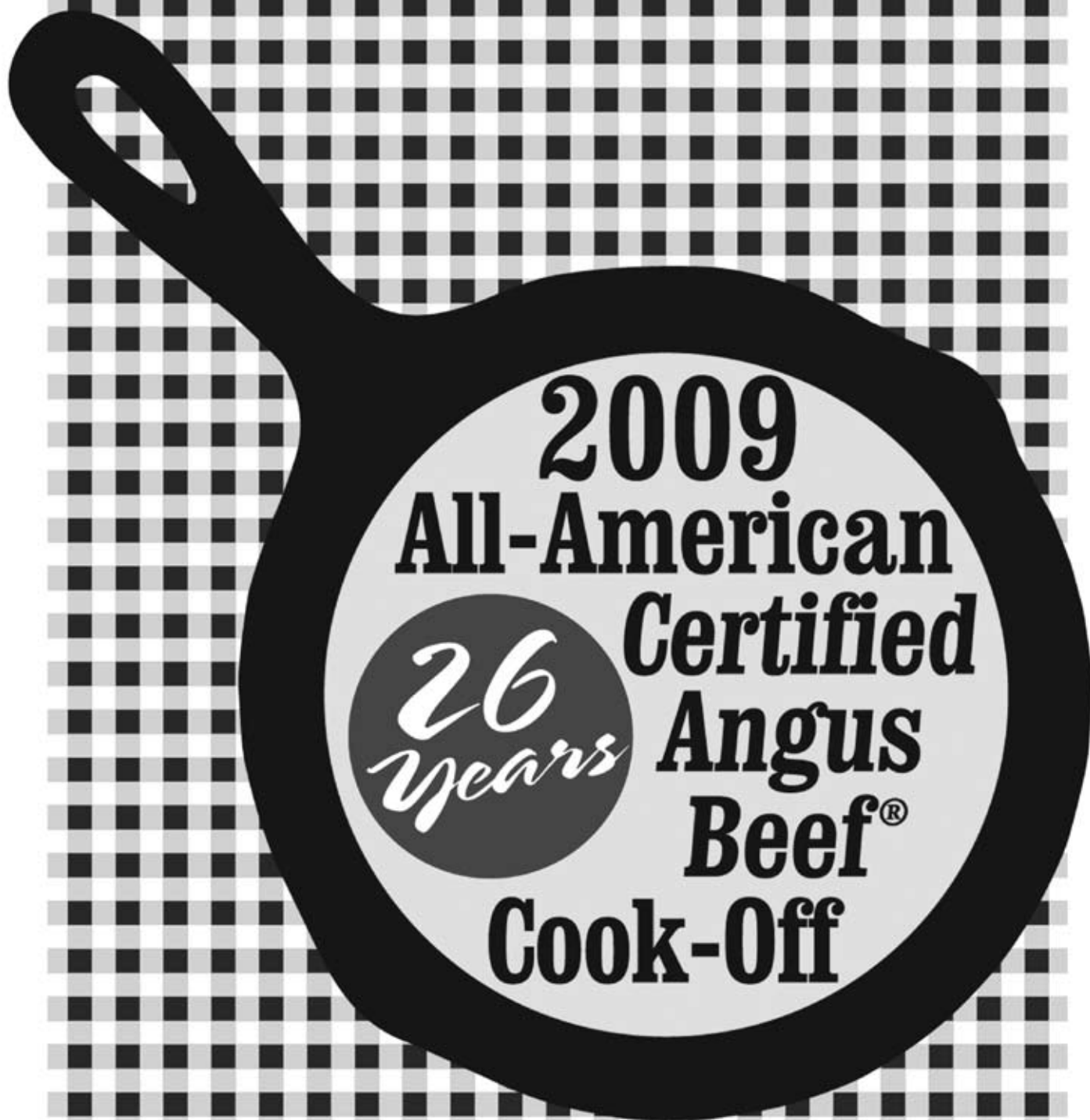


THE 26TH ANNUAL



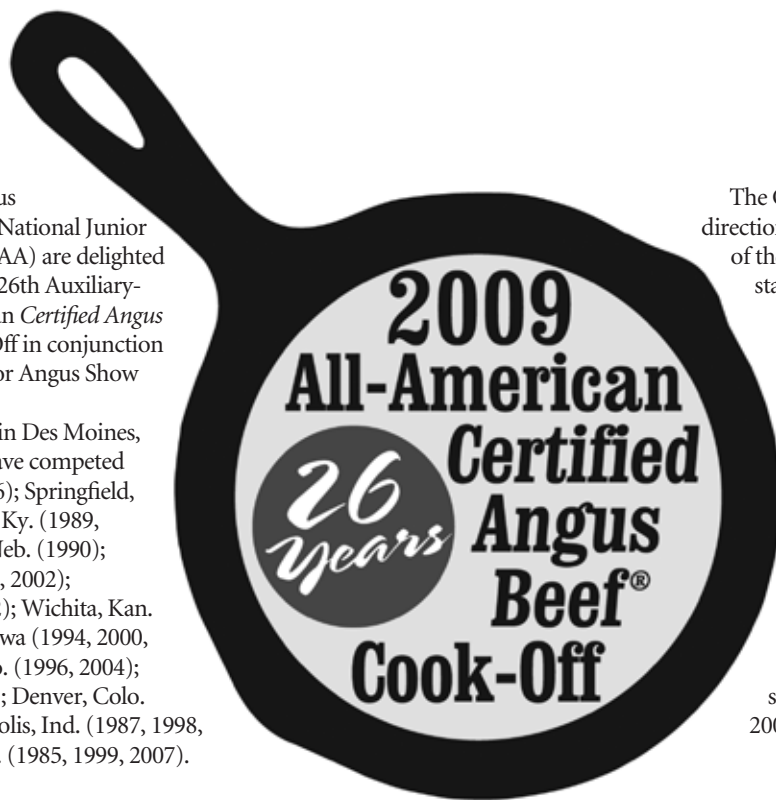
In conjunction with the

2009 NATIONAL JUNIOR ANGUS SHOW

Perry, Ga.

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 26th Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off in conjunction with the National Junior Angus Show (NJAS).

Since the first event in Des Moines, Iowa, in 1983, cooks have competed in Springfield, Ill. (1986); Springfield, Mo. (1988); Louisville, Ky. (1989, 1995, 2003); Omaha, Neb. (1990); Milwaukee, Wis. (1991, 2002); Columbus, Ohio (1992); Wichita, Kan. (1993); Des Moines, Iowa (1994, 2000, 2008); Kansas City, Mo. (1996, 2004); Perry, Ga. (1997, 2009); Denver, Colo. (2001, 2005); Indianapolis, Ind. (1987, 1998, 2006); and Tulsa, Okla. (1985, 1999, 2007).



The Cook-Off is conducted under the direction of the Beef Education Committee of the American Angus Auxiliary. It was started as an educational project, as well as for entertainment. Junior teams give skits on beef education to tie in with the theme of their entries.

Adults also are encouraged to enter and to use their imaginations for entry themes. This year's meat categories include steaks, roasts and other beef items.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event.

Heather Shultz and Diane Beck are serving as the local contacts for the 2009 contest.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Perry, Ga. • July 21, 2009

Thanks to the following for donations and assistance to the contest.

