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Clever Cuisine

More than 150 juniors square off in the annual Auxiliary-sponsored All-American CAB® Cook-Off.

by **Molly Witzel**

Angus juniors took time to display their creativity and culinary skills by preparing *Certified Angus Beef*® (CAB®) products during the 2010 Auxiliary-sponsored All-American CAB Cook-Off July 13 at the National Junior Angus Show (NJAS) in Denver, Colo.

A total of 159 junior members made up 34 teams and represented 20 states in the 27th annual contest sponsored by the American Angus Auxiliary.

Teams acted out skits and shared the importance of CAB products in front of a panel of judges. Overall winners were selected based on their showmanship — knowledge of CAB, costumes and skit creativity — as well as recipe taste and preparation ease.

Divisions for the 2010 contest included steak, roast and other beef items. State teams, consisting of two or more Angus juniors, competed in their respective age groups — junior, ages 9-13; intermediate, ages 14-17; and senior, ages 18-21.

Placing first overall in the junior steak division with their recipe, “CAB Grand Slam,” was the Nebraska team of Emily Dethlefs, North Platte; Caylie, Lane and Torie Egger, Columbus; Savannah Schafer, Nehawka; and Hannah Uden, Franklin.

Winning overall champion in the intermediate steak division was the Missouri team of Jera Pipkin, Republic; Clayton Smith, West Plains; Sydney Thummel, Sheridan; Paige and Samuel Wallace, Stotts City; and Carter Ward, Plattsburg. Their recipe was titled, “Grilled Ribeye Steak with Onion Blue Cheese Sauce.” The team was also the winner of the Black Kettle Award, which is presented to the highest-scoring Cook-Off team, regardless of age group or division. (See page 158 for more about the Black Kettle Award.)



PHOTO BY SHAUNA ROSE HERMEL



at the NJAS

Earning first place overall in the senior steak division with their recipe, “Aberdeen’s Ribeye,” was the Nebraska team of Jessica Clowser, Milford; Ellen Hoffschneider, Arlington; Klaire Jorgensen, Exeter; and Melissa Keyes, Springfield.

Illinois claimed the overall top prize in the junior roast division with their recipe, “Pulled Beef.” Team members included Laramie Chaffin, Roodhouse; Sierra Day, Cerro Gordo; and Keegan Cassidy, Mahomet.

North Carolina earned first place overall in the intermediate roast division with their “Gold Rush Roast.” Team members included Brooke, Catherine and LeAnn Harward, all of Richfield.

Claiming first place overall in the senior roast division was the Indiana team of Catherine and Garrett Knebel, Winimac; and Katelyn Wilson, Orleans, with their barbecued brisket recipe.

Kansas earned overall top honors in the junior other beef items division with their “CAB Sloppy Joe” recipe. Team members included Alexandria Cozzitorto, De Soto; Caleb Flory, Baldwin City; Quanah Gardiner, Ashland; Cale Hinrichsen, Westmoreland; and Chance Little, Wichita.

Kansas also won overall intermediate team honors in the other beef items division with “Angus Jalapeño Sliders.” Team members included MacKenzie Flory, Baldwin City; Jennifer Hager, Stafford; Tyler Ottensmeier, McLouth; Miles Pearson, Scott City; and Reid Shipman, Manhattan.

The overall top team in the senior other beef items division was Oklahoma, with their recipe, “CAB Knockouts.” Team members included Ryne Friesen, Arnett; Braden Henricks, Anadarko; Josh and Katie Lippoldt, Kingfisher; and Karisa and Cassandra Pfeiffer, Orlando.

In addition, a new competition was held this year in conjunction with the CAB Cook-Off. See page 162 for coverage of the first-ever Chef’s Challenge.

