



FRESH MEAT DIVISION



CAB® Beef Stew

- | | |
|--|---|
| 2½ lb. CAB® sirloin steak, cut into ¾-inch pieces | 1 tsp. salt |
| 2 cans (14-14½ oz. each) ready-to-serve beef broth | 1 tsp. dried Italian seasoning, crushed |
| 1 can (15 oz.) chickpeas, drained | ½ tsp. pepper |
| 1 can (14½ oz.) diced tomatoes with garlic and onions, undrained | 2 cups frozen mixed vegetables |
| 1 cup water | 1 cup uncooked small pasta |
| | shredded Romano cheese (optional) |

Combine beef, broth, chickpeas, tomatoes, water, salt, Italian seasoning and pepper in 4½- to 5½-quart slow cooker; mix well. Cover and cook on high 5 hours, or low 8 hours. No stirring is necessary during cooking.

Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Stir well before serving. Serve with sprinkled shredded Romano cheese, if desired.

Makes 6-8 servings (1½-2 cups each).



Team Information

Division: **9 to 13**

State: **Arkansas**

Team Members:

Sarah Connolly, Rogers
Margie Hoke, Gravette
Amanda Holland, Imboden
Paige Tribble, Pochontas

Ball Park Burgers

- | | |
|-------------------------------------|--------------------------------|
| 2 lb. CAB® ground beef | ½ tsp. pepper |
| 1 cup sauerkraut, squeeze juice out | ½ tsp. garlic powder |
| 1 medium onion, chopped fine | ¼ cup ketchup |
| 1 tsp. salt | 2 Tbs. prepared yellow mustard |

Mix all ingredients together. Shape into 8 patties. Grill over medium fire, turning once. Serve with ketchup and mustard on toasted buns. Tastes great served with potato salad and fruit.



Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Jennifer Ewing, Rushville
Emily Harrell, Stronghurst
Kayla Wideman, Good Hope

Land Lover's Spice Rub and Sauce

- | | |
|--|----------------------------|
| 4 CAB® boneless ribeye steaks, 1½-inches thick | |
| Rub: | 3 Tbs. raspberry jam |
| ½ cup brown sugar, firmly packed | ¼ cup water |
| 3 tsp. lemon peel, grated | 2 Tbs. red wine vinegar |
| 2 garlic cloves, minced | 2 Tbs. vegetable oil |
| 1 tsp. fresh thyme | Sauce: |
| ½ tsp. salt | 4 Tbs. butter or margarine |
| ½ tsp. pepper | 2 Tbs. lemon juice |

Combine all the rub ingredients in a blender and blend until mixed well. At least 30 minutes prior to grilling, brush CAB® ribeye steaks with rub mixture. Grill steaks, turning once, over medium to low heat for 25-30 minutes for medium doneness.

In a small saucepan, combine leftover rub mixture, butter and lemon juice. Cook over low heat, stirring well, until butter is melted. Serve hot with steaks.

Serves 4.

Side dishes include green leafy salad, twice-baked potato and bread.



Team Information

Division: **9 to 13**

State: **Indiana**

Team Members:

Baron Rieker, Columbus
Katarina Rieker, Columbus
Steven Rieker, Columbus
Zachary Rieker, Columbus





FRESH MEAT DIVISION



Grilled Sirloin Fajitas

Marinade:

- 1/2 cup olive oil
- 1/3 cup fresh lime juice
- 2 garlic cloves, pressed
- 1 tsp. Pantry Southwestern seasoning mix
- 1/2 tsp. salt

Fajitas:

- 1 1/2 lb. CAB® sirloin steak, 3/4-inch thick
- 2 medium green or red bell peppers, cut into 1/4-inch slices
- 1 medium red onion, cut into 1/4-inch slices
- 8 7-inch flour tortillas
- Suggested toppers (optional):**
salsa, shredded Colby and Monterey Jack cheese blend, sour cream

For marinade, combine olive oil, lime juice, garlic, seasoning mix and salt in small batter bowl; whisk until blended. Place sirloin in resealable plastic bag. Add 1/3 cup of the marinade to sirloin; reserve remaining marinade. Seal bag, marinate in refrigerator for 30 minutes.