- ▶ **Members of the Paul St. Blanc family**, who established the Black Kettle Award in his memory, and friends who contributed to the fund to make the award (now given for the 10th time) possible.
- ▶ **Members of the Pat Grote family**, who are awarding registration fees to the Leaders Engaged in Angus Development (LEAD) Conference to the intermediate steak team overall winner. The award is presented in memory of Pat Grote, an American Angus Auxiliary president and long-time supporter of the Cook-Off contest. This is the fifth time this award will be presented.
- ▶ **Ankony Angus, Clarkesville, Ga.**, for sponsoring custom-designed T-shirts for each contestant.
- ▶ **Friends of the Black Kettle** and the **Kentucky Angus Association** for awards.
- ▶ **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- ▶ **Buckhead Beef, Atlanta, Ga.**, for its sponsorship of the contest.
- ▶ **Lance Zimmerman**, CAB Supply Development Division marketing manager, and **Marilyn Conley**, administrative assistant, for providing awards, products and encouragement.
- ▶ The **many volunteers** who helped provide grills, microwaves and assistance.
- ▶ The **American Angus Auxiliary** for assistance during the event and for awards.
- ▶ **Linda Robbins** and the *Angus Journal* **editorial staff**, who helped produce this recipe booklet.
- ▶ The contestants, audience and many volunteers who make this contest possible each year.

2009 All-American *Certified Angus Beef*® Cook-Off contest judges

Brad Bergman
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9397 Springfield Rd.
Tremont, IL 61568

Mark Duffell
Whitestone Farm
PO Box 570
Aldie, VA 20105

William Leatherman
Rock Springs Angus Farm
4207 Arnold Rd.
Lexington, NC 27295

Chad Stein
General manager, Buckhead Beef
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American Angus Hall of Fame
Box 660
Smithville, MO 64089

Jane Ebert
Past president, American Angus
Auxiliary
437 Clark Hop Rd.
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Jill Miller
Talmo Ranch
PO Box 68
Talmo, GA 30575

Rick Treptow
Radio/TV specialist, Georgia Farm
Bureau
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Macon, GA 31210

Jon Davis
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Suzanne Lawler
Sports anchor, 13 WMAZ
1314 Gray Hwy.
Macon, GA 31211

Randolph Murray
Managing editor, *Houston
Daily Journal*
PO Box 1910
Perry, GA 31069

Steve Trospier
Futurama Farms
PO Box 161
Hamilton, MO 64644



ROAST COMPETITION

Old-Fashioned Southern Beef Brisket with Browned Potatoes

4 lb. CAB® beef brisket flat
salt
smoked pepper
Worcestershire pepper
beef bacon
water
1 medium red onion
1 medium white onion

1 medium yellow onion
2 medium carrots
2 celery stalks
2 cans diced tomatoes
2½ lb. new potatoes, scrubbed
½ cup butter
¼ cup Southern Biscuit® all-purpose flour

Preheat oven to 350° F.

Sprinkle brisket with salt, Worcestershire pepper and smoked pepper; place in large skillet. Brown meat, on fat side only, over high heat. While meat is browning, prepare vegetables. Slice onions very thin. Pare carrots; cut carrots and celery in 1-inch pieces. When meat is well-browned, remove from skillet to a large Dutch oven. Add onion to skillet; sauté until golden. Cover with beef bacon over meat; surround with carrot, celery and diced tomatoes. Add 1 cup water. Roast, covered, 2½-3 hours.

Place potatoes in saucepan; add boiling water to measure 2 inches; add ½ teaspoon salt. Bring potatoes to boiling; boil gently, covered, 20 minutes. Drain; cool. Peel while warm, using sharp knife. Set peeled potatoes on paper towel and salt them lightly; turn with fingers to salt all over. Melt butter in large skillet over moderate heat. Add potatoes; cook 5 minutes; then turn carefully with broad spatula to brown all over.

Remove brisket to warm serving platter; cover with sautéed onions, surround with browned potatoes; keep warm. Make gravy; strain pan juices to remove vegetables. Press vegetables through strainer. Skim fat from pan juices. In small bowl, combine Southern Biscuit flour with ¼ cup water; stir until smooth. Add to pan juices, along with puréed vegetables. Bring to boiling, stirring until thickened. Serve with brisket.

Suggested side dishes: Beef bacon-wrapped grilled corn-on-the-cob, Southern-style green beans and snowy, showy meringue with fruit.

Team Information

Division: **9 to 13**

State: **North Carolina**

Team Members:

Joezell Fulbright, *Vale*
Catherine Harward, *Richfield*
LeAnn Harward, *Richfield*
Jenna Woodard, *Princeton*

Grandma Sylvia's Barbecue Beef Sandwiches

3-5 lb. CAB® chuck roast
1 medium onion, diced
1½ cups water

salt and pepper to taste
1½ cups Sylvia's Hickory Smoked Barbecue Sauce
per pound of cooked meat, or to your liking

1. Put roast and water in slow cooker. Season the roast with salt and pepper along with the diced onion.
2. Cook roast 8-9 hours on low heat, or until tender.
3. When cooked, remove meat and drain excess water from slow cooker.
4. Shred meat and return to slow cooker.
5. Stir the barbecue sauce into the meat and simmer an additional hour on low.
6. Serve barbecue on roll or bread and enjoy!

Team Information

Division: **9 to 13**

State: **Pennsylvania**

Team Members:

Alana Eisenhour, *Wellsville*
Logan Foore, *Seven Valleys*
Kyle Livingston, *Dover*
Kayce Myers, *Wellsville*
Alysha Sweitzer, *Wellsville*
Haley Sweitzer, *Wellsville*



ROAST COMPETITION

Cola Roast

- | | |
|-----------------------------------|------------|
| 3 lb. CAB® chuck roast | 3 turnips |
| 1 can Coca-Cola® (only use Coke®) | 5 carrots |
| 1 can cream of mushroom soup | 2 potatoes |
| 1 pkg. onion soup mix | |

Mix soup and Coke together. Pour small amount in roaster. Add roast and pour the rest of mixture over the roast. Cook at 250° F for 4-5 hours or until done. Check to make sure all liquid does not evaporate. Add chopped (2-inch cubes) vegetables 1 hour before done.

Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:

Mark Alexander, Berryville

Morgan Alexander, Berryville

Callie Eastin, Gretna

Catie Hope, Berryville

Connor Orrock, Woodford

Courtney Pooton, Sperryville

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

SHORT PLATE & FLANK

FLANK STEAK

Broil, Braise, Panfry

FLANK STEAK ROLLS

Braise, Broil, Panbroil, Panfry

SKIRT STEAK (FAJITA MEAT)

Braise, 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

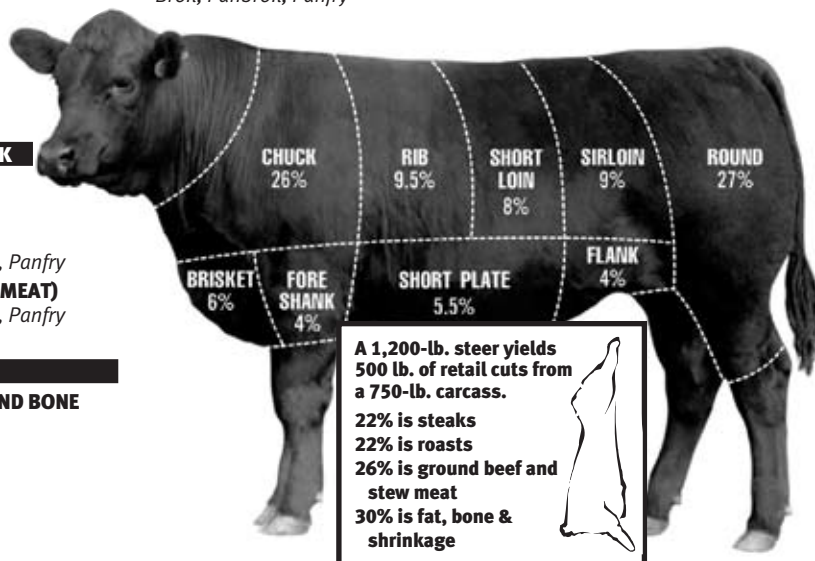
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise





ROAST COMPETITION

CAB® Holiday Brisket with Red Cabbage and Creamy Mustard Sauce

2 tsp. olive oil
1 boneless CAB® brisket, flat cut, about 3 lb.
¼ tsp. salt
¼ tsp. pepper
4 cups ready-to-serve beef broth
2 Tbs. pickling spice

Creamy mustard sauce:

1 tsp. prepared horseradish
2 tsp. honey
¼ cup Dijon-style mustard
½ cup low-fat dairy sour cream
½ tsp. water (if sauce is too thick)

Red cabbage:

2 tsp. pickling spice
2 cups slivered red onion
2 unpeeled Granny Smith apples, thinly sliced
6 cups thinly sliced, shredded red cabbage
¾ cup ready-to-serve beef broth
¼ cup cider vinegar
½ cup packed brown sugar
¾ tsp. salt
½ tsp. pepper
cheesecloth
kitchen string

1. Heat oven to 325° F. Heat oil in large nonstick skillet over medium heat until hot. Place brisket in skillet; brown evenly. Remove brisket from skillet and place in ovenproof stockpot or covered roaster. Season brisket with salt and pepper. Add pickling spice and broth. Cover tightly and bake 2½-3 hours or until brisket is fork tender.

2. While brisket cooks, prepare creamy mustard sauce by combining sauce ingredients in small bowl. Cover and refrigerate until ready to serve.

3. As brisket is cooking, prepare red cabbage.

- Cut double thickness of cheesecloth into 5-inch square. (A paper coffee filter cut to similar size may be substituted for cheesecloth.) Place pickling spice in center of cheesecloth; gather edges and tie closed with string, forming small bag. Set aside.
- In same skillet used to brown brisket (pour off drippings, if necessary), combine onion and apples. Cover and cook over medium heat 8-10 minutes or until onion is tender, stirring occasionally.
- Add cabbage, broth, vinegar, brown sugar and pickling spice bag; stir to combine. Bring to a boil.
- Reduce heat; cover and simmer 25-28 minutes, or until cabbage is tender and begins to caramelize, stirring occasionally. Remove spice bag. Season with salt and pepper; keep warm.

4. Remove brisket from pan; keep warm. Skim fat from cooking liquid; strain out and discard solids. Set aside cooking liquid.

5. Carve brisket diagonally across the grain into thin slices. Spoon some cooking liquid over brisket, if desired. Serve with cabbage mixture and sauce. Makes 6-8 servings.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Jacinda Dickinson, *Glasco*
Mackenzie Flory,
Baldwin City

Jennifer Hager, *Hutchinson*
Amanda Laas, *Brookville*
Peter Lundgren, *Ottawa*
Tyler Ottensmeier, *McLouth*

Absolutely Sensational Roast

3 lb. CAB® bottom round roast
½ cup beef broth
sea salt to taste
black pepper to taste

onion, sliced in circles
½ garlic clove, grated thin
2 Tbs. prepared horseradish
½ cup water

Preheat oven to 350° F. Place roast in pan, spread horseradish over top of roast. Then add beef broth over top of roast. Add sea salt, black pepper, sliced onions and garlic over top of roast. Place ½ cup of water in bottom of the pan.

Place roast in oven at 350° for cooking time of approximately 1½ hours, with basting in between. The actual cooking time will vary depending on the size and shape of the meat. Remove meat from pan and let stand a few minutes before carving. Carve roast as usual and serve surrounded with steamed red potatoes, beans and kale.

Team Information

Division: **14 to 17**

State: **Maine/New Hampshire**

Team Members:

Morgan Clauss,
Lancaster, N.H.

Cody Mills, *Rockwood*
Tyler Stevenson, *Thorndike*
Mackenzie White, *Shapleigh*



ROAST COMPETITION

Creole Roast Beef for Po' Boys

- | | |
|---|------------------------------|
| 1 CAB® chuck or shoulder roast, about 3-4 lb. | 6 carrots, diced |
| ¼ lb. salt pork, sliced into ¼-in. strips. | 6 ribs celery, sliced |
| 6-8 cloves garlic, minced | 1 Tbs. minced parsley |
| 3 cups minced onion | 2-3 sprigs fresh thyme |
| 1 Tbs. salt | 1 bottle red cooking wine |
| 1 tsp. black pepper | 2 beef marrow bones |
| 1 Tbs. Creole seasoning | 2 quarts beef stock or water |
| ¼ cup lard or solid shortening | |

Cut a pattern of incisions across the top of the roast every couple of inches, each long and deep enough to hold a slice of salt pork. Combine half the garlic, 1 cup of the onion (minced finely), ½ teaspoon salt, and ½ teaspoon black pepper. Push this mixture into the slits you've made for the salt pork. Press salt pork into beef and tie securely, trying to make the roast as even as possible for cooking.

In a pot broad and deep enough to hold the roast and still have room to spare for all the braising liquid, melt the lard over medium heat. Brown the roast well all around, keeping the salt pork inside. Add all remaining seasonings, carrots, celery, parsley and thyme to the pot, cooking until the onions are limp. Add wine and enough beef stock or water to nearly cover the beef. Add bones. Cover pot and simmer for 4 hours, until beef is tender.

Remove from pot to another dish that will hold dripping juices. Raise heat under liquid and boil hard, uncovered, 45 minutes. While boiling down the gravy, baste the roast so it doesn't dry out.

Remove salt pork strips from beef and slice, putting the pieces into a separate serving or storage dish. Strain the gravy, season it to taste with salt, freshly ground pepper and an optional small pinch or two of cayenne pepper and pour it over the beef. There should be about a quart of gravy. The resulting mixture should be sloppy, luscious and profoundly beefy.

Serve on fresh 9-in. crisp crusted New Orleans-style French bread, dressed with lettuce, tomatoes, pickles, etc., or just plain mayonnaise.

College Boy Brisket

- | | |
|---------------------------|--------------------|
| 4-5 lb. CAB® brisket | 1 tsp. dried thyme |
| 2 6-oz. cans tomato paste | 1 tsp. rosemary |
| 4 medium onions, chopped | ½ cup soy sauce |
| ¼ cup diced garlic | 1 cup water |
| 2 12-oz. cans Coca-Cola® | |

Heat oven to 350° F.

Sear meat in hot skillet on all sides, preferably using 2 Tbs. olive oil as the medium.

Remove meat and place on board. Using spatula and meat fork, apply tomato paste liberally to all sides of meat, then salt and pepper as desired.

Cover the bottom of the roasting pan with chopped onions.

Place brisket (with fat side up) in the pan.

In a mixing bowl, combine the remaining ingredients. (It will foam up, so have a large enough bowl to prevent spilling.) Pour over the brisket and onions. Cover pan and bake for 2½ hours.

Uncover and bake 30 minutes longer.

You should baste the meat in the pan with the juices from the pan two or three times while covered and then again when you uncover the meat for the last 30 minutes.

Slice and place on plate or pull apart and put on toasted buns/rolls and serve.

