

2012 Cook-Off Cookbook

Contestants share recipes from the 2012 Auxiliary-sponsored Cook-Off.



If you couldn't participate in or attend the Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off at the National Junior Angus Show (NJAS), at least you can get a taste of the excitement by trying out some of the recipes.

A total of 39 National Junior Angus Association (NJAA) teams from 20 states competed in three product divisions — steaks, roasts and other beef — July 17 at the 2012 NJAS in Louisville, Ky. Teams were made up of juniors, ages 9-13; intermediates, ages 14-17; and seniors, ages 18-21.

An additional seven teams competed in the Chef's Challenge, a competition in which participants are challenged to prepare and serve a unique entrée using a specified cut of CAB and secret ingredients provided by the contest. Patterned after the Food Network's *Iron Chef*, the contest is limited to 10 entries in two divisions: NJAA, for members 18-21; and adult.



PHOTOS BY SHAUNA ROSE HERMEL



PHOTO BY KASEY MILLER





ROAST COMPETITION



► A team of Florida and Alabama juniors won second in recipe, third in showmanship and third overall in the junior roast division. Pictured are (from left) **Tucker Hilyer**, Clanton, Ala.; **Charlie Nichols**, Graceville, Fla.; **Wyatt Hubbard**, Union Springs, Ala.; and **Katie Smith**, Cullman, Ala. They prepared “Easy Pepper Roast.”

Easy Pepper Roast

4 lb. CAB® sirloin tip roast
1 jar (16 oz.) banana pepper slices (hot or mild)
salt and pepper to taste

Rinse roast and place in Crockpot®. Salt and pepper roast. Pour jar of peppers over roast. Cook on low 6-8 hours until tender. Serve sliced with peppers for garnish or on sandwiches with creamy horseradish sauce. Enjoy!
Leftovers are great for sandwiches.



► The Kansas team won third in recipe, second in showmanship and second overall in the junior roast division. Pictured are (from left) **Clay Pelton**, Paradise; **Tanner Hite**, Valley Center; **Quannah Gardiner**, Ashland; **Laura Carpenter**, Wamego; and **Bryanna Hite**, Valley Center. They prepared “Zorro’s Pot Roast Sliders.”

Zorro’s Pot Roast Sliders

The rub:

½ tsp. ground chipotle
1 tsp. unsweetened cocoa powder
½ tsp. cinnamon
1 tsp. sea salt
2 Tbs. coffee grounds
1 Tbs. garlic powder
1 Tbs. dried oregano
1 Tbs. cumin

Roast:

2 Tbs. coconut oil
3-4 lb. CAB® chuck roast
1 onion, halved and sliced
¾ cup beef broth

Coleslaw:

1 16-oz. bag coleslaw mix
¾ cup mayonnaise
¼ cup sugar
3 Tbs. milk
2 Tbs. cider vinegar
½ tsp. salt
¼ tsp. pepper
¼ tsp. garlic powder

To prepare the rub:

Mix all spice-rub ingredients together and set aside.

To prepare roast:

Heat oil in skillet over medium to medium-high heat. Make sure pan is nice and hot! Take the spice rub mixture and rub the entire amount into and all over the roast. Place the roast into the hot skillet and sear for 3-4 minutes on each side. If your pan is not hot enough, you will lose your spices, but if it’s too hot, you will burn your spices. You want it to make a nice crust on both sides of the meat.

Place sliced onions in the bottom of a slow cooker. Once the roast has been seared, put the roast in the slow cooker on top of the onions. Deglaze the fry pan with the beef broth and add to the slow cooker. Cover and cook on high for 3-5 hours or on low for 5-7 hours.

Remove roast from slow cooker and trim fat. Shred meat and return to the slow cooker.

To prepare coleslaw:

Combine all ingredients except coleslaw mix in a large bowl and mix well. Add the coleslaw mix and toss to coat. Cover and refrigerate several hours or overnight to allow flavors to blend.

To assemble sliders: Cut in half dinner rolls of your choice. Place a layer of the shredded roast with some of the juices and a layer of the coleslaw on bottom half of roll. Put top back on and enjoy!

Serves 6.

Home Run Italian Beef Sandwiches

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| 1 pkg. (1 oz.) Italian salad dressing mix | pepper to taste |
| 2 tsp. Italian seasoning | garlic powder to taste |
| 8 oz. pepperoncini (Tuscan) peppers | 3-4 lb. CAB® tri-tip roast |
| 10½ oz. beef broth | 6-8 Kaiser rolls |

Combine first six ingredients. Cook on low 6-8 hours. Juice can be used for dipping.

ZIP Kabobs

| | |
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| ¼ cup soy sauce | 2 lb. CAB® clod heart roast, cut into 1½-in. cubes |
| 3 Tbs. light brown sugar | 2 green bell peppers, cut into 2-in. pieces |
| 3 Tbs. distilled white vinegar | 1 onion, cut into 2-in. pieces |
| ½ tsp. garlic powder | ½ lb. fresh mushrooms, stems removed |
| ½ tsp. seasoning salt | 1 pint cherry tomatoes |
| ½ tsp. garlic pepper seasoning | 1 fresh pineapple, peeled, cored and cubed |
| 4 fluid oz. lemon-lime flavored carbonated beverage | |

In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoning salt, garlic pepper seasoning and lemon-lime flavored carbonated beverage. Place beef pieces in a large Ziploc® bag. Cover with the soy sauce mixture and seal.

Marinate in the refrigerator 8 hours, or overnight.

Preheat an outdoor grill for high heat and lightly oil grate. Place green bell peppers in a medium saucepan with enough water to cover.

Bring to a boil and cook approximately 1 minute.

On wooden or metal skewers, alternately place beef, parboiled green peppers, onions, mushrooms, cherry tomatoes and pineapple. Basting frequently with remaining marinade mixture, cook on the prepared grill 10 to 15 minutes, or to desired doneness.

Spicy Stewed Beef with Creamy Cheddar Grits

| | |
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| 2 Tbs. canola oil | 2 tsp. chili powder |
| 2 Tbs. butter | 1 whole onion, diced |
| 3 lb. CAB® tri-tip roast, diced chuck roast or stew meat | 1 whole red bell pepper, diced |
| 1 can (11 oz.) chipotle peppers in adobo sauce | 3 whole chilies, diced (any variety, hot or mild) |
| 4 cups low-sodium beef broth, more if needed | 4 cups stone-ground grits |
| 5 cloves minced garlic | 6 cups low-sodium chicken (or beef) broth |
| 1 Tbs. cumin | 3 cups water |
| | 2 cups half-and-half |
| | 2 cups grated cheddar cheese |

To make the meat, heat 1 tablespoon oil and 1 tablespoon butter in a large pot over high heat. Throw in meat and brown for 1 minute, then add chipotle peppers, beef broth, garlic, cumin and chili powder. Stir, then bring to a boil. Reduce the heat to low, then cover and simmer for 2½ to 3 hours, or until the meat is fall-apart tender and the liquid is thick. (Watch the meat occasionally, and add more beef broth as needed.)

In the last hour of cooking time, make the grits. Heat remaining 1 tablespoon of both oil and butter. Add diced onion, bell pepper and chilies and cook for 5 minutes or so. Pour in grits, then add chicken (or beef) broth and water. Stir, then bring to a boil. Reduce the heat to low, then cover and cook for 30 minutes, stirring occasionally. After 30 minutes, add half-and-half. Cook for another 20 to 30 minutes, or until grits are tender. Remove from heat and stir in grated cheese.