Table 1: Winners of the 2010 Auxiliary-sponsored All-American CAB® Cook-Off

Black Kettle Winner			
Intermediate Steak Team from Missouri — “Grilled Ribeye Steak with Onion Blue Cheese Sauce”			
Pat Grote LEAD Scholarship Winner			
Intermediate Steak Team from Missouri — “Grilled Ribeye Steak with Onion Blue Cheese Sauce”			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Nebraska	Nebraska	Nebraska
2.	Kansas	Kansas	Kansas
3.	Oklahoma	Oklahoma	Oklahoma
<i>Intermediate</i>			
1.	Kentucky	Missouri	Missouri*
2.	Louisiana	Kansas	Kentucky
3.	Missouri	Louisiana	Kansas
<i>Senior</i>			
1.	Kansas	Nebraska	Nebraska
2.	Nebraska	Kansas	Kansas
3.	Michigan	Idaho	Idaho
Roast division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Illinois	Illinois	Illinois
<i>Intermediate</i>			
1.	North Carolina	North Carolina	North Carolina*
2.	Nebraska	South Dakota	Nebraska
3.	South Dakota	Nebraska	South Dakota
<i>Senior</i>			
1.	Indiana	Indiana	Indiana
Other beef division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Kansas	Kansas	Kansas
2.	Arkansas	South Dakota	South Dakota
3.	South Dakota	Arkansas	Arkansas
<i>Intermediate</i>			
1.	Arkansas	Kansas	Kansas*
2.	Kansas	Arkansas	Arkansas
3.	Missouri	Missouri	Missouri
<i>Senior</i>			
1.	Oklahoma	Oklahoma	Oklahoma
2.	Minnesota	Minnesota	Minnesota

*Denotes overall winner of the product division.

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Missouri Claims Black Kettle Award

The Missouri intermediate steak team won the Black Kettle Award at the 2010 Auxiliary-sponsored All-American Certified Angus Beef (CAB) Cook-Off July 13 at the National Junior Angus Show (NJAS) in Denver, Colo.

"I was really shocked," says team member Jera Pipkin, Republic, Mo. "I knew we had done good as a group, but I didn't think it was that extreme."

Established in 1999, the Black Kettle Award is dedicated to the memory of Paul St. Blanc, a former contestant and supporter of the competition. The Award is presented to the highest-scoring Cook-Off team based on recipe and showmanship scores.

"It was definitely exciting," Pipkin says. "We had so many teams in our division. When they called our name, we all looked at each other and couldn't believe what happened."

The 27th annual contest encourages creativity and originality among competitors as they perform a skit and present a recipe featuring a CAB cut of meat to a panel of judges. Meat divisions for the 2010 contest included steak, roasts and other beef items.

"We decided to do the Cook-Off contest because it's definitely different than the rest of the contests," says team member Paige Wallace, Stotts City, Mo. "It's something where you get to act out and be a little silly, but at the same time you're learning about CAB and the breed, and you're having fun with your friends."

Teammates gather from across their home state to represent their state junior Angus association. A total of 34 teams competed in the 2010 Cook-Off. Teams



► The Missouri steak team won the Black Kettle Award and the Pat Grote Leaders Engaged in Angus Development (LEAD) Award. Pictured are (from left) Anne Lampe, presenter; **Carter Ward**, Plattsburg; **Jara Pipkin**, Republic; **Paige Wallace**, Stotts City; **Samuel Wallace**, Stotts City; **Sydney Thummel**, Sheridan; and Emma Collins, presenter. They prepared "Grilled Ribeye Steak with Onion Blue Cheese Sauce" and earlier claimed overall winner in the intermediate steak division. The team also won first place in the showmanship category of intermediate steak.

consisted of two to six members divided by age; juniors, ages 9-13, intermediates, ages 14-17; and seniors, ages 18-21.

Contest preparation doesn't come easy, Pipkin says. She says the team communicated by e-mail prior to NJAS to share ideas for their winning skit.