Prepare grill. Remove sirloin from marinade; discard marinade. Grill sirloin and vegetables over medium coals 12-15 minutes, or until sirloin is cooked and vegetables are crisp-tender. Baste sirloin and vegetables with reserved marinade the last 2 minutes of grilling.

Wrap tortillas in heavy aluminum foil; place on grill to warm 5-7 minutes. Remove sirloin and vegetables from grill and slice into strips. To serve, place sirloin and vegetables in tortillas. Top with salsa, shredded cheese and sour cream, if desired.

**Team Information**Division: **9 to 13**State: **Iowa**

Team Members:

- Bryanne Duckett**, *New Liberty*
- Caitlin Kuehn**, *Durant*
- Zachary Peterson**, *Kent*
- Chance Sullivan**, *Saint Charles*
- Joe Sweeney**, *Alden*



Stabbin' Good Shish Kebabs

- 2 lb. CAB® boneless sirloin steak
- 1 bottle (16 oz.) of Italian dressing
- 2 green peppers
- 1 sweet Vidalia onion
- 2 fresh Roma tomatoes
- 1 lb. fresh mushrooms, whole

Cube boneless CAB® sirloin steak into 1 1/2-inch cubes. Place in plastic bag, and pour Italian dressing over meat. Let marinate for 24 hours. Remove meat from marinade, and cut meat into suitable chunks. Thread meat on skewers, alternating vegetables between meat. Grill shish kebabs for 10-20 minutes, turning as needed.

Serve on a bed of rice with fresh fruit salad.

**Team Information**Division: **9 to 13**State: **Michigan**

Team Members:

- Hope Bordner**, *Sturgis*
- Benjamin Goheen**, *Deckerville*
- Mitchell Goheen**, *Deckerville*
- Chelsea Ruggles**, *Kingston*
- Patricia Vaassen**, *Ann Arbor*

Jazzy Grilled Ribeyes

- 6 8-oz. CAB® ribeye steaks
- Marinade:**
 - 1 cup Worcestershire sauce
 - 1/2 tsp. garlic powder
 - 1/3 tsp. pepper
 - 1 tsp. Canadian steak seasoning

Prepare marinade, and marinate for 3-4 hours prior to cooking. Season to taste with pepper, steak seasoning and seasoned salt while grilling.

Prepare an outdoor charcoal grill, place steaks on moderately hot coals, and grill for 8-12 minutes per side for a medium rare degree of doneness.

Add side dish selections for a great Angus meal.

**Team Information**Division: **9 to 13**State: **Oklahoma**

Team Members:

- Chance Cook**, *Orlando*
- Jacee May**, *Stillwater*
- Kass Pfeiffer**, *Orlando*
- Justin Strate**, *Enid*



FRESH MEAT DIVISION



Cumin-Crusted Beef Steaks with Relish

4 CAB® boneless beef chuck eye or chuck top blade steaks, ¾-inch thick (about 1½ lb.)	½ tsp. pepper
2-3 medium oranges	1 jar (7 oz.) roasted red peppers, diced
1½ tsp. ground cumin	⅓ cup coarsely chopped Kalamata olives
1 tsp. salt	⅓ cup diced red onion
	orange slices and Kalamata olives

Grate 2 tsp. orange peel from oranges; reserve oranges. Combine orange peel, cumin and salt in small bowl; remove and reserve 2 tsp. seasoning for relish.

Heat ridged grill pan or large nonstick skillet over medium heat until hot. Add pepper to remaining seasoning; press evenly onto beef steaks. Place steaks in grill pan; cook chuck eye steaks 9-11 minutes (top blade steaks 10-12 minutes) for medium rare to medium doneness, turning once.

Meanwhile, peel and dice enough reserved oranges to measure 1½ cups. Combine diced oranges, red peppers, olives, onion and reserved 2 tsp. seasoning in medium bowl; mix well.

Serve steaks topped with relish. Garnish with orange slices and olives.



Team Information

Division: **14 to 17**

State: **Arkansas**

Team Members:

Catherine Connolly, Rogers
Allyson McGuire, Fort Smith
Haley Rieff, Bentonville
Claire Taylor, Lavaca
Jade Vaught, Horatio
Elizabeth Williams, Van Buren



Jazzy Sirloin Steak

2 lb. CAB® sirloin steak, 1½-inch thick

Marinade:	½ tsp. garlic powder
½ cup tomato juice	½ tsp. cumin
¼ cup cider vinegar	½ tsp. black pepper
¼ cup brown sugar	½ tsp. red pepper
2 Tbs. cilantro, fresh or dried, crushed	½ tsp. salt

Cut steak into 6-8 servings. Mix marinade ingredients and pour over steak in covered bowl or sealable plastic bag. Marinate overnight. Grill over medium fire 8-10 minutes per side for medium doneness.

