

# Sharing the Excitement

Contestants share recipes from the 2011 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 25 National Junior Angus Association (NJAA) teams from 16 states competed in three product divisions — steaks, roasts and other beef — July 12 at the 2011 NJAS in Harrisburg, Pa. 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.



CANDID PHOTOS BY KATIE GAZDA





# ROAST COMPETITION



►The Virginia juniors won first place in recipe, showmanship and overall in the junior roast division of the Cook-Off. Pictured are (front row, from left) **Caleb Boden**, Clearbrook; **Sarah Harris**, Buchanan; (back row, from left) **Cody Boden**, Clearbrook; **Zach McCall**, Greenville; **Jenna Hamilton**, Buena Vista; and **Amanda Bowman**, Riner. They prepared “Troll’s Teriyaki London Broil.”

## Troll’s Teriyaki London Broil

1 3-lb. CAB® roast (London Broil)

¼ cup honey

2 Tbs. vinegar

2 Tbs. green onion

1 large garlic clove

1½ tsp. ground ginger

### Marinade:

¾ cup oil

¼ cup soy sauce

Make slits about ¼-inch deep around edges of beef. For marinade, combine above ingredients and mix well. Reserve ⅓ of marinade. Add beef to dish; turn to coat. Cover and refrigerate for 10 minutes.

While beef is marinating, preheat grill or broiler. Remove beef; discard marinade. Grill or broil beef, basting with reserved marinade, about 5 minutes per side. Let beef stand for about 2 minutes.

Slice diagonally across the grain and serve.



►North Carolina juniors won first place in recipe, showmanship and overall in the intermediate roast division of the Cook-Off. Pictured are (front row, from left) **Marcie Harward** and **Mattie Harward**, both of Richfield; (back row, from left) **LeAnn Harward**, **Brooke Harward** and **Catherine Harward**, all of Richfield. They prepared “All-American Roast.”

## All-American Roast

3-4 lb. CAB® roast (London Broil)

¾ tsp. ground ginger

1 envelope onion soup mix

1½ cups apple juice

2 Tbs. light brown sugar

¼ cup honey

1 Tbs. lemon zest

2 Tbs. orange marmalade

1 tsp. ground cinnamon

1 tsp. Worcestershire sauce

1 tsp. pepper

3 cups Pepsi®

Sprinkle and cover roast with onion soup mix. Pour Pepsi into Crockpot® and place roast in liquid. Cook on low for 5-6 hours.

Combine other ingredients in bowl and pour over meat after 5-6 hours. Continue cooking until meat is tender, 1-2 more hours.



►The Virginia team won second place in recipe, showmanship and overall in the intermediate roast division of the Cook-Off. Pictured are (from left) **Morgan Alexander**, Berryville; **Connor Orrock**, Woodford; **Courtney Pooton**, Sperryville; **Cameron Simmons**, Moneta; **Callie Eastin**, Grena; and **Catie Hope**, Berryville. They prepared “Marinated London Broil.”

## Marinated London Broil

4-lb. CAB® London Broil roast

¾ cup soy sauce

½ cup molasses

4 tsp. lemon juice

½ cup brown sugar

1 tsp. garlic (dry minced will work)

¼ cup extra virgin olive oil

Put marinade ingredients in glass jar and shake well before using.

The day before you will be grilling:

Dry meat and generously sprinkle with Adolph’s Natural unseasoned tenderizer. Using meat fork, stab meat well on both sides so tenderizer will get inside meat. Place in glass Pyrex® dish and pour ½ cup marinade over meat. Turn until both sides have marinade. Cover and refrigerate until about 4 hours before grilling. Turn meat again. Add more marinade if needed.

If you plan to baste meat while it is grilling, don’t use what marinade is left in dish. Use fresh from jar. Store marinade in the refrigerator. The oil may congeal, but that won’t make any difference.

Grill until desired doneness.



## Grandpa Fred Frey's Roast Beef Sandwiches

3-4 lb. CAB® center-cut sirloin roast

1 quart Hess's original sauce

Cook roast at 350° F for 1½ to 2 hours, until internal temperature is 140° F. Slice roast into thin slices, mix with Hess's sauce to desired consistency. Serve on your favorite sliced bun.

\*Hess's original sauce can be purchased by calling 717-464-3374.



► Pennsylvania juniors won first place in recipe, showmanship and overall in the senior roast division of the Cook-Off. Pictured are (front row, from left) **Brent Stufflet**, Lenhartsville; (back row, from left) **Marshall McKean**, Mercer; **Fred Frey**, Quarryville; **Eric Shoop**, Dalmatia; **Lindsay Upperman**, Chambersburg; and **Rachel McKean**, Mercer. They prepared "Grandpa Fred Frey's Roast Beef Sandwiches."