"We studied our parts at home," Pipkin says. "We're spread out all over

the state and there was no way for all of us to get together until we were here. We just counted on everybody to get their parts down, and come here and put it all together."

Pipkin says the Missouri team started preparing for competition about two months in advance. The team created a skit with characters based on American Angus

► **Right:** These NJAA members placed in the youth division of the Chef's Challenge at the All-American Certified Angus Beef® (CAB®) Cook-Off. Pictured are (from left) **Allison Dubs**, Billings, Mont., first; **Katy Satree**, Montague, Texas, second; and **Taylor Short**, Mansfield, Mo., third.



► These Angus enthusiasts placed in the adult division of the Chef's Challenge at the 2010 NJAS. Pictured are (from left) **Myrna Sharpe**, Arlington, Minn.; and **Jennifer Scharpe**, Westminster, Colo., first; **Dru Uden**, Franklin, Neb., second; and **Gretchen Frost** and **Rachel Frost**, both of Tallula, Ill., third.

Association leaders deserted on an island following a plane crash on their way to junior nationals.

“It was even more fun because we were impersonating real people,” Wallace says.

Pipkin says, “We learned that a lot of the things they do are behind the scenes. We learned more about people and CAB.”

The team’s recipe included grilled CAB ribeye steak with onion blue cheese sauce. But Pipkin and Wallace say finding a good recipe is only a small part of doing well in the Cook-Off.

Besides learning valuable life skills, Wallace says the competition also teaches young Angus producers about the beef they produce while sharpening public speaking skills.

“I think Cook-Off is good for younger kids,” Wallace says. “Especially because you’re learning to speak in front of a crowd, but it’s in a fun way. It’s not like a speech contest where it’s a little more nerve-racking. They’re having fun and learning to speak in front of people.”

Pipkin and Wallace say they are both excited to compete in future CAB Cook-Off competitions.

Other members of the Black Kettle Award winning team include Clayton Smith, West Plains, Mo.; Sydney Thummel, Sheridan, Mo.; Samuel Wallace, Stotts City, Mo.; and Carter Ward, Plattsburg, Mo.



Editor’s Note: Molly Witzel is the 2010 American Angus Association summer intern, working in the Public Relations and Communications Department.

Overall Steak Recipe & Black Kettle Award Winner

Grilled Ribeye Steak with Onion Blue Cheese Sauce

4 whole CAB® ribeye steaks
salt and pepper
4 Tbs. butter
1 large yellow onion, sliced
1 cup heavy cream
½ cup crumbled blue cheese

Salt and pepper both sides of steaks. Grill until medium rare.

Sauté onions in butter over high heat.

Cook for 5-7 minutes or until dark and caramelized. Reduce heat to simmer and pour in cream. Cook for 3-5 minutes or until reduced by half. Stir in blue cheese until melted.

Serve steaks on generous portion of sauce.

Overall Roast Recipe Winner

Gold Rush Roast

4 lb. CAB roast
1 can (14 oz.) low-sodium beef broth
2 garlic cloves
1 small onion (optional)
1 Tbs. cornstarch
½ tsp. cayenne pepper
¼ cup cooking sherry

Add peeled baby carrots 1 hour before removing meat

Add mushrooms to sauce

Salt and pepper roast to taste.

Brown meat on all sides.

Add all ingredients (excluding cornstarch) to slow cooker.

Cook on low for 6-8 hours.

Before serving, remove meat and whisk in cornstarch in slow cooker to thicken sauce.

Pull meat and serve with sauce.

Optional ingredients:

Add diced potatoes 4 hours into cooking

Overall Other Beef Items Recipe Winner

Angus Jalapeño Sliders

2 lb. CAB ground beef
2-5 jalapeños, seeded and chopped
1 egg
2 Tbs. onion flakes
2 cups cheddar cheese, grated
2 tsp. seasoned salt
½ tsp. garlic powder
1 tsp. ground pepper

Mix all ingredients together.