Serve pile of grits with stewed meat (liquid and all) over the top. Sprinkle on sliced green onion for color.



► South Dakota juniors won first place in recipe, showmanship and overall in the junior roast division. Pictured are (from left) **Cadee Schelske, Virgil**; **Madison Styles**, Brentford; and **Ty Mogck and Chase Mogck**, both of Olivet. They prepared “Home Run Italian Beef Sandwiches.”



► Kansas juniors won second in recipe, third in showmanship and second overall in the intermediate roast division. Pictured are (from left) **Eric Blythe**, White City; **Chelsey Figge**, Onaga; **Reid Shipman**, Manhattan; **Anna Carpenter**, Wamego; and **Tyler Blythe**, White City. They prepared “ZIP Kabobs.”



► The Kentucky juniors prepared “Spicy Stewed Beef with Creamy Cheddar Grits” for the intermediate roast division. Pictured are (from left) **Reese Johnson**, Slaughter; **Corbin Cowles**, Rockfield; **Roderick White**, Lexington; **Zach Costin**, Elizabethtown; and **Levi Stephenson**, Carrollton.



ROAST COMPETITION



► Louisiana juniors won first place in recipe, tied for first in showmanship and won first overall in the intermediate roast division. Pictured are (from left) **Faith Guice**, Downsville; **Trevor Sonnier**, Pineville; **Lee Hymel**, Vacherie; **Isaac McFarland**, Keithville; and **Cheyenne Jones**, Franklinton. They prepared “CAB Dynasty Sauce Piquante.”

CAB® Dynasty Sauce Piquante

| | |
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| 4 lb. CAB® clod heart roast | 1 can cream-of-mushroom soup |
| 3 lb. smoked sausage | salt to taste |
| 1 large onion, chopped | black pepper to taste |
| 1 large bell pepper, chopped | red pepper to taste |
| 1 can (10 oz.) Rotel® (original, mild or hot) | water |

Cut roast into bite-size pieces. Cut smoked pork sausage into ¼-inch slices. On medium-high heat, preheat large Dutch oven on the stovetop. Add cut roast and sliced sausage and sauté until browned.

Cover beef and sausage completely with water. On medium-high heat, bring to a rolling boil. Lower heat to medium, cover pot and cook for 45 minutes, stirring every 10-15 minutes.

Add salt, black pepper and red pepper to taste. Add chopped onion and chopped bell pepper. Mix well. Add Rotel and cream-of-mushroom soup. Mix well.

Cover and simmer for 20 minutes. Stir. Cover and simmer for an additional 25 minutes. Serve over hot cooked rice.

Serves 4-6 people.



► Nebraska won third place overall in the intermediate roast division. Pictured are (from left) **Allee Maronde**, York; **Riley Kraus**, Martell; **Skylar Lienemann**, Princeton; **Emily Dethlefs**, North Platte; **Sydni Lienemann**, Princeton; and **Reagan Skow**, Palisade. They prepared “Prime Rib Roast Divine.”

Prime Rib Roast Divine

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| 4-6 lb. CAB® brisket or roast | 1 pkg. Italian seasoning |
| 2 cups water | 2 Tbs. garlic pepper |
| 1 pkg. brown gravy mix | |

Pour water over roast, sprinkle seasonings on top of roast. Cook on low temperature in Crockpot® until tender, approximately 6-8 hours.



► Oklahoma placed third in recipe in the intermediate roast division with their “Pulled French Dip Sandwiches.” Pictured are (from left) **Jaryn Frey**, Kingfisher; **Sydnee Gerken**, Cashion; and **Danci Johnston**, **Anna Clay**, **Courtney Murray** and **Kolby Shepard**, all of Perkins.

Pulled French Dip Sandwiches

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| 1 3-4 lb. CAB® chuck (clod) roast | 1 tsp. garlic powder |
| 2 cups beef broth | ¼ tsp. black pepper |
| ½ cup soy sauce | 1 bay leaf |
| ½ tsp. dried rosemary | 8 hard rolls or French bread |
| ½ tsp. dried thyme | |

Place roast in a 3-quart slow cooker. In a medium bowl, combine beef broth, soy sauce and spices; pour over roast.

Cover and cook on low for 8 hours until meat is very tender. Remove meat from broth; shred with forks and keep warm.

Place meat on rolls. Strain broth and pour into small cups for dipping.

Carolina Home Run Roast

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| 4 lb. CAB® roast | 3 pkgs. (.75 oz.) dry brown gravy mix |
| ½ cup butter | 5 lb. potatoes, peeled and diced |
| 1 Tbs. onion salt | 2 lb. carrots, peeled and diced |
| 1 Tbs. garlic salt | 2 cups water |
| ¼ cup sugar | 2 cups Pepsi® |
| ¼ cup brown sugar | 1 Vidalia® onion, peeled and diced |
| ¼ cup Montreal steak seasoning | |

Lightly coat roast with some butter. Sprinkle with onion salt, garlic salt, brown sugar, sugar, Montreal seasoning and 1 package dry gravy mix.

In Crockpot®, spread a layer of potatoes and carrots on the bottom of pot. Sprinkle with 1 package gravy mix.

Add the roast, surrounding it with the remaining potatoes, carrots and Vidalia onion. Sprinkle with 1 package gravy mix.

Add remaining butter, water and Pepsi to the Crockpot.

Cover and let cook 5-7 hours until tender.



► North Carolina tied for first in showmanship in the intermediate roast division with their “Carolina Home Run Roast.” Pictured are (from left) **LeAnn Harward**, **Marcie Harward**, **Mattie Harward** and **Catherine Harward**, all of Richfield.

Andy’s Famous CAB® Brisket

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| Marinade: | 1 tsp. garlic salt |
| 1 bottle (10 oz.) soy sauce | 1 tsp. onion salt |
| 1 Tbs. liquid smoke | 1 tsp. celery salt |
| 2 tsp. pepper | 4 lb. CAB® brisket |
| 2 tsp. Worcestershire sauce | |

Combine all marinade ingredients in a gallon Ziploc® bag. Reserve half a cup in a different baggie. Marinate in a refrigerator overnight, turning it a couple of times.

Cook brisket over indirect heat one hour to sear. Place in heavy-duty foil with reserved marinade in. Seal tightly. Continue grilling over indirect heat for 3 hours, adding charcoal as needed.

Remove from grill. Let rest 10 minutes. Slice across grain to serve.



► The Wisconsin juniors prepared “Andy’s Famous CAB® Brisket” for the intermediate roast division. Pictured are (from left) **Derek Horst-meyer**, Marshall; **Allison Hawthorne**, Westby; **Kori Beisbier**, Reedsburg; **Alexis Timmel**, Johnson Creek; **Heidi Tremaine**, Oconomowoc; and **Suzanne Henning**, Janesville.



PHOTO BY SHAUNA ROSE HERMEL

► Eric Grant, director of public relations and communications for the American Angus Association, interviews members of the Oklahoma intermediate roast team for video coverage of the NJAS.



ROAST COMPETITION



► The Kansas team won first in recipe, showmanship and overall in the senior roast division. Pictured are (from left) **Cody Theis**, Leavenworth; **Hadley DeHoff**, Tonganoxie; **Megan Green** and **Michael Green**, both of Leavenworth; **Lauren Herman**, Kingman; and **MacKenzie Florry**, Baldwin City. They prepared “Beer Brisket.”