## STEAK COMPETITION

### Rock On Philly Steak Sandwiches

½ lb. CAB® ribeye steak, very thinly shaved or sliced

½ tsp. salt

1 white onion, thinly sliced

¼ tsp. ground black pepper

½ large red bell pepper, thinly sliced

½ tsp. Cajun seasoning

1 tsp. minced garlic

½ lb. thinly sliced white American or provolone cheese

Preheat oven to 350° F. Heat a cast-iron skillet or griddle over medium heat. When hot, add the oil, onions and bell peppers and cook, stirring until caramelized, about 6 minutes. Add the garlic, salt and pepper. Cook, stirring for 30 seconds. Push off to side of griddle.

Add the meat to the hot pan and cook, stirring and breaking up with the back of spatula until almost no longer pink, about 2 minutes. Mix in the sautéed vegetables and stir well. Spoon the meat mixture onto buns, top with cheese slices, place in preheated oven for about 5 minutes or until cheese is melted.

Serve hot.



► Louisiana juniors won recipe, showmanship and overall top honors and the Pat Grote Leaders Engaged in Angus Development (LEAD) Award in the intermediate steak division of the Cook-Off. Pictured are (from left) **Jacob Chicola**, Deville; **Katelyn Corsentino**, Denham Springs; **Gavin Oldham**, Amite; and **Joshua Scott**, Loranger. They prepared "Rock On Philly Steak Sandwiches."

### Just Right Cowboy Coffee-Crusted Ribeyes

4 CAB® ribeye steaks

½ cup kosher salt

¼ cup freshly ground coffee

¼ cup brown sugar

2 Tbs. coarsely ground black pepper

To prepare coffee blend, combine dry ingredients in a jar with a tight-fitting lid. Shake well.

To prepare steaks, season room-temperature steaks by rubbing coffee blend evenly on both sides and edges of steaks.

Grill seasoned steaks over hot coals to desired doneness, being careful not to overcook. Let stand for 5 minutes before serving.

\*Adapted from "Pan-seared Ribeye Steaks with Cowboy Coffee Pan Blend," by Grady Spears, *FoodNetwork.com*.



► Missouri juniors won second place in recipe, showmanship and overall in the intermediate steak division of the Cook-Off. Pictured are (front row, from left) **Sydney Thummel**, Sheridan; **Brittany Eagleburger**, Buffalo; **Jera Pipkin**, Republic; (back row, from left) **Christopher Kahlenbeck**, Union; **Jacob Heimsoth**, Lathrop; and **Chase Thummel**, Sheridan. They prepared "Just Right Cowboy Coffee-Crusted Ribeyes."



# STEAK COMPETITION



►The Kansas team won third place in recipe and overall in the intermediate steak division of the Cook-Off. Pictured are (from left) **Eric Blythe**, White City; **Jennifer Hager**, Stafford; **Anna Carpenter**, Wamego; **Tyler Ottensmeier**, McLouth; and **Tyler Blythe**, White City. They prepared “CAB® Ribeye with Goat Cheese, Lemon-honey Mustard and Watercress.”



►Illinois juniors won third place in showmanship in the intermediate steak division of the Cook-Off. Pictured are (from left) **Brooke Haas**, Downs; **Caitlin McClure**, Saint Francisville; **Lucas Wall**, Hopedale; **Laramie Chaffin**, Roodhouse; and **Gabrielle Lemenager**, Clifton. They prepared “Steaks With Mole Rub.”



►The Louisiana senior steak team won the Black Kettle Award at the 2011 Cook-Off. Pictured are (from left) Clayton Lampe with Carter Lampe, presenting; **Taylor Arnoville**, Bordeloville; **Jarred Yantis**, Bunkie; **Daniel McFarland**, Keithville; **Samantha Yantis**, Bunkie; and Anne Lampe, presenter. They won first place in recipe and overall in the senior steak division with their recipe “Cheesy Balsamic Steaks” and tied with Kansas for first place in the showmanship category.

## CAB® Ribeye with Goat Cheese, Lemon-honey Mustard and Watercress

4 CAB® ribeye steaks, 1-in. thick	2 Tbs. (total) finely chopped fresh thyme, parsley, chervil
½ cup clover honey	4 oz. soft goat cheese, slightly softened
1 Tbs. Dijon mustard	canola oil
1 Tbs. whole-grain mustard	1 bunch watercress
1 tsp. finely grated orange zest	olive oil
2 Tbs. orange juice	grilled oranges
½ tsp. finely grated lemon zest	grilled lemons
2 tsp. fresh lemon juice	
salt and freshly ground black pepper	

Remove the steaks from the refrigerator 30 minutes before cooking and let sit at room temperature.

Whisk together the honey, mustards, zests and juices in a small bowl and let sit at room temperature for at least 30 minutes to allow the flavors to meld.

Mix the herbs and cheese together in a bowl until combined and season with salt and pepper. Refrigerate until ready to use.