Suggested side dishes: scalloped potatoes or baked potatoes, green bean casserole or corn casserole (if you want to utilize the oven), or garden salad, corn-on-the-cob and garlic bread.

Serves 12.

450 calories per serving.

59 g protein.

Team Information

Division: **14 to 17**

State: **South Carolina**

Team Members:

Leeta Brown, York

Jan McGill, Clover

Leslie McGill, Clover

Team Information

Division: **18 to 21**

State: **Nebraska**

Team Members:

Jessica Clowser, Milford

Ellen Hoffschneider,
Arlington

Kellen Jorgensen, Exeter

Klaire Jorgensen, Exeter

Jara Settles, Hoskins

Claire Volk, Bennington



ROAST COMPETITION

Southern Sweet Brisket

3 lb. CAB® brisket, trimmed	1 Tbs. prepared mustard
1 cup ketchup	1 tsp. brown sugar
1 small onion, chopped	½ cup beef broth
1 Tbs. prepared horseradish	½ tsp. pepper
2 Tbs. cider vinegar	

Place brisket in a slow cooker. In a bowl, combine remaining ingredients. Pour over brisket. Cover and cook on low for 5-6 hours or until tender.

Remove brisket and set aside. Pour juices into a saucepan and reduce until thickened. Serve with the sliced brisket.

Roast Dip Sandwiches

¼ cup minced garlic	3-4 lb. CAB® boneless roast (round, rump or rolled rib)
¼ cup minced onion	½ cup water
1½ tsp. seasoned salt	2 10-oz. cans condensed beef broth
1½ tsp. black pepper	2 tsp. minced onion
¾ tsp. crushed red pepper (optional)	1 tsp. Worcestershire sauce
3 Tbs. water	12 hard rolls
¼ cup cider vinegar	

Combine the first seven ingredients. With a paring knife, cut 1-inch slits about 1½ inches apart in all sides of the meat, sticking the knife to the middle of the roast. Pry open slits and fill each with about ½ tsp. of the mixture, using the point of a small spoon. Cover and marinate overnight in the refrigerator.

Place roast in slow cooker and add ½ cup water. Cover; cook on low 10-12 hours (or on high 5-6 hours). Remove roast from slow cooker and let rest for 15 minutes before slicing.

Pour off pan juices into measuring cup; skim off fat. Add water to juices, if needed, to make 2 cups. Combine pan juices, beef broth, onion and Worcestershire. Bring to boiling; reduce heat and simmer 5 minutes.

Slice roast as thinly as possible. Split hard rolls lengthwise, cutting almost all the way through. Place a few slices of meat in each roll. Serve each sandwich with about ½ cup of the hot broth.

Makes 12 servings.

Classic Coca-Cola® Barbecue Beef

1 can Classic Coca-Cola®	2 onions, chopped
¼ cup Worcestershire sauce	1 tsp. instant beef bouillon granules
¼ tsp. ground red pepper	½ tsp. dry mustard
1 Tbs. vinegar	½ cup ketchup
2 lb. boneless CAB® chuck roast	½ tsp. chili powder
2 cloves garlic, minced	2 Tbs. butter

In a bowl, combine Coke®, Worcestershire, vinegar, garlic, bouillon, mustard, chili powder and red pepper. Save ½ cup of this sauce. Place meat and onions into slow cooker and pour remaining liquid (the amount left after saved ½ cup) over meat. Cover and cook on low heat for 10-12 hours or high heat for 5-8 hours. In a small pan combine the ½ cup saved liquid, ketchup and butter. Heat. Serve with the cooked meat.

Team Information

Division: **18 to 21**

State: **Pennsylvania**

Team Members:

Jaclyn Upperman,
Chambersburg

Lindsay Upperman,
Chambersburg

Team Information

Division: **18 to 21**

State: **Texas**

Team Members:

Gretchen Ettredge,
Pilot Point

Katy Satee, Montague
Jennifer Ann Smith,
Elysian Fields

Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Shane Clary, Brodnax
Clara Nelson,

Natural Bridge Station
Kateland Rich, Cassanova
Mandy Richardson, Louisa
Lindsey White, Staunton



STEAK COMPETITION

Beef Honey Teriyaki Stir Fry

1 lb. CAB® sirloin
 1 Tbs. balsamic and basil dipping oil
 2 tsp. Garlic Garlic™
 ½ tsp. seasoned salt

5 cups frozen stir-fry vegetables
 ½ to ¾ cup honey teriyaki sauce
 4 cups prepared pasta

Cut steak into ¼-inch strips. Heat dipping oil in large nonstick skillet over medium heat. Add Garlic Garlic and beef. Cook 3-4 minutes or until browned. Add seasoned salt. Remove beef from skillet. Add vegetables to skillet and cook 3-4 minutes, or until crisp-tender. Return steak to skillet and add honey teriyaki sauce; cook until heated through. Serve over pasta.

Serves 4.

Team Information

Division: **9 to 13**

State: **Georgia**

Team Members:

Anna Scott, Douglas
K.C. Smith, Douglas
Haley Throne, West Point
Drew Williams, Milan

Lime-Grilled Steak and Shrimp Kabobs

4 CAB® 6-oz. center-cut sirloin steaks
 2 lb. unpeeled jumbo fresh shrimp
 ¾ cup butter or margarine, melted
 ¼ cup fresh lime juice

4 whole limes
 salt/pepper or steak seasoning (optional)
 large pkg. fresh, whole mushrooms, washed and dried (optional)

Cut sirloin into 2-inch cubes. Peel shrimp, leaving tails intact; devein if desired. Combine butter and lime juice in small saucepan. Dip steak and shrimp in butter mixture. Thread cube of steak, neck and tail of each shrimp and a wedge of lime on six 14-inch skewers so shrimp will lie flat.

Grill, covered, over medium-hot coals (350°-400° F) for 3-4 minutes on each side until shrimp turn pink and steak cubes are done to your preference.

Bring any remaining butter mixture to boil over high heat. Remove from heat and serve with kabobs.

This could be served over a bed of rice with some fruit on the side.

Option: If you desire, add either salt/pepper, salt grass seasoning or steak seasoning to steak cubes before threading onto skewers. Also, mushrooms could be added to kabobs as well.

Team Information

Division: **9 to 13**

State: **Texas**

Team Members:

Kyle Jones, Blieblerville
Hannah Steph, Tatum



The brand that pays.™

In 1978 the Certified Angus Beef program was established with a mission:
To increase demand for registered Angus cattle through a specification-based, branded beef program to identify consistent beef with superior taste.

Today that mission is being accomplished. More than 13,500 businesses market the *Certified Angus Beef*® (CAB®) brand in more than 30 countries, including the United States. Licensed packers have paid more than \$200 million in grid premiums since 1998 for finished cattle with carcasses that qualify for the brand. Additional benefits are garnered in premiums for known-Angus calves at the sale barn.

Visit www.cabpartners.com for more information on aiming high for the CAB® target and for a list of licensed feedlots.



To order product or to find a CAB-licensed retailer or restaurant near you, visit
www.certifiedangusbeef.com.



STEAK COMPETITION

CAB Steak Tacos with Corn Relish

1 lb. CAB® sirloin center-cut steak, sliced thinly across the grain	¼ tsp. ground red pepper
¼ cup fresh lime juice	2 Tbs. vegetable oil
¼ cup olive oil	1 poblano pepper, seeded and thinly sliced
2 tsp. chili powder	1 green bell pepper, thinly sliced
2 tsp. ground cumin	flour tortillas
1 tsp. salt	shredded cheddar cheese
¼ tsp. ground black pepper	corn relish (recipe below)

1. In a heavy-duty zip-top resealable bag, combine steak, lime juice, olive oil, chili powder, cumin, salt, and black and red peppers. Seal bag, and refrigerate at least 2 hours.
2. In a large skillet, heat vegetable oil over medium-high heat. Add poblano and bell peppers; cook, stirring occasionally, 5 minutes or until tender. Remove to a plate, and keep warm.
3. Drain marinade from steak; add steak to skillet; cook 3 minutes. Add peppers, stirring to combine. Serve with tortillas, cheese and corn relish.

