

**Rules/Guidelines for
American Angus Auxilairy sponsored
All-American Certified Angus Beef ® Cook-Off**

Entries accepted by online entry only.

Entry Deadline May 15 annually

Entries open and CAB product list announced April 1 annually.

Entries submitted online only.

Cooks of all ages should bring their chef's hats, aprons, beef recipes, and flair for preparation to the Certified Angus Beef ® Cook-Off this summer. The event, sponsored jointly by the American Angus Auxiliary, National Jr. Angus Association, American Angus Association and Certified Angus Beef LLC, is held annually during the National Jr. Angus Show.

The cook-off is judged by a panel of judges. Winners in categories in showmanship and recipe as well as overall excellence will be awarded special prizes. There will be steaks, roasts, and other beef item categories. There will be divisions for NJAA member teams (two to six members of a state junior Angus association.) There will be an overall winner announced at the award ceremony.

The event is educational, competitive, and fun! Among junior teams in particular, the cook-off has fostered a cooperative spirit. The cook-off is an excellent way to educate and entertain non- participants, while promoting the ultimate end -product—the Certified Angus Beef ® brand.

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

1. The Cook Off Contest is open to NJAA members only.
2. Adult supervision and help are allowed are recommended for preparation of cook-off entry. However, this is a NJAA contest and team members must participate in the preparation of the entries.
3. The contest will be divided into three age categories: 7-13; 14-17; and 18-21. All ages will be determined as of January 1. Mixed teams may be entered but will be classified by the oldest member of the team.
4. State Junior Associations may each field only one team of two to six members in each age division and each category. Note a state may have up to 9 teams! (example state could have 3 jr teams – 1 steak, 1 roast and 1 other) All team members must be members of the American Angus Association/NJAA with an active member code at the time of entry.
5. In addition to age divisions there will also be a Steaks, Roasts and Other Beef Items Division.
6. All entries must use the specified and contest provided Certified Angus Beef® brand product in the recipes.

7. No alcoholic beverages may be used in the recipe(s), presentation or be presented to the judges; an exception is the use of cooking wine in the recipes.
8. All entries in Steaks, Roasts, or Other Beef Items will be evaluated on the two separate and distinct categories of Showmanship (presentation of the dish) and Recipe (taste of the dish.) Winners will be named in both the Showmanship and Recipe categories, as well as Overall Excellence. Awards will be presented in all areas.
9. All names of cook-off participants, age, birth date, and address, NJAA member code and tee shirt size along the entry's recipe, **MUST** be submitted to the cook-off by **MAY 15 ONLINE ENTRY ONLY**
10. Certified Angus Beef® specifically designated steaks, roasts, and other beef items will be provided. The provided product **MUST** be used; Teams may **NOT** add other BEEF or CAB product to the amounts provided by the cook-off. The contestants/teams must furnish all other ingredients.
11. Certified Angus Beef® brand product will not be available to contestants until 9 am contest day—no exceptions. (Do not use recipes that require overnight marinating.) Cooks may begin preparations any time after 9 am they deem necessary to be ready for judging at the designated time on contest day.
12. **Grills will be provided and due to facility limitations, entrants are strongly encouraged to utilize grills either those provided or your own.** Other types of cooking units may be used but must be furnished by the contestant. Must bring your own extension cords. Refrigeration is limited; teams are encouraged to bring coolers with ice. Stove tops, ovens and microwaves are **NOT** available. Teams may choose to bring their own grill; **ALL** grills will be placed in designated area.
13. In keeping with the “creative” aspect of this contest, entrants are encouraged to choose a theme, dress accordingly, and serve the beef in a manner keeping with that theme. Participants should use imagination and creativity in choosing a theme and serving the “dish” in that style.
14. There are 3 judges on each panel- 3 separate servings/plates should be provided to the judges.
15. Teams must supply appropriate flatware for their entry.
16. Side dishes may be included in your presentation- these can be prepared, or store bought. The sides are **NOT** judged but add to the overall effect and plating of the entry.
17. No other juniors or adults may participate in the skit presentation, serving judges, answering questions or moving props once the skit presentation has started.
18. Remember this is a fun and educational contest, presentation should target the **promotion of Certified Angus Beef® to the consumer.** Costumes and props must be appropriate suitable for audiences of all ages.
19. Skit and presentation are limited to 5 minutes per team. 1 point will be deducted from the total score for each 30 seconds over time limit. (questions from judges are not included in the time limit)
- 20. Late entries are not accepted. May 15 is the annual deadline.**

For more information, please contact Anne Patton Schubert at 502-477-2663 or Anne Lampe at amlampe.al@gmail.com or 620-874-4273

Updated April __2026