Preheat grill for indirect heat. Brush steaks with canola oil and season liberally with salt and pepper. Grill directly over coals until golden brown and slightly charred, about 5 minutes. Turn over and move away from coals, close the cover and grill until an instant-read thermometer inserted into the center registers 135° F, turning once more, about 10 minutes. Remove from the grill to a cutting board and let rest 5 minutes.

Toss the watercress with some of the grilled orange juice, grilled lemon juice and olive oil, and season with salt and pepper.

Top the steak with the goat cheese, drizzle with the honey and the watercress.

## Steaks With Mole Rub

4 CAB® strip steaks, 1¼-in. thick	3 tsp. cocoa powder
1½ tsp. chili powder	1½ tsp. sugar
1½ tsp. garlic powder	

Mix seasonings. Generously rub steaks with half of dry rub and let sit for 1-2 hours. Grill over medium fire for 8 minutes per side or to desired doneness. Mix unused rub with small amount of water to make a sauce. Heat in microwave until warm. Drizzle over cooked steaks. Serve with fresh salad and rice pilaf, potatoes or bread.

## Cheesy Balsamic Steaks

4 5-6-oz. CAB® ribeye steaks, each about 1-in. thick	2 Tbs. butter
1½ cups balsamic vinegar	salt and freshly ground black pepper
3 Tbs. sugar	2 oz. soft fresh goat cheese

Boil the balsamic vinegar and sugar in a small, heavy saucepan over medium-high heat until reduced to ½ cup, stirring occasionally, about 18 minutes.

Meanwhile, preheat the broiler. Melt the butter in a large, heavy skillet over medium-high heat. Sprinkle the steaks with salt and pepper. Cook the steaks to desired doneness, about 3 minutes per side for medium-rare. Transfer the steaks to a baking sheet. Crumble the cheese over the steaks and broil just until the cheese melts, about 1 minute. Sprinkle with pepper.

Transfer steaks to plates. Drizzle the balsamic sauce around the steaks and serve.



## CAB® Steak Pitas

¼ cup plain Greek-style yogurt	sea salt and coarse ground pepper
2 Tbs. light mayonnaise	4 CAB® filet of sirloin steaks, cut crosswise into 4 even pieces
2 Tbs. prepared horseradish, drained	4 plain pitas or wheat pitas
1 clove garlic, finely chopped	1 bunch fresh baby spinach, stemmed, thoroughly washed and dried
olive oil, for brushing	
2 onions, cut into ¼-in.-thick slices, rings left intact	

Preheat grill to medium. In a small bowl, mix together yogurt, mayonnaise, horseradish and garlic.

Lightly brush olive oil on the onions and place them on the grill (if you have a grill topper, use it here). Season with salt and pepper, cover the grill and cook, carefully turning once, until softened and lightly charred, about 5 minutes; transfer to a bowl.

Pat the steaks dry and brush with olive oil; season with salt and pepper. Grill for 8-10 minutes per side to desired doneness — medium or medium rare. Transfer to a cutting board and let rest for 5 minutes before thinly slicing crosswise.

Grill the pitas, turning once, until just warmed through but not crisp, about 1 minute. Slice off the top third of each pita and spread the insides with 2 generous tsp. of horseradish sauce, then stuff with the spinach, sliced steak and grilled onions. Finish with a dollop of the remaining sauce and serve immediately.

Serves 4. Prep and grill time: 30 minutes.



►The Kansas team tied with Louisiana for first place in showmanship and won third place overall in the senior steak division of the Cook-Off. Pictured are (from left) **Hannah McCabe**, Elk City; **MacKenzie Flory**, Baldwin City; **Meghan Blythe**, White City; and **Lauren Herman**, Kingman. They prepared “CAB® Steak Pitas.”

## Peppered Steaks

6 CAB® sirloin steaks, 1½-in.-thick	1½ tsp. lemon pepper
2½ tsp. freshly ground black pepper	1½ tsp. ground red pepper
1 Tbs. dried thyme	1½ tsp. dried parsley flakes
1½ tsp. salt	3 Tbs. olive oil
4½ tsp. garlic powder	fresh thyme sprigs for garnish

Combine last 7 ingredients. Brush steaks with oil; rub with pepper mixture. Cover and chill 1 hour.

Grill, covered with grill lid, over medium-high heat (350° F to 400° F) 8-10 minutes on each side or to desired doneness.



►Maryland juniors won second place overall and third in recipe and showmanship in the senior steak division of the Cook-Off. Pictured are (from left) **James Moxley IV**, West Friendship; **James Full**, Mount Airy; **Robert Velisek**, Gaithersburg; **Christina Ritter**, Laytonsville; **Maggie Lanham**, Buckeystown; and **Tyler Donnelly**, Emmitsburg. They prepared “Peppered Steaks.”