Beer Brisket

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| 4 lb. brisket, fat trimmed | 2 Tbs. coarsely ground pepper |
| salt to taste | 2 tsp. minced garlic |
| pepper to taste | 1 bay leaf |
| 1 large onion | ¼ tsp. thyme (dry) |
| 1 (12 oz.) can of beer (non-alcoholic) | 2 Tbs. cornstarch |
| 1 tsp. brown sugar | 2 Tbs. water |
| 1 cube beef bouillon | |

Preheat oven to 350° F.

Season brisket with salt and pepper; place in baking dish. Cover brisket completely with onion slices. In medium bowl, mix together beer, brown sugar, bouillon, pepper, garlic, bay leaf and thyme. Pour over roast. Cover with foil.

Bake 4 hours in preheated oven. Brisket should be fork-tender. Mix together cornstarch and water. Stir into juices in the baking dish to thicken. Remove bay leaf. Slice and serve.



STEAK COMPETITION



► The Illinois team won second place in recipe, showmanship and overall in the junior steak division. Pictured are (from left) **Holly Marsh**, Union; **John McEwen**, Bushnell; **Dalton Lemenager**, Clifton; **Eric Schafer**, Owaneco; and **Emily Brooks**, Prophetstown. They prepared “Tailgate Steak.”

Tailgate Steak

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| 1½ lb. CAB® top sirloin, 1¼-in. thick | 3 Tbs. rosemary, fresh, if available, or dried |
| ¼ cup soy sauce | 1½ tsp. coarse salt |
| ¼ cup olive oil | 1½ tsp. freshly ground black pepper |
| 2 Tbs. brown sugar or honey | |

Combine marinade ingredients and pour over steak in glass or plastic container. Cover and marinate for 2-4 hours.

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| 1 each large red, yellow and green bell peppers | 3 Tbs. balsamic vinegar |
| 1 poblano chili pepper | 1 Tbs. rosemary |
| 1 large red onion | 1 Tbsp. olive oil |
| ½ tsp. red pepper flakes | 8 (6 in.) wholegrain flour tortillas |

Remove seeds and thinly slice peppers and onion. Heat oil in nonstick skillet over medium-high heat. Add the peppers and onions. Season with salt and pepper, about ½-1 tsp. each. Sauté until tender, about 10 minutes. Mix in the rosemary and pepper flakes, cook for 30 seconds. Add the balsamic vinegar and stir until absorbed. Remove from heat.

Grill steak about 4 minutes per side. Transfer to cutting board and let rest 5 minutes. Thinly slice steak at an angle across the grain. Place steak strips and pepper mixture on tortillas; roll up and enjoy. This is a great way to serve steak at a tailgate event.

Alfredo Tri-Tip

3 lb. CAB® tri-tip roast
3-4 Tbs. Weber® Smokey Mesquite seasoning
½ lb. bow-tie pasta
1 lb. asparagus spears
2 Tbs. olive oil
¼ cup chopped sundried tomatoes
½ cup sliced sautéed mushrooms

Alfredo sauce:

2 Tbs. butter/margarine
½ cup heavy whipping cream or evaporated milk
¼ cup grated Parmesan cheese
¼ tsp. garlic powder
¼ tsp. onion salt
¼ tsp. salt
⅛ tsp. freshly ground pepper
¼ tsp. paprika
1 Tbs. freshly chopped parsley

Rub tri-tip with mesquite seasoning 1-2 hours before grilling.

Grill 10 minutes on one side, turn and continue to grill to medium rare (internal temp of 145° F), about another 10 minutes.

Remove from grill, tent meat with aluminum foil and allow to rest 10-15 minutes. Slice in ¼-inch slices that are 1-2 inches long.

Rub asparagus spears with olive oil and grill, turning once, until tender. Cut into bite-size pieces.

Prepare pasta to al dente. Drain. Stir in asparagus, tomatoes, mushrooms and beef. Reserve several slices of beef to arrange on top of finished dish.

To prepare Alfredo sauce: Melt butter in saucepan, add whipping cream or milk and bring to a boil. Lower heat to medium low, stir in Parmesan and spices and stir until cheese is melted. Pour over pasta mixture and gently toss. Arrange remaining slices of beef on top.



► Indiana juniors won second in recipe, showmanship and overall in the senior roast division. Pictured are (from left) **Kyrsten Retherford**, Indianapolis; **Maddi Butler**, Vincennes; **Katelyn Wilson**, Orleans; **Caleb Smith**, Whitestown; and **Lauren Jernas**, Knox. They prepared “Alfredo Tri-Tip.”

I'll Have Another 1 — CAB® Kabobs, Kentucky Style

2½ lb. CAB® sirloin steak (cut into 1-in. cubes)
pineapple (cut into chunks)
cherry tomatoes
green, red and yellow peppers
mushrooms
onions

Marinade:

¼ cup soy sauce
¼ cup oil
2½ Tbs. brown sugar
1½ Tbs. sugar
1 Tbs. vinegar
1 Tbs. ground ginger
1 Tbs. garlic salt

Mix, cover meat, and let stand for at least 2 hours. Add meat and vegetables to skewers. Grill just until meat is done.

*You may want to make a second batch of marinade to brush on while grilling.



► Kentucky juniors won first place in recipe, showmanship and overall in the junior steak division. Pictured are (from left) **Alexis Rich**, Nicholasville; **Addison White**, Lexington; **Caleb Stephenson**, Carrollton; and **Catherine Cowles**, Rockfield. They prepared “I’ll Have Another 1 — CAB® Kabobs, Kentucky Style.”



STEAK COMPETITION



► The Alabama juniors prepared “Pan-grilled Ribeye With Seasoned Butter” for the intermediate steak division. Pictured are (from left) **Reid McGuire**, Waverly; **Joseph Adams**, Union Springs; **Hannah Whitecotton**, Pisgah; **Baleigh Moseley**, Eclectic; and **Clayton McGuire**, Waverly.

Pan-grilled Ribeye With Seasoned Butter

4 (12-16-oz.) CAB® ribeye steaks,
1-1½-in. thick
8-12 Tbs. seasoned butter
salt and pepper

Seasoned butter:

½ lb. butter, softened
8 cloves roasted garlic
½ tsp. paprika
¼ tsp. onion powder

Combine and store in refrigerator.

Salt and pepper both sides of steaks.

In an iron skillet over medium heat, melt 4 tablespoons of seasoned butter. Place two steaks in skillet. Cook for 16 minutes, flipping every 4 minutes and continually basting. Add more butter as needed.

This should yield a medium steak. Cook additionally for warm temperature.



► The Georgia juniors prepared “Southern-style Sirloin” for the intermediate steak division. Pictured are (from left) **Drew Williams** and **Hannah Williams**, both of Milan; **Haley Throne**, Lexington; **Anna Scott** and **Kathryn Smith**, both of Douglas; and **Daniel Williams**, Milan.

Southern-style Sirloin

4 CAB® sirloin steaks
1 can (12 oz.) Coca-Cola®
½ cup chili sauce
¼ cup salad oil
2 Tbs. Dale’s
1 Tbs. Dijon-style mustard

¼ tsp. liquid smoke
½ chopped onion
2 cloves garlic, crushed
1 tsp. salt
½ tsp. pepper

In a pan, mix together all the ingredients except the salt, pepper and steak. Simmer for 30 minutes. Brush the meat with the sauce, let rest in the refrigerator for at least 30 minutes.