Corn relish:

1 (16 oz.) pkg. frozen niblet corn, thawed	1 tsp. lime zest
2 jalapeño peppers, seeded and minced (optional)	3 tsp. fresh lime juice
3 Tbs. minced green onion	1 tsp. olive oil
2 Tbs. minced fresh cilantro	

In a small bowl, combine all ingredients; cover and chill. (Makes 3 cups.)

Hint: Corn relish also makes a great appetizer dip with tortilla chips. It's a dip you can make in a hurry for unexpected company or parties.

To serve:

8 fajita-size soft flour tortillas	corn relish
16 slices of avocado (optional)	sour cream (optional)
shredded cheese	

Take a good-size portion of CAB steak mixture and place inside one or two soft flour tortillas. Fold them over once so that you leave a nice opening. Then place corn relish off to the side, along with sliced avocado pieces and sour cream (if desired), and cheese.

Makes 6-8 servings.

Team Information

Division: **14 to 17**

State: **Arkansas**

Team Members:

Carson Alsup, Gravette

Haley Hipp, Harrison

Taylor LaCour, Berryville

Will Pohlman, Prairie Grove

Katlyn Tunstill, Fayetteville

Blackened Steak and Horseradish Cream

1½ lb. CAB® boneless ribeye steaks	4 oz. whipped cream cheese spread
Pam® Professional™ cooking spray	¼ cup Land O'Lakes™ traditional half & half
2 Tbs. Chef Paul Prudhomme's Magic Blackened Steak® seasoning blend	2 Tbs. prepared horseradish

1. Coat grill rack with cooking spray; preheat grill.
2. Cut steak into four portions, if desired. Season both sides of steaks with blackened seasoning blend. Place steaks on grill. (Wash hands.) Close lid or cover loosely with foil. Grill 4-6 minutes on each side or until internal temperature reaches 145° F. Use a meat thermometer to accurately ensure desired doneness.
3. Meanwhile, whisk remaining ingredients in a small bowl until blended and smooth. Serve horseradish cream with steaks.

Team Information

Division: **14 to 17**

State: **Florida**

Team Members:

Brandais Austrino, Dade City

Kallee Cook, Plant City



STEAK COMPETITION

Grilled Steaks with Peppery Peach Salsa

4 well-trimmed CAB® boneless ribeye steaks,
cut 1-in. thick (approx. 2 lb.)
¼ tsp. salt
¼ tsp. pepper
1 medium red bell pepper

Peppery peach salsa:

½ cup peach preserves
¼ cup sliced green onions
2 Tbs. finely chopped jalapeño peppers
1 Tbs. fresh lemon juice
1 tsp. freshly grated lemon peel
1 large clove garlic, crushed
¼ tsp. grated fresh ginger
⅛ tsp. salt

1. Sprinkle both sides of beef steaks with ¼ tsp. each salt and pepper. Remove seeds from bell pepper, leaving pepper whole.
 2. Place steaks and bell pepper on grill over medium, ash-covered coals. Grill steaks, uncovered, 15-18 minutes for medium rare to medium doneness, turning once. Grill bell pepper 2-3 minutes, turning occasionally.
 3. While steaks continue to cook, cut four ½-inch-thick rings from bell pepper; set aside for garnish. Coarsely chop enough remaining bell pepper to make ¼ cup. In small saucepan, combine the ¼ cup chopped bell pepper with salsa ingredients. Place on grid near edge of grill to heat until warm.
 4. Approximately 5 minutes before steaks are done, remove 2 Tbs. salsa from saucepan and brush on both sides of steaks. To serve, place 1 bell pepper ring on each steak; fill rings with warm salsa.
- Note:** To broil, place steaks and bell pepper on rack in broiler pan so surface of meat is 3-4 inches from heat. Broil bell pepper 5 minutes; remove and proceed as directed above. Broil steaks 13-17 minutes, turning once; approximately 5 minutes before steaks are done, brush both sides with 2 Tbs. salsa.

Bleu Cheese Filets

4 CAB® filets, 2-in. thick
½ cup bleu cheese crumbles
2 Tbs. olive oil
2 Tbs. balsamic vinegar

½ tsp. salt
½ tsp. pepper
1 tsp. granulated garlic

“Butterfly” filets and brush with mixture of oil, vinegar, salt, pepper and garlic on inside of slit and on outside surfaces. Let sit for 1-2 hours. Fill slit with 1-2 Tbs. bleu cheese. Hold stuffed filet together with toothpicks.

Grill over medium fire for 6 minutes per side for medium-rare to medium doneness. Remove toothpicks before serving.

Serve with fresh salad and crusty bread.

Team Information

Division: **14 to 17**

State: **Georgia**

Team Members:

Laura Daniel, *LaGrange*
Shelby Eidson, *Arnoldsville*
Katherine Throne,
West Point

Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

Sierra Day, *Cerro Gordo*
Jennifer Ewing, *Rushville*
Ashley McEwen, *Bushnell*
Kayla Widerman,
Good Hope



STEAK COMPETITION

CAB Tenderloin Steaks with Morel Mushroom Cream Sauce

4 CAB® tenderloin filets, cut 1½- to 2-in. thick	½ Tbs. dried parsley
3 Tbs. butter	¼ tsp. ground black pepper
3 cups morel mushrooms, sliced in bite-sized pieces	1 tsp. seasoning salt
½ tsp. minced garlic	½ cup dry white cooking wine
¼ cup sliced green onion tops	2 cups whipping cream
	grated romano cheese

1. In a large skillet, heat butter over medium-high heat until foaming. Add morel mushrooms and garlic. Sauté 15-20 minutes, stirring often, until slightly browned. Remove mushrooms, set aside.
2. Add green onion tops, parsley, pepper and seasoning salt. Simmer 3 minutes.
3. Turn heat to high; add white cooking wine and reduce by half.
4. Turn heat to medium and add whipping cream. Reduce slightly over slow boil until thickened; about 10 minutes, until sauce coats the back of a spoon.
5. While sauce simmers, grill filets to desired doneness over medium-high coals.
6. Place filet steaks on plate and spoon sauce and mushrooms over steaks; top with grated romano cheese. Serve.

Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Allison Blythe, *White City*
Meghan Blythe, *White City*
Cole Gardiner, *Ashland*
Ransom Gardiner, *Ashland*
Esther McCabe, *Elk City*
Hannah McCabe, *Elk City*

Bluegrass Country Fried Steak

4 CAB® ribeye steaks, ¾-in. thick	½ tsp. salt
½ cup buttermilk	½ tsp. pepper
½ cup whole milk	1 clove garlic, minced
1 egg	2 tsp. cooking oil
1 cup flour	

Dip ribeyes in flour mixture, then dip in egg wash and back into flour mixture. Heat cooking oil in skillet. Brown steak, turning once, until done.