## Melt-in-Your-Mouth Ribeyes

4 CAB® ribeye steaks	1 Tbs. chipotle pepper seasoning
½ cup barbecue sauce	2 cloves garlic, minced
¼ cup olive oil	2 Tbs. lemon juice
1 Tbs. Worcestershire sauce	1 tsp. black pepper
1 Tbs. brown sugar	

1. In a large, resealable plastic bag, combine barbecue sauce, olive oil, Worcestershire sauce, brown sugar, chipotle pepper seasoning, garlic, lemon juice and pepper.

2. Add steaks, seal bag, and turn to coat. Refrigerate for 2 hours.

3. Drain and discard marinade. Grill steaks over medium-hot coals for 5-7 minutes on each side or until meat reaches desired doneness.



►Oklahoma juniors won second place in recipe in the senior steak division of the Cook-Off. Pictured are (from left) **Ryne Friesen**, Arnett; **Kassandra Pfeiffer** and **Karisa Pfeiffer**, both of Orlando; **Alisa Friesen**, Arnett; and **Braden Henricks**, Anadarko. They prepared “Melt-in-your-Mouth Ribeyes.”



# OTHER BEEF COMPETITION



► Illinois juniors won first place in recipe and showmanship and first place overall in the junior other beef division of the Cook-Off. Pictured are (from left) **Dalton Lemenager**, Clifton; **Sierra Day**, Cerro Gordo; **Maria Lemenager**, Clifton; and **Keegan Cassady**, Mahomet. They prepared “CAB® Beef Breakfast Sausage Pasties.”

## CAB® Beef Breakfast Sausage Pasties

2 lb. CAB® beef breakfast sausage (see recipe)  
1 lb. finely shredded taco blend cheese  
1-2 cups salsa  
2 pkg. refrigerated biscuits, large size

### CAB® beef breakfast sausage:

2 lb. CAB® ground chuck  
2 tsp. chopped fresh sage or 1 tsp. rubbed sage  
2 tsp. garlic powder  
2 tsp. onion powder  
1 tsp. salt  
1 tsp. crushed red pepper

Mix all ingredients thoroughly. Cook in large skillet, breaking up into crumbles. (This may also be made into patties, browned and served as is.)

### For the pasties:

Separate biscuits and flatten to 6- to 8-inch-diameter. Spoon 2-3 Tbs. browned beef sausage onto center of each biscuit round. Top with 2 Tbs. cheese and 1 Tbs. salsa. Fold over to form half circle; seal edges by pressing with fork. Bake 15-20 minutes at 375° F until golden brown.

Serve warm with additional salsa, if desired. May also be eaten cold on the go.



► Kansas juniors won second place in recipe and showmanship and second place overall in the junior other beef division of the Cook-Off. Pictured are (from left) **Eva Hinrichsen**, Westmoreland; **Kady Figge**, Onaga; **Sarah Pelton**, Paradise; **Caleb Flory**, Baldwin City; and **Cale Hinrichsen**, Westmoreland. They prepared “Like Nobody’s Business Burgers.”

## Like Nobody’s Business Burgers

2 lb. CAB® ground chuck  
1 packet ranch dressing mix  
1 cup shredded cheddar cheese  
6 strips bacon

6 Tbs. cream cheese, herbed or veggie-flavored, softened  
6 hard rolls, split  
lettuce leaves and tomato slices, optional

- In a small bowl, combine the cheddar cheese and cream cheese; set aside.
- Chop bacon and fry until browned but not crispy.
- In another bowl, combine ground chuck and ranch dressing mix.
- Divide into 12 thin patties. Spoon cheese mixture and bacon onto center of six patties; top with remaining patties and press edges firmly to seal.
- Grill burgers, covered, over medium heat or broil 4 inches from heat for 5-7 minutes on each side or until a meat thermometer reads 160° F and juices run clear.
- Serve on rolls with lettuce and tomato, if desired.



► The Kansas team won first place in recipe and second place overall in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Megan Green**, Leavenworth; **Christiane Wimbish** and **Esther McCabe**, both of Elk City; and **Chelsey Figge**, Onaga. They prepared “CAB® & Noodles Toss.”

## CAB® & Noodles Toss

1 lb. CAB® ground chuck  
1 pkg. beef flavor ramen noodles  
2 cups water

4 cups frozen oriental vegetable mixture  
½ tsp. ground ginger  
2 tsp. sliced green onions

Brown beef and drain. Add the beef ramen noodle seasoning packets, water, vegetables, ginger and broken up noodles. Bring to boil; reduce heat and simmer 5-7 minutes until noodles are tender. Garnish with green onion.

## Southwest Stuffed CAB® Burgers

1½ lb. CAB® ground beef  
¼ cup light mayonnaise, divided  
1 pkg. (1¼-oz.) taco seasoning mix  
½ cup 2% milk shredded Colby and Monterey jack cheeses  
¼ cup chunky salsa, divided  
6 whole-wheat hamburger buns  
6 lettuce leaves  
1 large tomato, cut into 6 slices

Heat greased grill to medium-high heat.