Place the steak on the grill 4 inches from medium coals. Cook 5-10 minutes on each side, basting frequently with the sauce.

After removing the steak from the grill, season with salt and pepper.



► The Illinois juniors prepared “Brown Sugar Steak” for the intermediate steak division. Pictured are (from left) **Cade Moritz**, Roberts; **Lucas Wall**, Hopedale; **Caitlyn McClure**, Saint Francisville; **Laramie Chaffin**, Roodhouse; **Keegan Cassidy**, Normal; and **Sierra Day**, Cerro Gordo.

Brown Sugar Steak

4 CAB® ribeyes, 1¼-in. thick
8 strips hickory-smoked bacon
½-¾ cup brown sugar

coarse salt
freshly ground pepper
granulated garlic

Cut each ribeye in half. Wrap one strip of bacon around each ribeye piece and secure with a toothpick. Generously sprinkle both sides of the steak with the salt, pepper and garlic. Coat bacon-wrapped edges of steaks with brown sugar. Let steaks sit for one hour.

Grill over medium fire until desired doneness, about 4-5 minutes per side for medium rare. Remove from fire and let rest for 5 minutes.

Serve with crusty rolls and salad.

Marinated Steaks With Chive Butter

4 CAB® top sirloin steaks

Marinade:

½ cup lemon juice
¼ cup brown sugar
1 Tbs. Worcestershire sauce
dash garlic powder

Chive butter:

¾ cup unsalted butter, softened to room temperature
2 tsp. dried chives or 2 Tbs. fresh chopped chives
2 tsp. lemon juice
½ tsp. salt
¼ tsp. fresh ground pepper

To prepare chive butter: Combine all ingredients and mix with a fork. Place on a sheet of plastic wrap and shape into a log 1 inch in diameter and 2 inches long. Wrap in plastic wrap and chill until firm.

To prepare steaks: Combine marinade ingredients in large plastic bag; place steaks in marinade 1-2 hours before grilling.

Remove steaks from marinade and discard marinade. Place steaks on grill and cook to desired doneness. Remove from grill, tent with aluminum foil 5-10 minutes, and then top each steak with a slice of chive butter.

Serve immediately.



► The Indiana juniors prepared “Marinated Steaks With Chive Butter” for the intermediate steak division. Pictured are (front row, from left) **Nick Innis**, Milroy; **Karson Patton**, Frankfort; (back row, from left) **Sarah Innis**, Milroy; **Robbie Dragani**, Plymouth; **Krisha Retherford**, Indianapolis; and **Brooke Langley**, Walton.

CAB® ‘Get Up and Go’ Steak Rub

4 CAB® strip steaks
¼ cup kosher salt
1 cup brown sugar

¼ cup coarsely ground black pepper (optional)
1 clove garlic, minced

A steak rub is like a marinade with no liquid. It’s all seasoning and makes a nice, flavorful crust on your steak. Considering the natural tenderness of a New York strip steak, dry rubs are a favorite way to add some unique tastes to your steak without overpowering its own natural flavor.

To dry-rub steak, make a steak rub from the recipe above. Coat your New York strip steak with a light coat of cooking oil, and then rub a good amount of the steak rub recipe over both sides of the steak. Apply enough of the steak rub recipe to cover all of the meat, but not so thick you can no longer see the meat at all. Remember, you’re going to bite through this to get to the steak. You want a little seasoning with your steak, not a little steak with your seasoning.

Grilling directions:

1. Approximately 45 minutes before you are ready to grill your New York strip steaks, take them out of the fridge and rub in some garlic salt and fresh ground pepper. Leave them on the counter to let them warm to room temperature.
2. Preheat the grill on high for direct grilling.
3. Clean your grill with a grill brush.
4. Hold your hand about 2 inches above the grill and see if the temperature is right. For gas grilling steaks over high heat, you don’t want to be able to hold your hand over the grill for more than 5 seconds. Don’t try to be tough, you know when it is hot!
5. Place the steaks on the grill with tongs. Never pierce the skin of the steaks with a fork!
6. After about 2 minutes, use tongs to pick up the steaks, rotate 90° and then place the steaks back on the grill for those nice grill marks.
7. After 2 more minutes, you are ready to flip the steaks. Pick them up and flip them over. This is the only time you are going to flip the steaks (we told you this was easy).
8. After another 2 minutes, rotate the steaks another 90°.
9. Now grill them for a final 2 minutes and they should be ready. Take the grilled steaks off the grill and let them rest for at least 5 minutes before serving. You can always stick them back on the grill for a few minutes if they aren’t done enough.

Serve with a side of fresh fruit, whole-grain toast, egg casserole and fresh-squeezed orange juice.



► Michigan juniors won first place in recipe and second overall in the intermediate steak division. Pictured are (from left) **Kollin Johnson**, Quincy; **Katrena Klopfenstein**, Galien; **Kendra Merriman**, Lowell; **Katie Reid** and **Rachel Reid**, both of Eaton Rapids; and **Kavina Johnson**, Quincy. They prepared “CAB ‘Get Up and Go’ Steak Rub.”



STEAK COMPETITION



► Louisiana juniors won first place in showmanship, second in recipe and first overall in the intermediate steak division, earning them the Pat Grote Leaders Engaged in Angus Development (LEAD) Award. Pictured are (from left) **Nancy Bickham**, Saint Francisville; **Sarah Burch** and **Joshua Scott**, both of Loranger; and **Jacob Chicola**, Deville. They prepared “Kentucky-Fried Steak.”

Kentucky-Fried Steak

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| 4 CAB® ribeye steaks | 1 onion, sliced |
| 1 Tbs. vegetable oil | 4 cloves garlic, minced |
| 1 red bell pepper, chopped | 3 Tbs. fajita seasoning |
| 1 green bell pepper, chopped | 1 lime, juiced |

Heat the oil in a large skillet over high heat. Sear steaks on both sides and set aside. In the same skillet over medium heat, sauté red and green bell peppers, onion and garlic for 5 minutes, or to desired tenderness.

Sprinkle steaks with fajita seasoning and place them back in the skillet. Squeeze the lime juice over steaks and reduce heat to low. Continue to cook for 20-25 minutes, turning steaks occasionally. Plate steaks and top with bell pepper and onion mix.



► The Missouri juniors prepared “Island Jerk-rubbed Ribeyes With Coconut Lime Cream Sauce” for the intermediate steak division. Pictured are (from left) **Jera Pipkin**, Republic; **Sydney Thummel**, Sheridan; **Brittany Eagleburger**, Buffalo; **Chris Kahlenbeck**, Union; **Jacob Heimsoth**, Cameron; and **Hannah Moyer**, Lamar.

Island Jerk-rubbed Ribeyes With Coconut Lime Cream Sauce

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| 4 (8 oz.) CAB® ribeye steaks | 1 Tbs. lime juice |
| jerk rub | ¼ tsp. salt |
| | ¼ tsp. sugar |
| For coconut lime cream sauce: | 1 Tbs. butter |
| ¼ cup coconut milk | ¼ tsp. fresh chopped lime |
| ¼ cup heavy cream | |

Combine sauce ingredients in a small saucepan. Keep burner on low, stirring occasionally until warm and well-blended.

Let ribeyes come to room temperature. Rub with jerk seasoning. Cook over hot coals on grill until desired doneness. Serve with coconut lime cream sauce. Garnish with fresh lime and grilled pineapple.



