers are done, top with cheese slice and let melt. Remove from fire, cover with foil and let sit 5-10 minutes.
- To serve, spread both top and bottom of bun with sauce, place lettuce and tomato on bottom, and top with burger. Enjoy with chips and fruit for a great summertime meal!

CAB GROUND BEEF

Division: **Intermediate 14-17 Years** — State: **Indiana**

Team Members: **Mercedes Ferree, Sullivan; Zayda Hofing, Coatsville; Karis Delaney Waterman, Anderson**

Birria-Style Smash Tacos

2 lb. CAB® ground beef, 75% lean, divided into 12 portions	1 tsp. granulated garlic 1 tsp. granulated onion ½ tsp. cracked black pepper	2 tsp. hot sauce 12 corn tortillas 8 oz. shredded quesadilla cheese (or Monterey Jack)
2 tsp. coarse kosher salt 2 tsp. guajillo chili powder (or dark chili powder), divided	1 tsp. bouillon concentrate (or 1 bouillon cube) 1 packet (5 grams) Sazon seasoning mix	1 small white onion, diced ⅔ cup cilantro, chopped

- Prep seasoning and sauce. Combine salt, 1 tsp. chili powder, garlic, onion and black pepper to make taco seasoning; set aside. For sauce, bring 1 cup water to simmer; add 1 tsp. taco seasoning, 1 tsp. chili powder, bouillon, Sazon seasoning and hot sauce. Stir sauce to dissolve ingredients; pour into squeeze bottle or glass measuring cup.
- Smash. Roll each portion of ground beef (about 3 oz. each) into a ball; preheat griddle to medium-high. Place balls of ground beef on griddle, leaving plenty of room between each (Note: sear in batches based on surface space). Use a large spatula to smash each ball of ground beef extremely thin to a diameter slightly larger than tortilla. Add some remaining seasoning on each patty, squirt each with about 1 Tbs. sauce. Top each with a tortilla.
- Create taco. Once beef develops a deep brown crust, flip tortilla side down, making sure to fully scrape up beef and keep crust intact. Evenly top each beef patty with cheese. Once cheese melts and tortillas begin to crisp, top each patty with about 1 Tbs. onion and cilantro. Use spatula edge to press a crease down middle of each patty, fold tortilla over to form taco. Remove from heat; serve with remaining taco sauce.

Division: **Intermediate 14-17 Years** — State: **Kansas**

Team Members: **Addison Burns, Valley Falls; Addie Haverkamp, Bern; Ian Haverkamp, Bern; Sullivan Haverkamp, Bern; Eliza Rosenhagen, Cheney**

Da Pope's Chicago Style Burger

1 lb. CAB® ground beef 1 egg yolk 1 tsp. salt ½ tsp. black pepper 1 tsp. garlic powder ½ tsp. smoked paprika	1 tsp. Dijon mustard 1 Tbs. Worcestershire sauce 1 Tbs. olive oil (for cooking) 1 Tbs. butter (for extra juiciness) 2 poppyseed and onion buns	yellow mustard green relish small tomato, sliced small white onion, sliced 2 dill pickle spears sport peppers
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- In a bowl, mix ground beef, egg yolk, salt, black pepper, garlic powder, smoked paprika, Dijon mustard and Worcestershire sauce until just combined.
- Divide the mixture into two equal portions and shape into patties about ¾-in. thick. Make a slight indentation in the center to prevent puffing during cooking.
- Heat a cast-iron skillet or grill over high heat until smoking hot.
- Add olive oil, then place the patties in the pan. Cook for 3-4 minutes per side without pressing down to maintain juiciness and to create a delicious brown sear. After 6-8 minutes, cook to your desired level of doneness. Add butter for extra flavor. In the last minute of cooking, add butter to the pan and baste the patties for extra moisture and richness.
- Remove from heat and let them rest for 2-3 minutes before assembling.
- Layer all ingredients on toasted buns. Start with mustard and relish, add patty, and top with tomato and onion. Use a long toothpick or skewer to secure pickle and sport pepper to the top.

Division: **Intermediate 14-17 Years** — State: **Missouri**

Team Members: **Kassidie Eagleburger, Elkland; Charles Goodnight, Billings; Connelly Ward, Oak Grove; Landon Witt, Sullivan**

Ghostly Good Burger with Ghostbuster Sauce

2 lb. CAB® ground beef salt and pepper hamburger buns butter garlic	Ghostbusters Sauce: 2 poblano peppers ¼ cup Vidalia onions, caramelized ½ Tbs. salt	½ Tbs. coarse pepper ½ Tbs. white vinegar 1 Tbs. honey
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- Form into ½-lb. patties. Season patties with salt and pepper, then place on hot grill for 5-6 minutes a side. Toast buns on grill with butter and garlic.
- To make the sauce, grill poblano peppers on medium heat directly on grill, turning every few minutes, until the skin is charred and inside is soft. Cool, then peel the skin, and remove stems and seeds. Using a blender, combine all ingredients and mix to preferred texture. Chill mixture before using.

CAB GROUND BEEF

Division: **Senior 18-21 Years** — State: **Kentucky**

Team Members: **Kat Branscum, Nancy; Colby Cooper, Mayslick; Katy Cooper, Mayslick; Austin Petow, Cynthia**

Aloha Angus Stacker — Angus Island Luau

2 lb. CAB grinds (or ground beef)

2 large eggs

1 cup panko bread crumbs

½ cup red onion, finely chopped

6 Tbs. Hawaiian Glaze (reserve the rest for later)

2 tsp. sriracha

2 tsp. salt

1 Tbs. brown sugar

½ tsp. black pepper

Hamburger "fixings"

8 Hawaiian bread hamburger buns

8 slices pineapple (preferably fresh)

8 slices Havarti cheese

8 tomato, sliced

medium red onion

8 lettuce leaves

1 lb. bacon

oil (for grill)

Sriracha Mayo

1 cup mayonnaise

1 tsp. sriracha (more or less to taste)

Hawaiian Glaze

1 cup ketchup

1 cup brown sugar

¾ cup soy sauce

½ cup pineapple juice

3 Tbs. minced garlic

2 Tbs. ginger paste

2 Tbs. rice wine vinegar

2 Tbs. sesame oil

2 tsp. sriracha sauce

salt to taste

- Add egg to a large bowl, and gently whisk. Add all remaining hamburger patty ingredients and mix with your hands just until combined; don't overwork.
- Form mixture into four equal patties roughly the size of your hamburger buns, then make a deep impression in the middle of each patty with your thumb to help the burgers cook evenly). Refrigerate for 15 minutes.

- Meanwhile, whisk together the Sriracha Mayo ingredients in a small bowl. Refrigerate. You can also prep your hamburger fixings at this time.
- Lightly grease grill/skillet, and heat over medium-high heat. Add pineapple, and cook 4-5 minutes per side or until softened and grill marks appear. Remove from heat.
- Grease grill, and heat over medium-high heat. Once hot, add patties and cover. Cook until brown and slightly charred on one side, about 4-6 minutes.
- Flip burgers (but do not press down), and cook an additional 4-6 minutes. Baste each burger with Hawaiian Glaze, and top with cheese. Cover, and cook an additional 1-2 minutes or to desired doneness. Remove to a plate and tent with foil.
- Add hamburger buns to grill, open side down, and toast for about 1 minute or until golden. Remove from heat and spread with desired amount of Sriracha Mayo.
- Top bottom buns with lettuce, followed by hamburger patties, pineapple, tomatoes and red onion. Drizzle each burger with desired amount of Hawaiian Glaze. Dig in!

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