Mix meat, 3 Tbs. mayonnaise and seasoning mix; shape into 12 thin patties. Combine cheese and 2 Tbs. salsa; spoon onto 6 patties. Cover with remaining patties; pinch edges to seal.

Grill 7 minutes on each side or until done (160° F). Meanwhile, combine remaining salsa and mayonnaise.

Fill buns with lettuce, tomatoes, burgers and salsa mixture.

## CAB® Gut Buster

6 CAB® frankfurters  
6 hot dog buns  
6-12 bacon slices  
6 Anaheim peppers  
¼ cup olive oil  
1 yellow onion  
10-15 bella mushrooms  
¼ cup butter  
6 slices provolone cheese  
6 slices Swiss cheese  
2 Tbs. milk

Wrap frankfurters in bacon.

Place on hot grill and cook through.

Slice Anaheim peppers lengthwise and remove seeds. Baste with olive oil.

Remove frankfurters from grill and place one inside of each pepper.

Return to grill until pepper is heated.

Remove from grill and place in buns.

Split frankfurters lengthwise.

While frankfurters are on the grill sauté mushrooms and onion in ¼ cup butter. Set aside and keep hot.

Heat provolone cheese, Swiss cheese and milk until creamy. Set aside and keep warm.

Spoon sautéed mushrooms and onion over split frankfurter and drizzle on cheese sauce.

Enjoy!

## Juicy Lucy Burgers

2 lb. CAB® ground beef, chilled  
3 oz. frozen spinach, frozen and crumbled  
1 Tbs. Worcestershire sauce  
2 tsp. garlic powder  
4 oz. cheese (American or fontina or whatever you like), cut into roughly 1-in. squares  
kosher salt  
ground black pepper

Preheat grill to high.

Thoroughly combine beef, spinach, Worcestershire, salt and pepper. Keep meat well-chilled. Measure out 4-ounce balls of beef mixture.

Roll into a ball; then flatten into a thin patty about ¼-inch thick and roughly 5 inches in diameter on top of waxed paper. On top of patties place 1 ounce of cheese.

Onto each topped patty, flip a second patty to cover the cheese. Pinch the edges together, forming a swell in the middle. Re-cover with waxed paper and refrigerate for at least 10 minutes.

Grill chilled patties 5 minutes on the first side, then flip and grill another 2 minutes.

Serve on your favorite bun with sautéed onions.



►The Pennsylvania team won first place in showmanship and first place overall in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Elizabeth Voight**, Fredericksburg; **Alana Eisenhour**, Wellsville; **Daniel Rohrbaugh**, Seven Valleys; **Shelby Dean**, New Castle; **Kayce Myers**, Wellsville; and **Laini Dean**, New Castle. They prepared “Southwest Stuffed CAB® Burgers.”



►Nebraska juniors tied for second place in recipe, tied for third place in showmanship and won third place overall in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Michelle Keyes**, Springfield; **Michaela Clowser**, Milford; **Shaila Bennett**, Beemer; **Hannah Uden**, Franklin; **Savannah Schafer**, Nehawka; and **Aliesha Dethlefs**, North Platte. They prepared “CAB® Gut Buster.”



►Maryland juniors won second place in showmanship in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Taylor Clarke**, Rocky Ridge; **Colby Dull**, Westminster; **Molly Lanham**, Buckeystown; **Dalton Mackenzie**, Union Bridge; and **Christopher Coblentz**, Woodsboro. They prepared “Juicy Lucy Burgers.”





# OTHER BEEF COMPETITION



►New York juniors tied for second place in recipe in the intermediate other beef division of the Cook-Off. Team members included (from left) **Jayne Bannister** and **Emily Bannister**, both of Kent; and **Julia Weaber**, Potsdam. They prepared “Big Apple Burger.”

## Big Apple Burger

2 lb. CAB® ground chuck  
1 medium onion  
½ cup apple  
approximately 4 oz. New York sharp cheddar cheese, shredded  
1 Tbs. olive oil  
1 tsp. salt  
¼ tsp. pepper  
1 pkg. hamburger buns (6 buns)

1½ cups tart apple, finely sliced  
2 Tbs. lemon juice  
1 Tbs. sugar  
1 tsp. spicy brown mustard  
2 Tbs. Miracle Whip®  
1¼ tsp. salt  
pinch of pepper

### For BBQ sauce:

2 Tbs. maple syrup  
½ cup ketchup  
1 tsp. spicy brown mustard

### For slaw:

1½ cups shredded cabbage

Put the ground chuck in a large bowl. Peel and chop onion and apple. Heat olive oil in frying pan. Add onion and apple and sauté until just soft. Add to ground chuck. Add salt and pepper. Mix until just combined.