Line a 10-in. x 15-in. sheet cake pan with waxed paper and press the mixture evenly into the pan.

Score the meat mixture with a knife or pizza cutter into the desired size of burgers.

Freeze for a minimum of 2 hours.

To cook, thaw for 30 minutes; if frozen solid, break burgers apart and grill.



► Nebraska juniors won recipe, showmanship and overall honors in the junior steak division of the All-American CAB Cook-Off. Pictured are (back row, from left) **Savannah Schafer**, Nehawka; **Emily Dethlefs**, North Platte; **Caylie Egger**, Columbus; and **Hannah Uden**, Franklin; (front row, from left) **Lane Egger** and **Torie Egger**, both of Columbus. They prepared “CAB® Grand Slam.”



► The Kansas team won second place recipe, showmanship and overall in the junior steak division. Pictured are (from left) **Megan Green**, Leavenworth; **Tucker Rayl**, Hutchinson; and **Hadley DeHoff**, Tonganoxie. They prepared “CAB Ribeye Steaks with Gun-Smokin’ Salsa.”



► Oklahoma juniors won third place in all three categories in the junior steak division. Pictured are (back row, from left) **Sydnee Gerken**, Cashion; **Jaryn Frey**, Kingfisher; **Kolby Shepard**, Perkins; (front row, from left) **Alisa Friesen**, Arnett; **Madelyn Gerken**, Cashion; and **Keridan Ward**, Woodward. They prepared “CAB Marinated Ribeyes.”

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► Nebraska juniors won showmanship and overall top honors in the senior steak division. Pictured are (from left) **Jessica Clowser**, Milford; **Klaire Jorgensen**, Exeter; **Melissa Keyes**, Springfield; and **Ellen Hoffschneider**, Arlington. They prepared “Aberdeen’s Rib-eye” and also claimed second place in the recipe category.



► Kansas juniors won second place overall in the senior steak division. Pictured are (from left) **Jacinda Dickinson**, Glasco; **Ethan McCabe**, Elk City; **Tanner Rayl**, Hutchinson; **Meghan Blythe**, White City; **Hannah McCabe**, Elk City; and **Cole Pearson**, Scott City. They prepared “Cowboy CAB Steak and Whiskey Butter,” winning first place in the recipe category and second in showmanship.



► The North Carolina team won top honors in the overall intermediate roast division. Pictured are (from left) **LeAnn Harward**, **Brooke Harward**, and **Catherine Harward**, all of Richfield. They prepared “Gold Rush Roast,” and also claimed first place in the recipe and showmanship categories.



► Nebraska juniors place second in the overall intermediate roast division. Pictured are (from left) **Brianna Walker**, Clay Center; **Shaila Bennett**, Beemer; **Justine Nelson**, Lincoln; **Aleisha Dethlefs**, North Platte; **Hailey Keller**, Kimball; and **Michaela Clowser**, Milford. They prepared “Crock-Pot® Beef Roast,” placing second in recipe and third in showmanship.



► The Kansas team won second in showmanship and third overall in the intermediate steak division. Pictured are (standing, from left) **Trenton Blythe**, White City; **Amanda Lass**, Brookville; **Allison Blythe**, White City; **Ransom Gardiner**, Ashland; (seated from left) **Esther McCabe**, Elk City, and **Cole Gardiner**, Ashland. They prepared “Bubba Gump’s CAB Steak Salad with Shrimp & Orzo.”



► The South Dakota team won third place overall in the intermediate roast division. Pictured are (from left) **Abby Repenning**, Mitchell; **Colin Geppert**, Kimball; **Kallan Christman**, Clark; and **Kelsey Repenning**, Mitchell. They prepared “Brisket Marinade,” placing second in showmanship and third in recipe.