Serve with black bean salad and fresh rolls.



Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Chris Cassady, Ancona
Kyle Cassady, Ancona
Nathan Frost, Tallula
Gretchen Frost, Tallula
Tera Moritz, Piper City

Pumping Flat-Iron Steak

1 cup chopped onion	2 cloves garlic, minced
8 tsp. chopped parsley	1 tsp. thyme
8 tsp. white vinegar	1 cup sun-dried tomatoes
4 tsp. vegetable oil	6 lb. CAB® flat-iron steak, 1-inch thick
8 tsp. Boetje's mustard	

Mix ingredients together, pour over steak, and refrigerate for 8 hours. Pour off liquid, and cook on the grill for approximately 17 minutes (to 135° F).

Serve with new potatoes and steamed sugar snap peas.



Team Information

Division: **14 to 17**

State: **Indiana**

Team Members:

Ashlyn Carter, Upland
Joseph Claeys, Chalmers
Jill Cunningham, Sheridan
Jenna Langley, Walton
Adam Leeper, Argos
Katelyn Wilson, Orleans



FRESH MEAT DIVISION



Filet of Beef with Red Pepper Butter

- 2/3 cup butter, softened
- 1/2 cup red bell pepper, finely chopped
- 1/2 tsp. ground red pepper
- 1 1/2 tsp. seasoned salt
- 4 CAB® tenderloin filets, 2 1/2-inch thick

Combine first four ingredients, stirring well. Shape into eight 2-inch rounds on baking sheet lined with wax paper. Cover, and refrigerate 1 hour, or until firm.

Grill tenderloins for 6 minutes; turn filets over, and top each with a butter round. Grill 6-7 more minutes, or to desired doneness. Turn over; transfer to serving platter, and top with remaining butter rounds.



Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Bridget Driscoll, Williamsburg
Ashley Kuehn, Durant
Denae Leonard, Holstein
Lauren Schroeder, Clarence
Amanda Wical, Grundy Center



Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Courtenay DeHoff, Tonganoxie
Chelsea Dickinson, Glasco
Kelsey Erichsen, Alta Vista
Courtney Rump, Galva
Kyleigh Santee, Langdon
Bailey Shaw, Erie

Lights Out Roast

- 3-4 lb. CAB® rump roast, 3-inches thick
- 1 Tbs. pepper
- 1 Tbs. Lawry's® Seasoned Salt
- 1 tsp. Accent®
- 1 tsp. garlic powder

Mix seasonings together and rub into roast on all sides. Grill roast over medium heat on grill until browned on both sides. Wrap roast in foil so it is well-sealed. Return roast to grill on low heat on upper rack. Cook on grill for another 30-60 minutes, turning about every 10 minutes, depending on desired doneness or internal temperature of 150°-160° F.

Remove from foil and slice across grain. Serve with vegetables from the grill or as a wonderful roast beef sandwich with chips.



Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

Holly Bellis, Orrick
Garren Bellis, Orrick
Kylee Campbell, Green City
Audrianna Drechsel, Boonville
Kathryn McDonald, Seneca
Austin Sayre, Creighton

Rock 'N' Roll Burgers

- 1 1/2 lb. CAB® ground beef
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 3-oz. pkg. cream cheese
- 1 Tbs. blue cheese, crumbled
- 1 Tbs. onion, minced
- 1 tsp. prepared horseradish

Sprinkle salt and pepper over ground CAB® beef and mix lightly. Divide meat into 8 equal portions, and form into patties, 4 inches in diameter. Combine cream cheese, blue cheese, onion and horseradish. Place 1 Tbs. in center of 4 patties. Top with remaining patties, and press edges together securely to seal. Grill for 5-6 minutes on each side, or until done.

Yields 4 servings.