### To prepare coleslaw:

Combine finely sliced apple and shredded cabbage. Add lemon juice, sugar, Miracle Whip, mustard, salt and pepper. Mix thoroughly. Cover and set aside.

### To prepare BBQ sauce:

Mix ketchup, maple syrup and mustard together. Set aside.

Make burgers by dividing the meat into 6 equal portions. Use two small plates. Take one of the small plates and flip it upside down and set it on the counter, then take a portion of the ground chuck and divide it in half.

Take one half and put it on the upside-down plate and take the other plate and flatten the burger out, rounding the edges to make a circle. Take the backside of a spoon and lightly put an indent in the middle and put a heaping tablespoon of the cheese in the indent.

Move the burger and press out the other half. Shape and put the two halves together, pinching the edges and reforming into a circle. Repeat with the rest of the ground chuck to make 6 hamburgers.

Preheat the grill. Place the burgers on grill. Baste top side with BBQ sauce. After 2-3 minutes, flip the burger and grill the other side. Baste again. When the burgers are finished cooking, remove from grill. Place the burger on a bun, put the slaw on top of the burger and top with additional BBQ sauce.



►Pennsylvania juniors won second place in recipe, third place in showmanship and third place overall in the senior other beef division of the Cook-Off. Pictured are (from left) **Andrea Foore**, Seven Valleys; **Alexis Cash**, York; **Kate Livingston**, Dover; **Logan Foore**, Seven Valleys; **Amanda Thompson**, Wellsville; and **Kyle Livingston**, Dover. They prepared “Game Day Chili.”

## Game Day Chili

2 lb. CAB® ground chuck  
3 cans tomato soup  
3 cans kidney beans  
1 Tbs. chili powder

1 Tbs. garlic powder  
½ onion, chopped  
¼ cup hot sauce  
dash of salt and pepper

Brown ground beef. Sprinkle with garlic powder as it is being browned.

Drain the beef.

Add remaining ingredients, simmer for an hour.

Serving suggestion: After spooning into bowl, sprinkle with grated cheddar cheese and sour cream. May also serve over corn chips or corn bread muffin. Very versatile and reheats well.



## CAB® Stuffed Wolf Burgers

2 lb. CAB® ground beef	1 Tbs. Worcestershire sauce
½ lb. shredded jumping jack mild pepper	1 Tbs. Dijon mustard
½ lb. cooked bacon	1 Tbs. onion salt
2 Tbs. garlic pepper	1 Tbs. pepper

- ▶ Mix Worcestershire sauce, mustard, garlic pepper, onion salt and pepper together; then knead hamburger into the mix.
- ▶ Crumble the bacon.
- ▶ Make a beef patty and then slice it in half. Spoon 1 Tbs. of cheese and 1 Tbs. of bacon on top of one of the halves. Put the other half back on and pinch together. Do 6 times.
- ▶ Grill over white-hot coals until hamburger is cooked.

Makes 6 burgers. Serve with fresh fruit and macaroni salad.



▶ Michigan juniors tied for third place in showmanship in the intermediate other beef division of the Cook-Off. Pictured are (from left) **Breanna Taylor**, Gregory; **Kavina Johnson** and **Kollin Johnson**, both of Quincy; and **Sterling Reichenbach**, Bath. They prepared “CAB Stuffed Wolf Burgers.”

## Bully-Free Beef Sandwiches

¼ cup nonfat Greek-style yogurt or ½ cup regular, plain nonfat yogurt	⅛ tsp. pepper
2 Tbs. mayonnaise	1 bunch watercress, thick stems removed
¼ cup prepared white horseradish, squeezed of excess juice (about 3 Tbs.)	8 slices whole-grain pumpernickel bread
¼ tsp. salt	12 oz. CAB® deli pastrami, thinly sliced
	2 medium tomatoes, sliced
	½ small red onion, thinly sliced

If using regular yogurt, place it in a strainer lined with paper towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.

Combine thickened or Greek-style yogurt, mayonnaise, horseradish and salt and pepper in a small bowl and stir to incorporate.

Place ¼ cup watercress each on 4 slices of bread and drizzle with 2 Tbs. horseradish/mayonnaise mixture. Layer with 3 ounces pastrami per sandwich, tomato slices and onion slices. Top with another slice of bread and wrap in waxed paper, then in aluminum foil.

Pack with chips and fresh fruit for family lunches.

\*Can be made with deli roast beef.



▶ Michigan juniors won first place in recipe and showmanship and first place overall in the senior other beef division at the Cook-Off. Pictured are (from left) **Chelsea Ruggles**, Kingston; **Rachel Reid**, Eaton Rapids; **DeeAnne Merriman**, Lowell; and **Justin Ruggles**, Kingston. They prepared “Bully-Free Beef Sandwiches.”