► The Nebraska team won second place in showmanship and third overall in the intermediate steak division. Pictured are (from left) **Lane Egger**, **Tori Egger** and **Caylie Egger**, all of Columbus; **Justine Nelson**, Lincoln; **Michelle Keyes**, Springfield; and **Savannah Schafer**, Nehawka. They prepared “Teriyaki Finger Steaks.”

Teriyaki Finger Steaks

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| 2 lb. CAB® boneless sirloin steak | 1 Tbs. vegetable oil |
| ½ cup soy sauce | 1 garlic clove, minced |
| ¼ cup vinegar | ½ tsp. ground ginger |
| 2 Tbs. brown sugar | ¼ tsp. pepper |
| 2 Tbs. minced onion | |

Trim fat from steak and slice into 1-inch bite-size pieces; place in a large glass bowl. Combine all remaining ingredients; pour over meat and toss gently. Cover and refrigerate for up to 8 hours.

Drain, discarding marinade. Loosely thread meat pieces onto skewers. Grill over medium-hot coals, turning often, for 7-10 minutes or until meat reaches desired doneness. Remove from skewers and serve.

Yields 6 servings.

Party Stuffed New York Strips

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|------------------------------------|-------------------------------|
| 4 CAB® New York strip steaks | 1 Tbs. minced fresh garlic |
| ¼ cup finely minced red peppers | 2 Tbs. extra virgin olive oil |
| ¼ cup finely minced green peppers | 1 tsp. minced rosemary |
| ¼ cup finely minced yellow peppers | Salt and pepper to taste |
| ¼ cup finely minced shallots | |

Sauté peppers, shallots and garlic in olive oil until shallots are transparent. Stir in rosemary, salt and pepper; transfer to small bowl. Carefully cut 1-inch slit horizontally in side of each steak. Work the knife to create a large pocket while keeping entry slit as small as possible. Spread sautéed vegetables into cavity. Season steaks with salt and pepper, and grill.



► South Dakota placed third in recipe in the intermediate steak division with their “Party Stuffed New York Strips.” Pictured are (from left) **Alex Rogen**, Brandon; **Christina Mogck**, Olivet; and **Brittany Bush** and **Tyler Bush**, both of Britton.

Marinated Steak

| | |
|----------------------------|--------------------------|
| 4 CAB® ribeye steaks | 1 Tbs. pepper |
| 1 cup oil | 2 tsp. poultry seasoning |
| 2 cups apple cider vinegar | 1 tsp. garlic powder |
| 1 Tbs. salt | 1 tsp. lemon juice |

In a medium bowl, mix the oil, vinegar, salt, pepper, poultry seasoning, garlic powder and lemon juice. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover and refrigerate for 6 hours.

Cook on grill to desired doneness.



► Virginia placed third in showmanship in the intermediate steak division with their “Marinated Steak.” Pictured are (from left) **Samantha Shenk**, Luray; **Catie Hope** and **Mark Alexander**, both of Berryville; **Robert Nixon III**, Rapidan; and **Cody Boden**, Clear Brook.

Steak With Fresh Lime Herb Sauce

| | |
|-----------------------------------|--|
| 4 CAB® strip steaks, 1¼-in. thick | 1 small shallot or green onion, minced |
| ¾ cup fresh lime juice | 1 Serrano chili, seeded and minced |
| 6 Tbs. olive oil | ½ cup fresh cilantro, minced |
| ¼ cup soy sauce | ¼ cup fresh mint, minced |
| 2 tsp. ground ginger | coarse salt |
| 4 tsp. sugar | freshly ground pepper |

Combine lime juice, olive oil, soy sauce, ginger, sugar, shallot and chili. Reserve ½ cup and pour remainder of sauce over steaks in plastic container with lid. Refrigerate for 2-4 hours.

Mix cilantro and mint into reserved lime sauce.

Grill steaks over medium coals until desired doneness, about 5 minutes per side for medium rare. Remove from fire and place on serving plates. Spoon prepared lime sauce over steaks and let rest for 5 minutes.

Serve with fresh salad and breadsticks or rice.



► Illinois juniors won second place in recipe and third overall in the senior steak division. Pictured are (from left) **Lauren Adcock**, Moweaqua; **Kayla Widerman**, Good Hope; **Kagny Collins**, Flanagan; **Brooke Haas**, Downs; and **Gabrielle Lemenager**, Clifton. They prepared “Steak With Fresh Lime Herb Sauce.”



STEAK COMPETITION



► Kansas won second place overall in the senior steak division. Pictured are (from left) **Esther McCabe** and **Hannah McCabe**, both of Elk City; **Luke Sankey**, Andale; and **Trenton Blythe** and **Allison Blythe**, both of White City. They prepared “CAB® Ribeyes with Blue Cheese and Vidalia Onion Jam.”

CAB® Ribeyes With Blue Cheese and Vidalia® Onion Jam

| | |
|---|---|
| 4 CAB® boneless ribeye steaks, 1¼-in. thick | 2 Tbs. bacon drippings |
| salt | 3 Vidalia® onions, peeled, halved, sliced ¼-in. thick |
| freshly ground black pepper | 2 cloves garlic, finely chopped |
| ¼ cup chopped fresh flat-leaf parsley | 1 jalapeño chili, finely diced |
| 2 Tbs. salt | ½ cup red cooking wine |
| 1 Tbs. coarsely ground black pepper | ¼ cup red wine vinegar |
| 1 Tbs. finely chopped fresh thyme leaves | 2 Tbs. black currant jam |
| canola oil | 2 Tbs. grenadine |
| ¾ lb. wedge blue cheese, room temperature | honey, to taste |
| 2-3 Tbs. heavy cream | |

Heat grill to high. Preheat a cast-iron skillet until hot, but not smoking. Add the drippings and heat. Then add the onions, garlic, jalapeño, wine, vinegar, jam, grenadine, salt and pepper, and cook, stirring occasionally, until the liquid mixture is thickened and jam-like (about 20 minutes). Taste and season with honey, salt and pepper. Stir in parsley; transfer to a bowl and let cool to room temperature.

Stir together salt, pepper and thyme in a small bowl. Brush steaks with canola oil and season with the salt mixture. Grill until golden brown and slightly charred on both sides, and cooked to medium-rare doneness.

Just before the steaks are done, use a fork to mash the blue cheese with cream so that it is chunky, but also a bit creamy. Mound some on each steak, and let melt briefly on the grill. Remove to a platter and let rest 5 minutes before serving.

Serve with onion jam on the side.



► The Kentucky team won first place in recipe, second in showmanship, first overall in the senior steak division, and first in the steak product category. Pictured are (from left) **Logan Boyd** and **Blake Boyd**, both of Mayslick; **Colby Myers**, Harrodsburg; **Caleb Sadler**, Carlisle; and **Logan Goggin**, Danville. They prepared “Kentucky’s Bases Loaded Baseball Steak.”

Kentucky’s Bases Loaded Baseball Steak

| | |
|---|-------------------------------|
| 4 CAB® baseball-cut sirloins, 1¼-in. thick, | 4 slices of bacon |
| properly salted 60 minutes ahead of time | 2 Tbs. butter |
| 2 Tbs. freshly cracked black pepper | 1 Tbs. extra-virgin olive oil |
| 1 tsp. crushed dried rosemary | ½ cup red cooking wine |

Combine the pepper and the rosemary in a large bowl. Coat both sides of the steak with the mixture. Wrap bacon around each steak and pin with toothpick.