FRESH MEAT DIVISION



Presidential Prime Rib

8 lb. CAB® prime rib
 1 tsp. white pepper
 ½ tsp. granulated garlic
 1-2 Tbs. coarse kosher salt

Preheat roaster oven to 325° F. Mix white pepper and garlic in a small bowl. Rub salt on top (fat side up) and ends of prime rib as desired. Sprinkle with pepper and garlic as desired.

Place prime rib fat side up on rack in roaster oven. Roast it with the lid on for 15-20 minutes per pound, depending on desired doneness. Check with a meat thermometer when you think you are getting close (135° F for rare). Take it out 10° before it reaches the temperature you desire.

Carve and enjoy!!



Team Information

Division: **14 to 17**

State: **Montana**

Team Members:

Allison Dubs, *Billings*

Katrina Dubs, *Billings*

Beth Hooker, *Luther*

Shane Hooker, *Luther*

Meat Loaf Grande

1½ lb. CAB® ground chuck	1 Tbs. Worcestershire sauce
1 loaf (1 lb.) French or Italian bread	1¼ cup salsa
¼ cup evaporated skim milk	1 pkg. taco seasoning
1 egg, slightly beaten	

Preheat oven to 350° F. Cut a ½-inch slice off the top of bread loaf; set aside. Hollow out the loaf, leaving about a 1-inch shell. Tear bread removed from center into 2 cups of small, soft bread crumbs.

Combine crumbs with ground beef and remaining ingredients; mix thoroughly. Fill the inside of loaf with beef mixture. Place bread top back on the filled loaf. Wrap in foil sprayed with Pam®, sealing tightly, and secure with about 8 toothpicks.

Place on a cookie sheet in middle of the oven. Bake for 1 hour and 30 minutes. To serve, remove toothpicks and foil, slice into 1½-inch slices.



Team Information

Division: **14 to 17**

State: **South Dakota**

Team Members:

Sydney Geppert, *Mitchell*

Weston Geppert, *Mitchell*

Heidi Graff, *Rutland*

Kelsey Repenning, *Mitchell*

Andrew Rogen, *Brandon*

Matt Tollefson, *Clark*

Backwood Beef Kabobs

1¼ lb. CAB® boneless beef top sirloin steak, 1-inch thick	Seasoning:
1 medium red bell pepper, cut into 1-inch pieces	2 Tbs. chopped fresh cilantro
1 medium onion, cut into 1-inch pieces	2 Tbs. olive oil
2 button mushrooms	3 large garlic cloves, crushed
3 cherry tomatoes	2 tsp. ground cumin
	1 tsp. paprika
	¼ tsp. ground red pepper

Mix seasoning and spread on kabobs prior to grilling.

Arrange vegetables and steak on skewers and grill to desired doneness, turning skewers once during grilling.



Team Information

Division: **14 to 17**

State: **Virginia**

Team Members:

Joey Epperly, *Moneta*

Will Epperly, *Moneta*

Garrett Johnston, *Staunton*

Mandy Richardson, *Louisa*

Chance Snyder, *Raphine*





FRESH MEAT DIVISION



Sweet Sirloin Salad

1½ lb. CAB® sirloin steak
 2 tsp. olive oil
 salt and pepper
 mixed salad
 5 peaches, sliced

1 cup lemon yogurt
 ¼ cup lemon juice
 ¼ cup green onion
 ½ tsp. poppy seeds

Rub the CAB® steak with oil, salt and pepper. Grill over medium heat until medium doneness, leaving grill lid open. Place steak on cutting board and let rest 10 minutes. Cut the CAB® steak across the grain into thin slices.

Combine yogurt, lemon juice, onion and poppy seeds in a bowl. Arrange the steak and peach slices on salad mix and drizzle dressing over the top.



Team Information

Division: **18 to 21**

State: **Arkansas**

Team Members:

Kirk Boecker, *Bentonville*
Joshua Holly, *Decatur*
Lana Phelps, *Summers*
Robby Shofner, *Centerton*
Sara Short, *Romance*



Stuffed Lemon Kick Medallions

4 6- to 8-oz. CAB® filets, sliced 1½- to 2-inches thick
 4 thin bacon slices

Lemon Kick Rub:

1 tsp. lemon pepper
 ¾ tsp. seasoned salt
 ¼ tsp. garlic powder

Combine all ingredients in shaker.