## Southwestern Meatball Wraps

2 lb. CAB® ground beef	1 pkg. taco mix
½ medium onion, chopped	1 tsp. garlic salt
2 eggs, beaten	dash of pepper

In a large bowl, beat 2 eggs with a fork. Add remaining ingredients and mix by hand. Roll 1½-inch-sized meatball (ping-pong ball size).

Bake at 350° F for 30 minutes on sheet pan.

Place 3 to 4 meatballs on soft tortilla wrap. Top with hot salsa, grated Mexican cheese and shredded lettuce.

Roll tortilla while tucking ends.



▶ The Virginia team won third place in recipe, second in showmanship and second place overall in the senior other beef division at the Cook-Off. Pictured are (from left) **Adam Murray**, Leesburg; **John Knight**, Montpelier Station; **Jessie Bramhall**, Lovettsville; **Katherine Ashby**, Berryville; and **Colleen Bowers**, Maurertown. They prepared “Southwestern Meatball Wraps.”



# CHEF'S CHALLENGE



► Winners in the NJAA/youth division of the Chef's Challenge are (from left) **Katy Satree**, Montague, Texas, first place with "Fiesta Fajita Salad;" and **Jessica Clarke**, Rocky Ridge, Md., and **Ethan Whiteside**, Queenstown, Md., with "Grilled Steak With Crab Imperial/Hollandaise Sauce."

## Fiesta Fajita Salad

### Salad:

1 bag mixed greens salad  
1 CAB® skirt steak  
¼ onion  
2 leeks

1 avocado (pitted and chopped)  
2 small red/yellow/orange sweet peppers  
1 green bell pepper  
1 container sour cream

### Dressing:

½ cup balsamic vinaigrette  
¼ cup medium salsa  
2 Tbs. lemon juice  
2 Tbs. chopped fresh cilantro

### Bread:

1 pkg. sweet honey corn bread mix  
2 sweet red peppers  
Milk  
Eggs

Prepare dressing by mixing salsa, cilantro, lemon juice and balsamic vinaigrette in bowl and chill. Mix corn bread as directed. Pit and chop red peppers and mix into cornmeal. Bake as directed in baking dish and watch so they do not burn.

Wash salad and put in fridge. Heat skillet and place ¼ onion, 2 chopped leeks and 1 Tbs. of butter in skillet. Sauté 5-10 minutes at medium to low heat. Slice and season meat to desired taste. Place meat in skillet and let cook until done at medium-high to medium heat. When done, turn skillet to warm and cover. Chop a small bit of onion and set aside. Pit and chop ½ of green pepper and all sweet peppers. Take salad out of fridge and split into three bowls. Turn skillet off. Place 2 Tbs. of sour cream on each salad. Place desired amount of peppers and onion, and top with sour cream. Drizzle dressing mixture over all salads and garnish with avocado and corn bread.

## Grilled Steak With Crab Imperial/Hollandaise Sauce

Basted steak with EVOO, grilled  
medium rare

2 Tbs. freshly squeezed lemon juice or water  
2 sticks butter (½ lb.), in chunks  
pinch of cayenne pepper  
½ tsp. sea salt, or to taste  
pinch of white pepper (optional)

### Hollandaise Sauce:

4 egg yolks

### Prepare Hollandaise Sauce:

In a saucepan, beat egg yolks over low heat for about 5 minutes. The eggs should become heated, but if the temperature nears a boil, the eggs will scramble. If the mixture is not hot enough, the sauce may be too thin and is more likely to separate.

The sauce is ready when, with a stroke of the whisk, you will see the clean bottom of the pan.

On the lowest heat setting, add the chunks of butter, one at a time, beating after each addition. Stir in the salt, pepper, cayenne and lemon juice.

Mix Hollandaise Sauce with ½ pound of Maryland lump crabmeat.  
Top steak with scoop of Crab Imperial and enjoy!



## Sassy Skirt Steak, with Blackberry Corncakes and Vidalia® Onion Jam

(Make jam and rub ahead of time.)

### Caramelized Vidalia® onion jam:

(Makes 2 cups)

3 large Vidalia onions, quartered and sliced	4 Tbs. red wine vinegar
¼ cup brown sugar	1 Tbs. butter
¼ cup honey	1 Tbs. olive oil
	½ tsp. salt
	1 tsp. freshly ground pepper

Combine all ingredients in saucepan, cover and cook over medium heat until it boils and onions become tender, approximately 20 minutes. Uncover and bring to medium-high heat. Boil until it starts to brown, but still has some liquid. Cool and place in jar. Store in refrigerator.

### Lorelei's favorite spice rub:

(This makes a large quantity and is great on all meats.)