Team Information

Division: **14 to 17**

State: **Kentucky**

Team Members:

Blake Boyd, *Mays Lick*
Amanda Goggin, *Danville*
Maggie Jasper, *Midway*
Ruth Myers, *Harrodsburg*
Caleb Sadler, *Carlisle*

Louisiana “Sweet Southern” Filets

4 CAB® filet mignons, cut 1½-in. thick	¼ tsp. salt
4 Tbs. pecan oil	¼ tsp. black pepper
4 Tbs. muscadine cooking wine	
2 cloves garlic, minced	Steak topping:
1 tsp. rosemary	2¼ cups Vidalia onions
1 tsp. thyme	¼ tsp. black pepper
1 tsp. marjoram	¼ tsp. salt

Heat oil and minced garlic in a covered microwave-safe bowl for 1 minute. Remove and allow to cool. Add herbs and stir. Pour herb mixture and cooking wine over steaks. Turn to coat. Cover and marinate for 1-4 hours in refrigerator. Preheat grill. Prepare onions in separate pan. Spray pan with oil cooking spray. Add onions, salt and pepper. Cook approximately 10 minutes, stirring constantly, until onions are lightly browned. Set aside. Remove steaks from marinade. Grill 5-6 minutes on each side. Dress with grilled onions and serve.

Team Information

Division: **14 to 17**

State: **Louisiana**

Team Members:

Samantha Bickham,
Saint Francisville
Daniel McFarland, *Keithville*
Joshua Scott, *Loranger*
N. Jarred Yantis, *Bunkie*
Samantha Yantis, *Bunkie*



STEAK COMPETITION

Southwestern Steak Sandwiches

1½ lb. CAB® boneless beef sirloin steak (about 1-in. thick), trimmed of fat, cut into thin, bite-size strips	1 tsp. cumin ½ tsp. salt
1 medium onion, halved crosswise, sliced	1 green pepper, cut into strips
¼ cup lime juice	1 red pepper, cut into strips
3 Tbs. oil	6 sandwich buns (onion, Kaiser or wheat), split
2 garlic cloves, sliced	6 ¾-oz. slices of favorite cheese (hot pepper jack, provolone, Swiss, etc.)
2 tsp. chili powder	

Place steak and onion in Ziploc® bag. In a small bowl, combine lime juice, oil, garlic, chili powder, cumin and salt; mix well. Pour over steak and onion in bag. Seal bag; turn bag to distribute marinade. Refrigerate 3 hours, turning occasionally.

Heat 12-inch nonstick skillet over high heat until hot. Add steak, onion and all of marinade. Add bell peppers; cook and stir until beef is no longer pink, bell peppers and onion are crisp-tender and most of liquid has evaporated.

Place bun halves, cut side up, on ungreased cookie sheet; broil 4-6 inches from heat for 1-2 minutes or until toasted. Spoon beef and vegetables onto bottom halves of buns. Top each with 2 pieces of cheese; return to broiler for 1 minute to melt cheese. Cover with tops of buns. If desired, top with salsa, sour cream or guacamole.

Serve with chips and cold ice tea.

Team Information

Division: **14-17**

State: **Michigan**

Team Members:

Dylan Kennedy, *Nashville*
DeeAnne Merriman, *Lowell*
Rachel Reid, *Eaton Rapids*

Showdown Filets

4 CAB® filets, 1¾-in. thick	4 Tbs. soy sauce
1 cup Italian salad dressing	4 Tbs. brown sugar

Combine all ingredients and add to a Ziploc® bag along with filets. Marinate overnight. Grill to desired doneness.

Team Information

Division: **14-17**

State: **Missouri**

Team Members:

Jera Pipkin, *Archie*
Katey Smith, *West Plains*
Austin Thummel, *Sheridan*
Sydney Thummel, *Sheridan*
Paige Wallace, *Stotts City*
Carter Ward, *Plattsburg*



STEAK COMPETITION

Peppercorn Steaks with Mustard Sauce

4 CAB® ribeye steaks, 1- to 1½-in. thick	½ cup dry red cooking wine
2-3 tsp. crushed seasoned pepper blend	1 Tbs. Dijon-style mustard
2 Tbs. chopped shallots	2 Tbs. butter, divided
1 cup beef stock	chopped fresh parsley

Season the steaks with the pepper blend, pressing into the steak. Let sit for 30-60 minutes. In a skillet, melt 1 Tbs. butter and add shallots, cooking until tender. Add the stock, cooking wine and mustard and heat to a boil. Reduce the heat to medium and cook for 10 minutes or until the sauce is reduced to about 1 cup, stirring occasionally. Stir in 1 Tbs. butter. Grill steaks over medium heat to desired doneness, about 10-12 minutes for medium-rare. Drizzle the steaks with the sauce or serve sauce on the side. Sprinkle with the parsley.

Serve with garlic potatoes and fresh green salad.

Team Information

Division: **18-21**

State: **Illinois**

Team Members:

Gretchen Frost, Tallula
Tera Moritz, Piper City

Nothing Better Spicy Beef Filets

4 CAB® 8-oz. beef filets, sliced 1¾- to 2-in. thick	Topping:
garlic salt	4 oz. shredded Pepperjack cheese
coarsely ground peppercorn medley	4 oz. chopped roasted red pepper
4 slices pepper bacon	1 oz. chopped pimiento
	½ tsp. coarsely ground peppercorn medley
	2 drops habanera sauce

Mix the topping ingredients and set aside.

Rub each side of the steaks with garlic salt and ground peppercorn. Wrap each steak with a slice of pepper bacon secured with a toothpick. Place on hot grill for 7 minutes, turn, and continue grilling until desired doneness. Three minutes before taking off the grill, spoon ¼ of the topping mixture over each steak and close lid or loosely cover with foil to let cheese melt. Serve hot off the grill.

Team Information

Division: **18-21**

State: **Indiana**

Team Members:

Adam Leeper, Argos
Catherine Knebel, Winamac
Garrett Knebel, Winamac
Katelyn Wilson, Orleans

Kentucky Fried Steak

4 CAB® ribeye steaks, ¾-in. thick	½ tsp. salt
½ cup buttermilk	½ tsp. pepper
½ cup whole milk	1 clove garlic, minced
1 egg	2 tsp. cooking oil
1 cup flour	

Dip ribeyes in flour mixture, then dip in egg wash and back into flour mixture. Heat cooking oil in skillet. Brown steak, turning once, until done.

Team Information

Division: **18-21**

State: **Kentucky**

Team Members:

Nikki Bugg, Burgin
Amanda Chumley,
Stamping Ground
Megan Cole, Lancaster
Logan Goggin, Danville
Thomas Lundy, Bardstown



STEAK COMPETITION

CAB® Steak with Grandma's Peppercorn Gravy Sauce

3 CAB® New York strip steaks, cut 1-in. thick
1 pkg. (1.2 oz.) brown gravy mix
¼ cup whipping cream
1 Tbs. vinegar
1 Tbs. white cooking wine

1 Tbs. whole black peppercorns
1 tsp. coarsely ground pepper
½ tsp. salt
1 Tbs. olive oil
8 oz. fresh sliced mushrooms

To prepare steak:

Mix together the pepper and salt. Rub each steak on both sides and press the mixture into the steak. Let stand while making sauce.

To prepare sauce:

Prepare gravy mix in a medium saucepan according to package directions. Stir in cream, vinegar, white cooking wine, and peppercorns. Simmer over low heat for a few minutes just to blend the flavors; keep warm.

Method of preparation (grilling):

Preheat the grill. Place steaks on grill and grill according to the following chart; turn only once:

medium rare	4-5 minutes per side
medium	5-6 minutes per side
medium well	6-7 minutes per side

While steaks are grilling, heat the olive oil in a skillet over medium heat. Add mushrooms, and cook until tender. Add to gravy sauce.