Cream Cheese Stuffing:

4 oz. cream cheese, softened
 ½ tsp. garlic salt
 2 Tbs. chopped chives
 ⅛ cup shredded Parmesan cheese

Thoroughly mix all stuffing ingredients. Refrigerate until ready to use. Will stuff 4-6 beef filets.

Lightly sprinkle both sides of each filet with Lemon Kick Rub, and gently rub it into the meat. Cut a slit into the edge of each filet, cutting into the center, and stuff with 1 oz. of cream cheese stuffing. Wrap each filet with a slice of bacon and secure with a toothpick. Grill to desired doneness.

May be stuffed, wrapped and refrigerated several hours before grilling.



Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

Christina Harp, *Crawfordsville*
Lucas Neumayr, *New Richmond*
Kara Wilson, *Orleans*

Bona Fide Beef Tenderloin

1 6- to 7-lb. CAB® filet of beef
 1 cup olive oil
 ½ cup grape juice
 cracked pepper, to taste
 2 cloves of garlic, minced (optional)

Place filet in a shallow pan. Mix together olive oil, grape juice, pepper and garlic. Pour over filet, turning to coat. Cover and marinate in refrigerator for 1 hour, turning occasionally. Rub with additional cracked pepper as needed. Grill on gas grill on high for 5 minutes. Reduce heat to medium. Grill 20 minutes longer or until meat thermometer registers 160° F for medium doneness. Let stand 10 minutes before slicing.

Yields 10-12 servings.



Team Information

Division: **18 to 21**

State: **Mississippi**

Team Members:

Deanna Alderson, *Potts Camp*
Anthony Franks, *Mantachie*
Britt Magee, *Mendenhall*
Crystal Palmer, *Ripley*
Jon Paul Whitlock, *Iuka*



FRESH MEAT DIVISION



'Show Me' Burgers

2 lb. CAB® ground chuck
 1 tsp. Cajun seasoning
 onions
 green pepper
 red pepper

Mix the Cajun seasoning into ground beef. Make into patties. Place on hot grill, and cover with sliced onions, green peppers and red peppers. Serve patties smothered in onions and peppers with fresh salad and choice of potato.



Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

Shane Kinne, *Eagleville*
Amber McGilvray, *Mendon*
Brett Naylor, *Buffalo*
Gentrie Shafer, *Green City*

Jazzy Filet Mignon

4 8- to 10-oz. CAB® filets mignons, 1¼-inch thick
 Jim Baldrige's Secret Seasoning

Liberally apply seasoning to both sides of the filets anytime ahead of grilling or broiling. Grill or broil steaks to desired doneness.

Serves four hearty appetites.



Team Information

Division: **18 to 21**

State: **Nebraska**

Team Members:

Samantha Harl, *Hastings*
Kourtney Nelson, *Crete*
Emily Pohlman, *Norfolk*
Adam Sawyer, *Bassett*

Asian Ribeyes with Grilled Pineapple

¾ cup Wish-Bone® oriental dressing	4 8-oz. CAB® ribeye steaks, 1-inch thick
2 Tbs. brown sugar, firmly packed	1 medium pineapple, peeled and cut into
2 large cloves garlic, finely chopped	¾-inch-thick slices
2 tsp. fresh ginger, finely chopped, or ½ tsp. ground ginger	

For marinade, combine oriental dressing, brown sugar, garlic and ginger. In large, shallow non-aluminum baking dish or plastic bag, pour ½ cup marinade over steaks; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, up to 2 hours. Refrigerate remaining marinade.

Remove steaks from marinade, discarding marinade. Grill steaks and pineapple, turning occasionally and brushing frequently with refrigerated marinade, 11-14 minutes or until steaks are medium rare to medium doneness and pineapple is tender. Makes 6 servings.

Prep time: 15 minutes

Marinate time: 2 hours

Cook time: 15 minutes



Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Jonathan Barnes, *Dolphin*
Amanda Lickey, *Middleburg*
Kati Hereford, *Hamilton*
Chelsea Wieben, *Leesburg*



FRESH MEAT DIVISION



BBQ Braised Prime Rib

5-6 lb. CAB® prime rib roast, rib bones on

Braising Liquid:

1 qt. water

3 cups Ken's Cannonball BBQ Sauce

2 cups A1® Steak Sauce

2 cups Kikkoman® soy sauce

2 cups Frank's® RedHot Sauce

4 Tbs. (heaping) fresh ground garlic

2 cups Durkee® Six Pepper Blend Spice

Add all ingredients, and mix with wire whip until completely blended.