½ cup brown sugar	1 cup paprika
1 Tbs. ground coffee	¼ cup fresh ground pepper
1 Tbs. cocoa powder	½ cup onion powder
1 cup Italian seasoning	½ cup chili powder
½ cup garlic powder	1 cup seasoned salt

### Blackberry corncakes:

1 cup buttermilk, or 1 cup milk with 1 Tbs. vinegar	1 tsp. baking soda
1 tsp. baking soda	1 tsp. salt
1 egg	1 tsp. sugar
1 Tbs. oil	1 cup chopped blackberries, coated with ¼ cup flour
1 cup cornmeal	½ tsp. fresh lemon or regular thyme
¼ cup flour, with additional ¼ cup for blackberries	

Combine liquid ingredients, then whisk in dry ingredients; let sit 10 minutes. Heat nonstick skillet over medium-high heat, spray with cooking spray and drop by spoonful. Cook like you would a pancake. Keep warm.

### CAB® Skirt Steak

Trim fat, if any

Spice rub

Vidalia onion jam, mixed with chopped blackberries

Coat CAB® Skirt Steak generously with spice rub and let rest at room temperature for 20-30 minutes, then grill over high heat, until medium-rare. Let rest 5 minutes then slice very thin, against the grain. Top 3 pancakes with the steak, then top with the Vidalia onion jam mixture.



► Winners in the adult division of the Chef's Challenge are (from left) **Lorelei Irons**, Laytonsville, Md., first place with "Sassy Skirt Steak, with Blackberry Corncakes and Vidalia® Onion Jam;" **Morgan Smith**, Douglas, Ga., and **Tammy Williams**, Milan, Ga., third place with "CAB Skirt Steak with Vidalia Onion Casserole;" and **Rachel Frost**, Tallula, Ill., second place with Blackberry-Chocolate Skirt Steak With Polenta." (**Rachel Frost**, Tallula, second-place team member, is not pictured.)



# CHEF'S CHALLENGE



CANDID PHOTOS BY CRYSTAL YOUNG



CANDID PHOTO BY KATIE GAZDA



## Blackberry-Chocolate Skirt Steak With Polenta

2-3 lb. skirt steak	2 eggs
½ cup flour, divided	2 Tbs. water
⅓ cup cornmeal	olive oil for frying
1 tsp. each paprika, salt and black pepper	

Trim fat and connective tissue from steak, pound with meat tenderizer or bottom of heavy skillet, and cut into 3-oz. serving pieces. Combine ¼ cup flour, cornmeal and spices. Beat eggs and water together in small dish. Coat steak pieces with remaining ¼ cup flour. Dip in egg/water mixture and coat with cornmeal mixture. Heat ¼ inch of olive oil in skillet. Fry steak in oil until lightly browned and cooked through. Keep warm.

\*Hint: Steak pieces should be no more than ½- to ¾-inches thick to assure even cooking.

### Polenta:

2 cups water	½ cup milk
½ tsp. salt	2 Tbs. butter
½-2/3 cup cornmeal	1 tsp. each thyme and black pepper
¼ cup freshly grated Parmesan cheese	

Bring water and salt to a boil. Whisk in cornmeal and cook until thick. Add remaining ingredients and mix thoroughly.

### Blackberry-Chocolate Sauce

2 Tbs. olive oil	1 cup blackberries, crushed (reserve a few berries for garnish)
1 oz. butter	1 cup dry red wine or red cooking wine
¼ cup onion	½ tsp. thyme
1½ oz. dark chocolate	

Heat olive oil and butter in small skillet. Sauté onion until it sweats. Add berries, wine and thyme and cook until sauce starts to thicken. Add chocolate and stir until chocolate melts and sauce is thick.

To serve: Place ½ cup polenta on plate. Top with steak piece. Drizzle with sauce and garnish with reserved blackberries. Serve with fresh green salad and crusty roll. Serves 8.

## CAB® Skirt Steak with Vidalia® Onion Casserole

### Marinade for steak:

½ cup of Dale's steak seasoning  
 ½ cup Italian dressing  
 Place steaks in marinade for 1 hour or more.

Grill steak to your preference.  
 Let steak rest for 5 minutes.  
 Slice thinly (⅛-inch to ¼-inch) and serve with Vidalia Onion Casserole.

### Vidalia Onion Casserole:

3 large Vidalia onions, chopped	½ tsp. salt
1 stick butter, cut in half	½ tsp. black pepper
½ cup milk	1 sleeve Ritz crackers
¼ cup self-rising flour	½ cup cornmeal
	Parmesan cheese to cover casserole

Sauté chopped onions in ½ stick butter until tender. Mix milk, flour, ½ stick butter, salt and pepper in small pot over medium heat until butter melts. Stir continuously. Spread onions in bottom of 13×9 casserole dish and gently pour flour mixture over onions. Bake at 350° F for 15 minutes. Crumble 1 sleeve of Ritz crackers, mix with cornmeal and sprinkle over casserole. Bake an additional 15 minutes. Add Parmesan cheese to casserole and place in oven until chesse melts.

### Blackberry syrup:

Boil 1 cup blackberries, ½ cup water and ½ cup sugar until blackberries soften. Drizzle juice over sliced steak and serve.