Heat the butter and oil in a skillet (not a nonstick) until hot. Add the steaks and cook over medium to medium-high heat for 5-7 minutes (flipping just once halfway so as to develop that delicious crust) for medium-rare; a minute or so shorter if you like your filet rare, a minute or so longer if you like your filet more well-done.

Remove the steaks from the skillet and cover to keep them warm, letting them rest so the juices re-distribute. Add the cooking wine to the skillet and deglaze the skillet, bringing to a boil over high heat, scraping particles from the bottom of the skillet. Boil for about 1 minute or until the liquid is reduced by half. Spoon the sauce over the steaks, serve and enjoy.

Bazinga Baguettes

4 CAB® ribeye steaks

Bazinga salsa:

6-7 Roma tomatoes, chopped finely
1 bunch green onions, chopped
1 jar (7 oz.) green olives, chopped

2 cans (4 oz.) chopped black olives
2 cans (4 oz.) chopped green chilis
3 Tbs. olive oil
3-4 tsp. red wine vinegar
1-2 tsp. minced garlic (to taste)

Mix all ingredients together. Refrigerate overnight or for several hours.

To prepare steaks: Sprinkle steaks with salt, pepper and garlic powder. Grill to medium rare/medium. Thinly slice steaks; put salsa on top.

Use French bread baguettes and serve with a side of String Theory Salad. (String Theory Salad: cooked spaghetti noodles, Catalina dressing, mushrooms, onions, peppers, broccoli and carrots, mixed and marinated)



► The Missouri juniors prepared “Bazinga Baguettes” for the senior steak division. Pictured are (from left) **Ashlyn Richardson**, Lincoln; **Taylor Short**, Mansfield; **Shannon Yokely**, Jefferson City; and **Nathan Eagleburger**, Buffalo.

Bases Loaded Ribeyes

3 CAB® ribeye steaks
6 bacon strips, cooked and crumbled
3 green onions (8 in. long)
1 red bell pepper

6 oz. crumbled blue cheese
2 cups Bloody Mary mix, no alcohol
Jim Baldrige’s Secret Seasoning

Pat the steaks dry using paper towels. Place steaks in a gallon Ziploc® bag with Bloody Mary mix. Chill 4-12 hours before grilling.

Prepare bacon. Keep some bacon grease to sauté onions and bell pepper. Sauté for only 2-3 minutes on high heat. Sprinkle Baldrige Seasoning on the meat. Grill steaks 2-4 minutes per side on medium-high grill or electric skillet.

When steaks are done, set aside. Mix in bowl bacon and sautéed vegetables. Toss in cheese and serve 1-2 heaping tablespoons over each steak.



► The Nebraska juniors prepared “Bases Loaded Ribeyes” for the senior steak division. Pictured are (in wheelchair) **Claire Volk**, Bennington; (from left) **Taylor Lienemann**, Princeton; **Michaela Clowser**, Milford; and **Garrett Borgelt** and **Shaila Bennett**, both of Beemer.



PHOTO BY KASEY MILLER

► South Dakota juniors played the dating game, in which the bachelorette had to choose between “David Hasselhoff” and “John Wayne.”



STEAK COMPETITION



► The New York juniors prepared “Bulgogi/Korean Beef” for the senior steak division. Pictured are (from left) **Jayne Bannister** and **Emily Bannister**, both of Kent.

Bulgogi/Korean Beef

- | | |
|---|--|
| 1½-2 lb. thinly sliced CAB® ribeye or sirloin steak (slice across the grain in very thin slices; partially freezing the beef helps with cutting clean slices) | 3 cloves garlic, minced |
| ½ cup soy sauce | ¼ tsp. red pepper flakes |
| ½ cup water | 2 pinches black pepper |
| 3 Tbs. cooking wine | ½ tsp. fresh ginger, finely minced |
| 3 Tbs. white sugar | ½ medium yellow onion, halved and sliced into medium moon-shaped slivers |
| 2 Tbs. sesame oil | 2 green onions, including the white parts, finely sliced into small pieces |
| 2 Tbs. flour | 2 Tbs. toasted sesame seeds |

Whisk all the ingredients together in a medium bowl except beef, onions and sesame seeds. When most of the sugar has dissolved, add beef and onions to the bowl. Cover and refrigerate for 1 hour.

Stir fry meat in hot skillet until it just loses its pink color. (Or grill larger-cut slices). Serve with hot rice.

Enjoy!



OTHER BEEF COMPETITION



► The Arkansas juniors prepared “Chipotle Sliders” for the junior other beef division. Pictured are (from left) **Conner Cole**, Russellville; **Hailey Roye**, Fayetteville; and **Nicholas Pohlman**, Prairie Grove.

Chipotle Sliders

- | | |
|--|----------------------------|
| 1-1½ lb. CAB® ground chuck, 80/20 salt | cheese slices, your choice |
| freshly ground black pepper | mini burger buns |

Preheat grill over medium-high heat.

Form the meat into 2-ounce to 3-ounce portions, packed tightly. Season with salt and pepper.

Place the sliders on the grill. Wait until they are nice and crusty on the first side, about 4-5 minutes, and then flip and cook another 4 minutes. When the sliders are about done, top with desired cheese and close the grill, allowing the cheese to melt.

Chipotle mayonnaise:

- | | |
|-----------------------------------|-----------------------------|
| 1 cup mayonnaise | juice of ½ lime |
| 2 chipotle peppers in adobo sauce | salt |
| 1 Tbs. adobo sauce | freshly ground black pepper |

Add all ingredients to a food processor and puree. Season to taste with salt and pepper.

Burger bar (if desired):

- chipotle mayonnaise
- pickles
- red onion slices

Place the cooked sliders on mini burger buns and top with chipotle mayonnaise and any other desired toppings.

Quick Layered Steak Salad

CAB® grilled and seasoned ribeye steak (or cut of choice to serve 6) 1 pkg. (6 oz.) dried cranberries
1 pkg. (8 oz.) feta cheese crumbles
Spring mix or lettuce of choice for 6 1 pkg. (8 oz.) walnuts (whole or chopped)
1 can (29 oz.) mandarin oranges, drained 1 bottle balsamic vinaigrette dressing

Place lettuce mix in large bowl. Top lettuce with mandarin oranges. Sprinkle cranberries over the oranges. Sprinkle feta cheese on top of the cranberries. Add walnuts to the top of the feta cheese. Place grilled steak cut in strips on top of the walnuts. Serve in individual bowls with the amount of dressing you desire. You can switch the cranberries for red raspberries and use raspberry vinaigrette dressing.



► West Virginia juniors won first in showmanship in the senior steak division. Pictured are (from left) **Derrick Jackson**, Southside; **Danielle Foglesong**, Gallipolis Ferry; **Evan Wilson** and **Adam Wilson**, both of Apple Grove; and **Madi-son Crank**, Henderson. They prepared “Quick Layered Steak Salad.”

Tostada Pizza

1 lb. CAB® ground chuck 1 can (15 oz.) pinto beans with jalapeño peppers, rinsed and drained
1 can (4 oz.) diced green chili peppers, drained 1 cup shredded cheddar or Monterey Jack cheese (4 oz.)
½ of a 1½-oz. envelope (about 2 Tbs.) taco seasoning mix 1 cup shredded lettuce
1 tsp. chili powder 1 medium tomato, chopped
1 Tbs. cornmeal ½ cup thinly sliced green onions (4)
1 pkg. (10 oz.) refrigerated pizza dough or 1 ready-made crust bottled taco sauce (optional)

In a large skillet, cook meat until brown. Drain off fat. Stir in ¼ cup water, chili peppers, taco seasoning mix and chili powder. Bring to boiling; reduce heat. Simmer, uncovered, 15-20 minutes or until most of the liquid is gone.