► Kansas juniors won overall top honors in the junior other beef division. Pictured are (from left) **Cale Hinrichsen**, Westmoreland; **Chance Little**, Wichita; **Alexandria Cozzitorto**, De Soto; **Quanah Gardiner**, Ashland; and **Caleb Flory**, Baldwin City. They prepared “CAB Sloppy Joes” and also claimed first place in the recipe and showmanship categories.



► The Idaho team won third in showmanship and overall senior steak division. Pictured are (from left) **Matthew Malson** and **Michelle Malson**, both of Parma; **Michael Wiseman**, Filer; **Shane Kerner**, Weiser; and **John Wiseman**, Filer. They prepared “Sagebrush Sirloin Steak.”



► South Dakota juniors won second in showmanship and overall in the junior other beef division. Pictured are (from left) **Tyler Bush**, Britton; **Cadee Schelske**, Virgil; and **Madison Styles**, Brentford. They prepared “Juicy Lucy Burgers,” winning third in recipe.



► The Arkansas team won third in showmanship and overall in the junior other beef division. Pictured are (from left) **Nicholas Pohlman**, Prairie Grove; **Hailey Roye**, Fayetteville; **Hunter LaCour**, Berryville; and **Cole Umberson**, Caneyhill. They prepared “News Breaking Hamburger,” placing second in recipe.



► Kansas juniors won first place overall in the intermediate other beef division. Pictured are (back row, from left) **Tyler Ottensmeier**, McLouth; **Jennifer Hager**, Stafford; **MacKenzie Flory**, Baldwin City; (front row, from left) **Reid Shipman**, Manhattan, and **Miles Pearson**, Scott City. They prepared “Angus Jalapeño Sliders” and also won first place in showmanship and second in recipe.



► Arkansas juniors won second in showmanship and overall in the intermediate other beef division. Pictured are (from left) **Taylor LaCour**, Berryville; **Caitlin Haley**, Quitman; **Carson Alsup**, Gravette; **Katlyn Tunstill**, Fayetteville; and **Will Pohlman**, Prairie Grove. They prepared “CAB Rocky Mountain Burger” and also claimed first in the recipe category.



► Missouri juniors won third in all categories of the intermediate other beef division. Pictured are (back row, from left) **Sadie Kinne**, Eagleville; **Brittany Eagleburger**, Buffalo; **Hannah Moyer**, Lamar; **Chase Thummel**, Sheridan; (front row, from left) **Hannah Bartholomew**, Archie; and **Nathan Eagleburger**, Buffalo. They prepared “Corned Beef Quiche.”



► The Oklahoma team won first place overall in the senior other beef division. Pictured are (from left) **Katie Lippoldt**, Kingfisher; **Karissa Pfeiffer** and **Kassandra Pfeiffer**, both of Orlando; **Ryne Friesen**, Arnett; **Braden Henricks**, Anadarko; and **Josh Lippoldt**, Kingfisher. They prepared “CAB Knockouts” and also claimed first place in the recipe and showmanship categories.



► Minnesota juniors won second place in all categories of the senior other beef division. Pictured are (back row, from left) **Taylor Waugh**, Goodhue; **Kelsey Glaess**, Cannon Falls; **Betsy Hansen**, Marshall; **Stacey Glaess**, Cannon Falls; **Luke Nord**, Wolverton; and (front row, kneeling) **Kaeseey Glaess**, Cannon Falls. They prepared “Tropical Hamburger.”



► Indiana juniors won overall top honors in the senior roast division. Pictured are (from left) **Catherine Knebel**, Winamac; **Katelyn Wilson**, Orleans; and **Garrett Knebel**, Winamac. They prepared “Barbecued Brisket” and also claimed first place in the recipe and showmanship categories.



► Illinois juniors won overall top honors in the junior roast division. Pictured are (from left) **Sierra Day**, Cerro Gordo; **Keegan Cassidy**, Mahomet; and **Laramie Chaffin**, Roodhouse. They prepared “Pulled Beef” and also claimed first place in the recipe and showmanship categories.