Presentation:

Spoon warm sauce over steak on serving plate. Garnish with fresh parsley.
Serve with mashed potatoes, green beans, roll and butter.

Team Information

Division: **18-21**

State: **Michigan**

Team Members:

Hope Bordner, *Sturgis*
Justin Kennedy, *Nashville*
Chelsea Ruggles, *Kingston*
Patricia Vaassen, *Ann Arbor*

Minnesota Grilled Ribeyes

2 CAB® boneless ribeye steaks, 8 oz., ½-in. thick

Heat gas grill to medium-high.
Salt and pepper steaks.
Grill 8-10 minutes for medium rare, turning once to at least 145° F.

Sauce:

¼ cup butter, melted	¼ cup fresh Italian parsley, finely chopped
2 Tbs. dry white cooking wine	1 tsp. fresh grated lemon peel
1 Tbs. Dijon-style mustard	1 tsp. fresh garlic, finely chopped

Combine all sauce ingredients.
Cut steaks in half and spoon sauce over each piece.

Preparation: 10 minutes
Grill: 8-10 minutes
Serves 4.

Team Information

Division: **18-21**

State: **Minnesota**

Team Members:

Kelsey Glaess, *Cannon Falls*
Alisha Nord, *Wolverton*
Audra Nord, *Wolverton*
Luke Nord, *Wolverton*
Alissa Stai, *New London*
Taylor Waugh, *Goodhue*

The Honeymooners Night on the Town Filet

4 CAB® filets, cut 1¼- to 1½-in. thick
1 tsp. garlic powder

1 Tbs. crushed black pepper
2 Tbs. Canadian Steak Seasoning

Heat grill. While grill is heating, sprinkle garlic powder, black pepper and steak seasoning over steaks.

Grill steaks until they reach medium rare on a meat thermometer. Grill root vegetables as appropriate. Arrange steaks with vegetables and garnish. Enjoy.

Team Information

Division: **18-21**

State: **Ohio**

Team Members:

Lauren Grimes, *Hillsboro*
Lindsey Grimes, *Hillsboro*
Bailey Harsh, *Radnor*
William Harsh, *Radnor*



STEAK COMPETITION

Ribeye Steaks with Cumin-Lime Butter

6 CAB® ribeye steaks
2 Tbs. butter, softened
1 tsp. fresh lime juice

Rub:
2 Tbs. ground cumin
3 large cloves garlic, minced
2 tsp. brown sugar
½ tsp. freshly grated lime peel
¼ tsp. ground red pepper
2 Tbs. Canadian Steak Seasoning

Combine rub ingredients. For cumin-lime butter, combine 2 tsp. rub mixture, butter and lime juice in a small bowl; set aside. Press remaining rub evenly onto beef steaks. Cover and refrigerate steaks 30 minutes.

Place steaks on grill over medium, ash-covered coals. Grill 14 minutes for medium-rare to medium doneness, turning occasionally.

Sensational Sirloin Strips

4 CAB® sirloin steaks
2 Tbs. lime or lemon juice
salt
pepper
a little cayenne pepper

1 clove of garlic, smashed
½ cup steak sauce
enough Worcestershire sauce to cover the rest of
marinade and meat.

Set steaks aside. Mix all remaining ingredients, then marinate the steaks for 24 hours. Grill to perfection.

Grilled Steaks Balsamico

4 CAB® ribeye steaks
salt and pepper to taste
1 pkg. (5.2 oz.) herb and garlic soft spreadable
cheese

Marinade:
⅔ cup prepared balsamic vinaigrette
¼ cup fig preserves or chopped dried figs

Place marinade ingredients in blender or food processor; process until blended. Place steaks and marinade in sealable plastic bag; turn to coat. Close bag securely and marinate in refrigerator at least 2 hours.

Remove steaks from marinade; discard marinade. Place steaks on grill over medium, ash-covered coals. Grill steaks, covered, 10-14 minutes for medium doneness, turning occasionally. Season with salt and pepper as desired.

Meanwhile, heat cheese in small saucepan over medium-low heat 2-4 minutes, or until melted, stirring frequently.

Serve steaks with cheese sauce.

Team Information

Division: **18-21**

State: **Oklahoma**

Team Members:

Josh Goff, Jay

Braden Henricks, Anadarko

Colton Henricks, Anadarko

Karisa Pfeiffer, Orlando

Kassandra Pfeiffer, Orlando

Kelsey Pfeiffer, Orlando

Team Information

Division: **18-21**

State: **South Carolina**

Team Members:

Christopher Engel,
Ridge Spring

Chelsie Goodman,
Ridge Spring

Caleb Miller, Ward

John Petty, Clover

Sally Yon, Ridge Spring

Team Information

Division: **18-21**

State: **Texas**

Team Members:

Megan Ahearn, Wills Point

Tyler Bond-Jones,
Bleiberville

Stephanie Lastovica, Salado

Jacob Steph, Tatum

Ashley Stevenson, Brenham



OTHER BEEF COMPETITION

Hunter's Choice Casserole

2 lb. CAB® ground chuck	1 cup grated sharp cheddar cheese
2 pkgs. Mahatma® Long-Grain and Wild Rice with Seasoning	8 oz. sour cream
2 Tbs. sausage seasoning	½ cup milk
	½ cup grated sharp cheddar to top or garnish

Cook rice according to package directions. Mix sausage seasoning with meat and cook in skillet, breaking in small pieces (like taco meat). Drain meat. Mix meat, rice, sour cream, milk and 1 cup cheese in casserole dish. Top with remaining cheese or reserve to garnish individual plates. Enjoy!

Team Information

Division: **9 to 13**

State: **Alabama**

Team Members:

Daniel Adams, *Union Springs*
Joseph Adams, *Union Springs*
Wyatt McLaney, *Union Springs*

Sante Fe Soup

2 lb. CAB® ground beef	1 can kidney beans
2 cans shoepeg corn	1 can pinto beans
1 can Ro-Tel® tomatoes	1 large onion
1 can whole tomatoes	2 pkgs. taco seasoning
1 can black beans	2 pkgs. ranch dressing

1. Cook ground beef until medium-well and chop until fine.
2. Crush the can of whole tomatoes.
3. Chop onion until fine.
4. Pour all mixtures into slow cooker and stir well.
5. Cook in slow cooker on medium for 4-6 hours.
6. Serve the soup in bowls topped off with grated cheese, sour cream, tortilla chips and other garnish, as desired.

Team Information

Division: **9 to 13**

State: **Georgia**

Team Members:

Heidi Seagraves, *Nicholson*
Landis Seagraves, *Nicholson*
Macy Seagraves, *Nicholson*

Beef Ravioli

1 pkg. frozen cheese ravioli	14-16 oz. prepared spaghetti sauce
1-2 lb. CAB® ground chuck, browned	mozzarella and/or Parmesan cheese, grated

Cook ravioli as directed on package. Drain and put in 9×13-inch pan. Combine browned beef and spaghetti sauce. Pour over ravioli. Top with cheeses to taste. Warm through in 350° F oven approximately 20 minutes until cheese is melted.

Serves 6-8.

Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Grady Dickerson, *Paradise*
Caleb Flory, *Baldwin City*
Cale Hinrichsen,
Westmoreland
Johanna Lundgren, *Ottawa*
Quannah Gardiner, *Ashland*

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OTHER BEEF COMPETITION

Beef Jambalaya

3 lb. CAB® ground beef	2 cans (14.5 oz. each) stewed tomatoes
3 Tbs. olive oil	2 cups chicken broth
1 cup chopped onion	1 cup long-grain rice
1 cup chopped green bell pepper	2 tsp. leaf thyme, crumbled
2 ribs celery, chopped	1½ tsp. salt, or to taste
2 cloves garlic, minced	¼ tsp. pepper
1 lb. beef sausage, thinly sliced	¼ tsp. hot pepper sauce (Tabasco®)

Brown ground beef until brown on all sides. Remove beef from skillet. Add onion, green bell pepper, celery and garlic. Sauté over low heat until onion is tender, about 10 minutes. Stir in sausage, tomatoes, chicken broth, rice, thyme, salt, pepper and hot sauce. Add ground beef and turn to coat with sauce. Bring to a boil. Reduce heat, cover and simmer for 30 minutes.

Serves 6.

Team Information

Division: **9 to 13**

State: **Louisiana**

Team Members:

Nancy Bickham,
Saint Francisville

Katelyn Corsentino,
Denham Springs

Cheyenne Jones, *Franklinton*
Isaac McFarland, *Keithville*

All For One Tortellini Bake

1 lb. CAB® ground chuck	16-oz. pkg. grated mozzarella cheese
1 jar of your favorite spaghetti sauce	1 pkg. three-cheese tortellini (preferably fresh Bertolli® three-cheese tortellini, but can use frozen)
16 oz. cream cheese, softened	
½ cup milk	

Preheat oven to 350° F. Boil tortellini as directed; drain, set aside.

Brown ground beef; drain, if needed. Mix with spaghetti sauce.

Cream the softened cream cheese with milk, adding more if necessary to make mixture spreadable.

In a large rectangular glass pan, pour tortellini in the bottom, spread cream cheese mixture over the top, cover with spaghetti sauce mixture and top with grated mozzarella. Cover with foil.

Bake approximately 30 minutes, removing foil the last 5 minutes. Serve with green salad and garlic bread.

Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

Clayton Stevenson, *Brenham*

Wade Wells, *Hamilton*

Brazos Williams, *Memphis*

Tylee Jo Williams, *Memphis*

Ranch Chili

2½ lb. CAB® ground chuck	1 can (29 oz.) tomato sauce
1 large Vidalia® onion	3 Tbs. chili powder
2 sweet green peppers, coarsely chopped	1 can Coca-Cola®
1 can (30 oz.) chopped tomatoes	salt and pepper to taste

Brown beef. Place ingredients in slow cooker in order. Cook on high heat for 2 hours, stir.

Continue to cook for 2 hours on high or for 4 hours on low.

Serve with your favorite chili fixin's.

Team Information

Division: **14 to 17**

State: **Virginia**

Team Members:

Nathan Butler, *Midland*

Dale Eastin, *Gretna*

Casey Johnson, *Nokesville*

Luke Muncy, *Staunton*

Mackenza Muncy, *Staunton*

Kraig Smith, *Catlett*



OTHER BEEF COMPETITION

CAB Roast Beef Pita

3 Tbs. pine nuts	1/3 cup crumbled feta cheese
1/2 lb. CAB® deli roast beef, cut into thin strips	4 whole-wheat pita pockets
2 cups shredded romaine lettuce	2 Tbs. fat-free mayonnaise
1 cup shredded carrots	2 Tbs. skim milk
1 cup thinly sliced cucumber	1 Tbs. cider vinegar
1/2 cup thinly sliced red onion	

Toast pine nuts by placing in a dry skillet over medium heat, stirring occasionally until lightly browned, about 3 minutes. Cool. Toss nuts, beef, lettuce, carrots, cucumber, onion and feta in a bowl. Slice off 1/4 of each pita; stuff larger piece with filling. Whisk mayonnaise, milk and vinegar in another bowl. Drizzle dressing over pita filling. Serve with remaining 1/4 pita.

Prepare in less than 10 minutes, but expect this high-protein meal to keep you full for hours.

Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Chelsea Dickinson, *Glasco*

Ashley Laas, *Brookville*

David Lundgren, *Ottawa*

Kyleigh Santee, *Langdon*

Beef Rouladen

20 slices, 1/8-in.-thick, CAB® top round (thin slices, approximately 5×8 in.)	1 lb. CAB® ground beef, finely ground
2 packets Knorr® Rouladen mix	3/4 cups water (total)
yellow mustard	1 packet Maggi® Hackbraten mix
olive oil to brown meat	salt, pepper and paprika to taste

Take each thin slice of top round and spread a light coat of yellow mustard on one side. Add salt, pepper and paprika to taste. In a separate bowl mix the finely ground beef with 1 packet Hackbraten mix and 1/2 cup water. Mix together well.

Take small amounts of the seasoned ground beef and roll into small logs and place on each thin slice of top round. Wrap or roll the thin slices around the ground beef, securing with toothpicks.

In skillet (electric or stove top) add small amount of olive oil and sear each rouladen roll on all sides. Remove from heat. In a separate bowl mix the Rouladen (gravy) mix. (Add two packets Rouladen mix and 4 1/2 cups water, and add the meat drippings — may cool and remove fat.) Pour gravy mix in skillet and heat to thicken. Turn heat down and add rouladen meat rolls to gravy mix and simmer 1 1/2-2 hours on low heat.

You may transfer sauce and rouladen to slow cooker to keep warm for serving. This typical German dish may be served with potato dumplings, red cabbage or vegetable of choice. Rice or pasta may be substituted for potato dumpling.

Serves 4-6 as an entrée or may be served as an appetizer for a larger number of people.

Team Information

Division: **18 to 21**

State: **Pennsylvania**

Team Members:

Brody Fitzgerald, *West Grove*

Bryce Fitzgerald, *West Grove*

Freddy Frey, *Quarryville*

Katrina Frey, *Quarryville*

Hannah Grim, *East Berlin*

Kate Livingston, *Dover*

Poor Man's Philly

1 1/2 lb. CAB® ground beef	2 Tbs. honey teriyaki sauce
seasoned salt to taste	sliced Swiss cheese
1 green pepper, sliced	6 sandwich buns
1/2 cup caramelized onion sauce	

Brown ground beef with honey teriyaki sauce, seasoned salt and green pepper; drain fat. Add caramelized onion sauce; heat through. Serve on buns with Swiss cheese.

Serves 6.

Team Information

Division: **Adult**

State: **Georgia**

Team Members:

Donnie Clark, *Rochelle*

Morgan Smith, *Douglas*

Douglas Williams, *Milan*



OTHER BEEF COMPETITION

NOLA-style Muffuletta

1 10-in. round loaf Italian bread
 10-12 oz. prepared Italian olive salad
 ½ lb. CAB® deli roast beef, thin sliced
 ½ lb. CAB® pastrami, thin sliced

¼ lb. deli ham, thin sliced
 ⅛ lb. sliced mozzarella
 ⅛ lb. sliced provolone

Cut the bread in half lengthwise.

Brush both sides with the oil from the olive salad; coating the bread a little heavier on the bottom.

Layer half of the roast beef on the bottom half of the bread, then the pastrami, then the mozzarella, then the ham, provolone, and the remainder of the roast beef. Top this with the olive salad. Put the top of the bread on and press it down; heat just till cheese is slightly melted or serve cold. Quarter it.

Serves 3-4. May be sliced in ⅛-portions for appetizers.

Team Information

Division: **Adult**

State: **Mississippi**

Team Members:

Emma Collins, *Morton*
Melanie Kiani, *Morton*

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