Place roast, bone side up, in roasting pan that is 4-6 inches deep (at least two times bigger than roast). Cover roast with braising liquid, leaving at least 2 inches to rim of roasting pan (liquid will increase in volume during cooking process). Cover pan tightly with good film (Saran Wrap®), then cover with heavy-duty aluminum foil. Place over grill on medium to high heat, close lid of BBQ grill. Simmer, not boil, roast for approximately 2½-3 hours. (Check roast to ensure liquid is not boiling. Aluminum foil will puff up slightly on simmer. Foil will show more pressure on boil.)

Carefully remove from heat. Remove foil and food film from roasting pan. With spatula and tongs, carefully remove roast from liquid (meat should be ready to fall off the bone). Gently place roast on platter, bone side down, and allow to stand for 45 minutes.

Return roasting pan to grill, uncovered on high heat. Reduce liquid approximately one-half.

To serve: Pour 1 oz. braising liquid onto plate. With sharp knife, remove ribeye from bone, slice roast into ½-inch slices. Place one slice on sauce on plate. Garnish with small, diced red, yellow and green peppers and purple sliced onion rings (about 3).

Serve, and reap the rewards!



Team Information

Division: **18 to 21**

State: **West Virginia**

Team Members:

Tyler Harsh, Eglon

Ashley Hayes, Kingwood

Justin Hayes, Kingwood

William Nichols, Tyrone, PA

Margaret Page, Burlington



Gorgonzola-Topped Tenderloin Steaks

4 4- to 6-oz CAB® tenderloin steaks, 1-inch thick

1 large clove garlic, crushed

¼ tsp. cracked black pepper

½ cup ready-to-serve beef broth

¼ cup dry red cooking wine

¼ cup Gorgonzola cheese, crumbled

Heat a large nonstick skillet 5 minutes over medium heat until hot. Combine garlic and pepper. Press evenly into both sides of each beef steak. Place steaks in skillet. Cook 10-13 minutes for medium rare to medium doneness; turn occasionally. Remove from skillet; keep warm.

In same skillet, add broth and red cooking wine, increase heat to medium-high. Cook and stir 1-2 minutes or until sauce is reduced by half.

Spoon sauce over steaks; sprinkle with cheese.

Makes 4 servings.



Team Information

Division: **18 to 21**

State: **Wisconsin**

Team Members:

Casey Jentz, Fennimore

Stephen Kohl, Waterloo

Dana May, Mineral Point

Keela Retallick, Glen Haven

Jaclyn Zimmerman, Platteville



FRESH MEAT DIVISION



Redneck Steak

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| 2 lb. CAB® New York strip steaks, 1-inch thick, cut into 6-8 servings | 4 tsp. brown sugar |
| ½ cup soy sauce | 2 tsp. ginger |
| ¼ cup olive oil | 1 tsp. pepper |
| | 2 cloves garlic, minced |

Mix marinade ingredients. Place steaks and marinade in covered container or sealable plastic bag. Refrigerate overnight. Grill over medium fire 8 minutes per side for medium. Serve with green salad and grill-roasted potatoes.



Team Information

Division: **Adult**

State: **Illinois**

Team Members:

- Cindy Anderson**, *Chrisman*
- Rachel Frost**, *Tallula*
- Sally Moritz**, *Piper City*

Peppered Ribeye Steaks

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| 2½ tsp. freshly ground black pepper | 1½ tsp. ground red pepper |
| 1 Tbs. dried thyme | 1½ tsp. dried parsley flakes |
| 1½ tsp. salt | 6 CAB® ribeye steaks, 1½-inch thick |
| 4½ tsp. garlic powder | 3 Tbs. olive oil |
| 1½ tsp. lemon pepper | Garnish: fresh thyme sprigs |

Combine first 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°-400° F) 8-10 minutes on each side, or to desired degree of doneness. Garnish, if desired.