Meanwhile, grease a baking sheet and sprinkle with cornmeal. Pat pizza dough into a 12×8-inch rectangle on the baking sheet. Bake in a 400° F oven for 5 minutes.

In a bowl, mash beans with a fork; spread over partially baked dough to within ½ inch of edges. Spoon meat mixture over beans. Bake, uncovered, 10 minutes more or until crust is just golden. Sprinkle with cheese. Bake 1-2 minutes more or until cheese melts.

Top with lettuce, tomato and onions. If desired, serve with taco sauce.

May also be prepared on a grill using a pizza stone.

Makes 6 servings.



► The Kansas team won first in recipe, showmanship and overall in the junior other beef division. Pictured are (from left) **Alexandria Cozzitorto**, Lenexa; **Eva Hinrichsen**, Westmoreland; **Sarah Pelton**, Paradise; **Kady Figgey**, Onaga; **Caleb Flory**, Baldwin City; and (in front) **Cale Hinrichsen**, Westmoreland. They prepared “Tostada Pizza.”



OTHER BEEF COMPETITION



► Pennsylvania juniors won third in recipe, showmanship and overall in the junior other beef division. Pictured are (from left) **Dakota Mayle**, Dover; **Haley Sweitzer**, Wellsville; **Daniel Rohrbaugh**, Seven Valleys; **Jacob Werner** and **Justin Werner**, both of Hanover; and **Jeremy Bentzel**, East Berlin. They prepared “CAB Frankfurters with CAB Homerun Chili Sauce.”

CAB® Frankfurters With CAB® Homerun Chili Sauce

| | |
|--------------------------------|----------------------------|
| 6 CAB® frankfurters | 2 Tbs. apple cider vinegar |
| 1½ lb. CAB® ground beef | 1½ tsp. chili powder |
| 1 large onion (finely chopped) | 1 tsp. celery seed |
| 32-oz. tomato purée | 2 tsp. salt |
| 2 tsp. prepared yellow mustard | ½ tsp. black pepper |
| 1 cup light brown sugar | |

In a large skillet, very lightly brown the ground beef and onions. Break up the ground beef to as fine as possible. Drain off fat and set aside. In a large saucepan, combine all the remaining ingredients and cook over medium-low heat for about 10-15 minutes. Add the browned ground beef and onions. Stir, then simmer for 2-2½ hours, stirring occasionally. Or, place the sauce in a slow cooker on low heat for about the same amount of time. Sauce will thicken.

Prepare the frankfurters on the grill as desired. Place in bun.
Serve the homerun chili sauce over the frankfurters. Enjoy!



► The Virginia team won second in recipe, showmanship and overall in the junior other beef division. Pictured are (from left) **Zach McCall**, Greenville; **Sarah Harris**, Buchanan; **Jessie Clark**, Culpeper; **Amanda Bowman**, Riner; **Jenna Hamilton**, Buena Vista; and **Caleb Boden**, Clearbrook. They prepared “Red Solo Cup Tacos.”

Red Solo Cup Tacos

| | |
|--------------------------------|-------------------------------|
| 1 lb. CAB® ground beef | tomatoes |
| ⅔ cup water | sour cream |
| 1 Tbs. homemade taco seasoning | salsa |
| yellow corn tortilla chips | shredded Mexican cheese blend |
| lettuce | |

Prepare homemade taco seasoning: Mix together 3 Tbs. chili powder, 1 tsp. sea salt, 1 Tbs. garlic powder, 1½ tsp. black pepper, ½ tsp. southwestern chipotle seasoning, and 1 Tbs. sugar. Set aside.

Cook the ground beef in a skillet until no longer pink. Drain the fat.

Add ⅔ cup water and 1 Tbs. homemade taco seasoning to the beef.

Heat for 2-3 minutes, stirring well.

Place the tortilla chips (broken up slightly) in bottom of red Solo cup. Layer the beef with the remaining ingredients in the cup. Enjoy on the go!

Southern-style CAB® Burgers

Burgers:

2 lb. CAB® ground chuck
3 Tbs. Worcestershire sauce
1½ tsp. Lawrys® seasoned salt
nonstick, nonflammable cooking spray

2 tsp. Lawrys® seasoned salt
4 slices Monterey pepperjack cheese
8 slices bacon, cooked
4 onion rolls, split and toasted

Fried green tomatoes:

vegetable oil, for frying
1 Tbs. bacon pieces, for frying
1 large green tomato, cut into ½-in.-thick slices
salt
1 cup buttermilk
¼ cup self-rising cornmeal
1 cup all-purpose flour

Spicy Thousand Island sauce:

1½ cups mayonnaise
1 cup ketchup
¼ cup dill relish
½ tsp. seasoning salt
hot sauce
1 hard-boiled egg, crushed finely
1 tsp. lemon zest
1 Tbs. lemon juice

To prepare burgers:

Preheat a grill to medium-high heat, about 350° F. Spray a grill rack with nonstick, nonflammable cooking spray.

In a medium bowl, combine the ground chuck, Worcestershire sauce and house seasoning, stirring to mix well. Form the mixture into 4 (4-inch) patties. Grill the burgers, covered with the grill lid, to desired degree of doneness, 5-6 minutes per side.

To prepare fried green tomatoes:

In a medium nonstick skillet, pour the oil to a depth of ¼ inch, add the bacon pieces and melt over medium heat.

Sprinkle the tomatoes with salt. Soak in the buttermilk. In a small bowl, combine the cornmeal, flour and seasoning salt. Dip both sides of each tomato slice in the flour mixture. Add the tomatoes to the hot oil and cook until golden brown, 3-4 minutes per side.

To prepare Spicy Thousand Island sauce:

In a medium bowl, mix the mayonnaise; ketchup; relish; seasoning salt; hot sauce, to taste; the egg; lemon zest and lemon juice. Store in an airtight container and refrigerate until ready to serve. Yield: 2¾ cup

To assemble the burgers: Place 1 cheese slice over each patty. Place 2 slices bacon on the bottom halves of each onion roll, top with the hamburger, a fried green tomato slice and the desired amount of spicy Thousand Island dressing. Cover with the onion roll tops. Serve immediately.

Oklahoma CAB® Country-fried Hamburger

2-3 lb. CAB® ground chuck
1½ cups all-purpose flour
½ tsp. black pepper
1 tsp. seasoning
1 tsp. seasoned salt

3 eggs, lightly beaten
¼ cup milk
½ cup oatmeal (one-minute)
¾ cup oil

Combine meat, oatmeal, one egg, salt and pepper and form into patties.

Combine in container flour, black pepper, salt and seasoning. In another container combine 2 slightly beaten eggs and milk. Heat oil in skillet over medium heat. Dredge the meat in flour, milk-egg mixture and then in the flour mixture again, add hamburger patties to hot oil and fry until golden brown, 5-6 minutes per side.

Can be served with mashed potatoes and white gravy.



► Arkansas juniors won first place in recipe, showmanship and overall in the intermediate other beef division on their way to winning the overall other beef title and the Black Kettle Award. Pictured are (from left) American Angus Auxiliary president Anne Lampe, presenting; winners **Will Pohlman**, Prairie Grove, and **Katlyn Tunstill**, Fayetteville; and Clayton Lampe, Scott City, also presenting. Pohlman and Tunstill prepared “Southern-style CAB Burgers.”



► Oklahoma juniors won first place in recipe, showmanship and overall in the senior other beef division. Pictured are (from left) **Alisa Friesen**, Arnett; **Braden Henricks**, Anadarko; **Kassandra Pfeiffer**, Orlando; **Katie Lippoldt**, Kingfisher; **Karisa Pfeiffer**, Orlando; and **Ryne Friesen**, Arnett. They prepared “Oklahoma CAB® Country-fried Hamburger.”



OTHER BEEF COMPETITION



► The Pennsylvania team won third place in recipe, showmanship and overall in the senior other beef division. Pictured are (from left) **Logan Foore**, Seven Valleys; **Kate Livingston**, Dover; **Laini Dean**, New Castle, seated; **Kayce Myers**, Wellsville; **Shelby Dean**, New Castle; and **Kyle Livingston**, Dover. They prepared "CAB Stew."

CAB® Stew

1 lb. CAB® ground beef, browned
1 can stewed tomatoes
1 envelope dry onion soup mix

¾ lb. dry macaroni or tortellini (any pasta may be substituted)
3 cans (12 oz. each) V8 juice/water (may use tomato juice and water to desired taste)

Mix all ingredients together and simmer for 20 minutes. This may also be made in a slow cooker. For slow cooker version, mix all ingredients except pasta. Put on low setting for 4-6 hours. Add pasta during the last hour to prevent pasta from getting too soft.

This recipe is very versatile. You may add as much tomato product as you wish and you may add any form of pasta.

Serves 6



CHEF'S CHALLENGE



► Winning the adult division of the Chef's Challenge are (from left) **Rachel Frost** and **Chelsea Frost-Duis**, holding Addison Duis, both of Tallula, Ill., first; and **Connie Adams**, Union Springs, Ala., and **Kim Barrentine**, Pisgah, Ala., third. Not pictured are second-place winners **Joe Myers** and **Ruth Ann Myers**, Harrodsburg, Ky.

Sweet Molasses Steak & Tomatoes Three Ways

2½ lb. CAB® culotte steak (sirloin steak),
cut into 6-8 pieces
½ cup sorghum molasses

¼ cup balsamic vinegar
3 Tbs. sweet chili sauce (found in Asian food section)

Mix molasses, vinegar and chili sauce until well-blended. Pour over steak pieces and marinate 1-3 hours. Grill steak over medium coals about 5-6 minutes per side. Remove from heat and let rest for 5 minutes. Thinly slice steak pieces and serve with Tomato-Mango Chutney.

Tomato-Mango Chutney:

2 cups mango, diced (about 2 whole mangoes)
1½ cups diced tomatoes (about 2 medium tomatoes)
½ cup brown sugar
½ cup balsamic vinegar
½ cup diced red onion

¼-½ cup sorghum molasses
1 tsp. granulated garlic
juice of 1 lime
½ cup chopped cilantro

Cook chutney for 30 minutes until well-blended and thickened. Serve over thinly sliced steak.

Antipasto Tomato Skewers:

On small 4-inch skewers, alternate mozzarella cubes, grape tomatoes and whole basil leaves folded in half.

Stuffed tomatoes:

Cut top off tomatoes and scoop out pulp (can be added to chutney mixture). Fill tomatoes with mixture of 1½ cups cooked white rice, ¼ cup grated parmesan cheese, and 2 tablespoons sweet chili sauce.

Grill tomatoes over medium fire until slightly blackened and heated through.

Cheeseburger Salad

| | |
|-------------------------------|---|
| 2 lb. CAB® ground beef | 1 stick butter |
| ½ cup ketchup | 2 heads romaine or green-leaf lettuce, torn |
| 1 tsp. yellow mustard | 1 cup grated sharp cheddar cheese |
| 1 Tbs. Dijon or spicy mustard | 4 whole Roma tomatoes, diced |
| 2 Tbs. barbecue sauce | 8 whole dill pickle spears, cubed |
| 4 whole hamburger buns | 1 whole red onion, sliced |

Brown meat in a large skillet over medium heat. Then remove it from the heat and drain off the fat. Add ketchup, mustards and barbecue sauce to the meat and stir to combine. Taste and add more of whatever you think it needs. Keep warm.

Cut hamburger buns into 1-inch cubes. Melt ¼ stick of butter in a separate skillet over low heat, then add the bread cubes and toss to coat. Toast the croutons in the skillet over low heat for about 10-12 minutes, adding ¼ stick of butter every couple of minutes until you've used the whole stick. (This will ensure all the croutons soak up the butter and toast nicely.) To assemble each salad, pile torn lettuce on a plate. Pile on a good quantity of the meat mixture, then top with plenty of grated cheddar. Add diced tomato, chunks of pickles and slices of red onion over the top. Then sprinkle warm croutons all around the plate.

(Recipe adapted from the Pampered Chef.)



► Virginia juniors won second in recipe, showmanship and overall in the senior other beef division. Pictured are (from left) **Will Fiske**, Greenville; **Adam Murray**, Leesburg; **Morgan Alexander**, Berryville; **Elizabeth Nixon**, Rapidan; **Mackenza Muncy**, Staunton; and **Connor Orrock**, Woodford. They prepared “Cheeseburger Salad.”

Molasses BBQ Steak with Corn & Black Bean Salsa

| | |
|--------------------|-----------|
| CAB® culotte steak | pepper |
| salt | olive oil |

Cut meat into reasonable grilling portions, lightly coat with olive oil, salt and pepper.

Steak sauce:

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| 1 cup mustard (I used Dijon) |
| 1 cup white vinegar |
| 1½ cups sorghum molasses (depending on your taste) |

Mix mustard and molasses, then add vinegar and mix. Chill before serving.

Corn and black bean salsa:

| | |
|--|---|
| 1-2 Tbs. butter or olive oil | 10-15 grape tomatoes, halved |
| 1 can (14 oz.) black beans, rinsed | 1-2 tsp. cumin |
| 4-5 ears corn, 1 can whole kernel corn | 1 tsp. chili powder |
| or 1 small bag frozen corn | 1-2 Tbs. vinegar (I used apple cider) |
| 1 onion, chopped | lime juice (1-2 limes or in the bottle) |
| 1 bunch cilantro, chopped | |

Cut corn off cob, or rinse if canned or frozen. Brown corn lightly in skillet with butter or olive oil; put in large bowl and let cool. Once cool, add black beans, onions, cilantro and tomatoes. Add cumin, chili powder and vinegar. Marinate in refrigerator for at least 30 minutes, serve cold.

Fried apples:

| |
|--|
| 3-4 Granny Smith apples, peeled and cut into bite-sized chunks |
| ½ stick butter |
| ½ cup sugar (more or less, depending) |
| ¼ cup sorghum molasses (more or less to taste) |
| cinnamon (to taste) |

Melt butter in cast-iron skillet. Add apples, stir to coat in butter. Add sugar and cinnamon. Stir to melt sugar, then let cook on low heat until apples are browned but still slightly firm. Add molasses, stir apples to coat and let the molasses melt. Serve warm.



► Winning the youth division of the Chef's Challenge are (from left) **Kristen Short**, Trenton, Fla., first; **Katy Satree**, Montague, Texas, second; and **Tyler Ottensmeier**, McLouth, Kan., third.