Team Information

Division: **Adult**

State: **Maryland**

Team Members:

- Todd Howard**, *Keymar*
- Chester Kerns**, *Rocky Ridge*
- Patsy Kerns**, *Rocky Ridge*
- Doug Velisek**, *Gaithersburg*
- Chris Willis**, *Union Bridge*

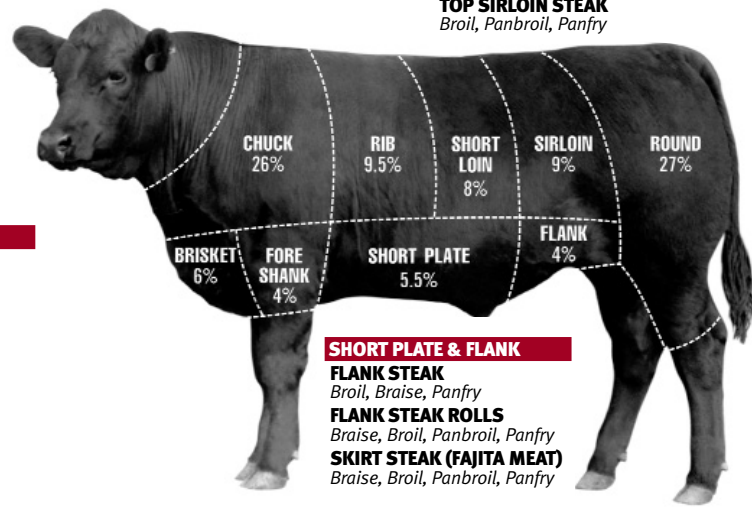
ANGUS BEEF CHART

- CHUCK**
- BONELESS TOP BLADE STEAK**
Braise, Panfry
 - ARM POT ROAST**
Braise
 - BONELESS CHUCK POT ROAST**
Braise
 - CROSS RIB POT ROAST**
Braise
 - MOCK TENDER**
Braise
 - 7-BONE POT ROAST**
Braise
 - BLADE ROAST**
Braise
 - UNDER BLADE POT ROAST**
Braise, Roast
 - SHORT RIBS**
Braise, Cook in Liquid
 - FLANKEN-STYLE RIBS**
Braise, Cook in Liquid
- BRISKET & FORE SHANK**
- SHANK CROSS CUT**
Braise, Cook in Liquid
 - BRISKET, WHOLE**
Braise, Cook in Liquid
 - CORNED BRISKET, POINT HALF**
Braise, Cook in Liquid
 - BRISKET, FLAT HALF**
Braise

- RIB**
- RIB STEAK, SMALL END**
Broil, Panbroil, Panfry
 - RIBEYE ROAST**
Roast
 - RIBEYE STEAK**
Broil, Panbroil, Panfry
 - BACK RIBS**
Braise, Cook in Liquid, Roast

- SHORT LOIN**
- PORTERHOUSE STEAK**
Broil, Panbroil, Panfry
 - TENDERLOIN ROAST**
Roast, Broil
 - TENDERLOIN STEAK**
Broil, Panbroil, Panfry
- SIRLOIN**
- SIRLOIN STEAK, ROUND BONE**
Broil, Panbroil, Panfry
 - TOP SIRLOIN STEAK**
Broil, Panbroil, Panfry

- ROUND**
- TOP ROUND STEAK**
Broil, Panbroil, Panfry
 - BONELESS RUMP ROAST**
Roast, Braise
 - BOTTOM ROUND ROAST**
Braise, Roast
 - TIP ROAST, CAP OFF**
Roast, Braise
 - EYE ROUND ROAST**
Braise, Roast
 - TIP STEAK**
Broil, Panbroil, Panfry
- OTHER CUTS**
- GROUND BEEF**
Broil, Panfry, Panbroil, Roast
 - CUBED STEAK**
Panfry, Braise
 - BEEF FOR STEW**
Braise, Cook in Liquid
 - CUBES FOR KABOBS**
Broil, Braise



- SHORT PLATE & FLANK**
- FLANK STEAK**
Broil, Braise, Panfry
 - FLANK STEAK ROLLS**
Braise, Broil, Panbroil, Panfry
 - SKIRT STEAK (FAJITA MEAT)**
Braise, Broil, Panbroil, Panfry

A 1,200-lb. steer yields 500 lb. of retail cuts from a 750-lb. carcass.

- 22% is steaks
- 22% is roasts
- 26% is ground beef and stew meat
- 30% is fat, bone & shrinkage