

44 TEAMS COMPETE *in* 2000 Cook- Popular Cook-Off Contest

Creative juices flowed, as did marinades, sauces and gravies, while Angus enthusiasts prepared winning recipes during the 17th annual Auxiliary-sponsored *Certified Angus Beef*™ (CAB®) Cook-Off. The event was conducted July 11 in conjunction with the 2000 National Junior Angus Show (NJAS) in Des Moines, Iowa.

Teams of adults and three age divisions of youth vied for top honors in showmanship and recipe categories. Overall

winners also were named in each age division based on total points. In response to the many new prepared beef cuts designed to save time for the consumer, a "quick-n-easy" contest was added to complement the traditional fresh-meat contest this year.

Fresh-meat contest

The overall winners in the fresh-meat junior division (ages 9-13) were Texas juniors. Team members Gretchen Ettredge,

Pilot Point; Kevin Gleason, Midlothian; Jill Jagers, Sulphur Bluff; and Callie Donaldson and Inabeth Donaldson, both of Itasca, prepared "Make-Believe" Filet Mignons. They also won first place in the showmanship division.

The Nebraska team won the recipe category in the fresh-meat junior division. Team members Chase Kliewer and Garrett Kliewer, both of Henderson, and Klaire Jorgensen, Exeter, prepared Husker Steak Salad.

A Kansas team won overall and showmanship honors in the fresh-meat intermediate division (ages 14-17). Garrett Lampe, Scott City; Abby Rayl, Hutchinson; Megin Santee, Langdon; and Adam Jones, Saint Francis, prepared Filet Rosemary.

The fresh-meat intermediate team from Missouri won the recipe category with "Missouri Does It Better" Steaks. Team members include Courtney Brinkley, Brookfield; Meghan Creason, Lathrop; Rachel McGilvray, Mendon; Chelsea Moffitt, Kirksville; Kera Robinson, Montgomery City; and Mallory Trospen, Hamilton.

The California team swept the senior division (ages 18-21) fresh-meat category, winning first place in showmanship, recipe and overall in their division. Team members Kirbe Schnoor, Chowchilla; Deborah Furtado, Turlock; and Melissa Parreira, Los Banos, prepared Bisteca de California.

The adult team from Michigan was chosen as the overall winner in the fresh-meat category. Team members Elaine Foster, Niles; Suellen Foster, Berrien Center; and Kris Boehmer, Olivet, also won showmanship with Country Acres Hot Roast Beef Sandwiches.

California adults prepared the tastiest entrée in the fresh-meat division, taking top-recipe honors. The team consisting of Debra Parreira, Los Banos; Brian Stoller, Angels Camp; and Mindy Schnoor, Chowchilla, served Black Tie Night Prime Rib.

Quick-n-easy contest

The Michigan team members were junior overall winners in the quick-n-easy contest. Team members Erika Boehmer, Olivet; Danielle Foster, Niles; Nicole Heil, Berrien Center; and Julie Thelen and

2000



This Kansas team won the Paul St. Blanc Black Kettle Award for receiving the most points among all age groups in the 17th annual American Angus Auxiliary *Certified Angus Beef*™ Cook-Off. They also won first-place recipe and overall honors in the quick-n-easy senior division. Their recipe entry, "Tailgatin" Steak, is included below. Pictured are (from left) Anne Lampe and Vicki St. Blanc, award presenters, with team members **Brandon New**, Leavenworth; **Heather Hopper**, Leonardville; **John McCurry**, Burrton; and **Cody Sankey**, Council Grove; and award presenter Melanie Kiani, Forest, Miss.

"Tailgatin" Steak

4 (12 oz.) *Certified Angus Beef*™ Bourbon Street™ sirloin steaks, 1-1½ inches thick, precooked
1 medium-sized red bell pepper

Peach Salsa:

½ cup peach preserves
1 Tbs. fresh lemon juice
1 tsp. freshly grated lemon peel
1 large clove garlic, crushed
¼ tsp. grated fresh ginger
¼ tsp. salt

Warm or just sear steaks for medium doneness; warm to the touch. Top with bell pepper ring and garnish with warm Peach Salsa. Serve steaks with roasted ear corn or twice-baked potatoes and watermelon.

Rachael Vaassen, both of Ann Arbor, prepared CAB Splish Splash Party Appetizers.

The junior team from Kansas won the showmanship category in the quick-n-easy contest. Team members Clayton Lampe, Scott City; Kyleigh Santee, Langdon; Parker Rayl, Hutchinson; and Courtenay DeHoff, Tonganoxie, prepared Tropical Fiesta Beef.

Oklahoma juniors prepared Roundup Ready Roast Beef to win the quick-n-easy recipe category. Team members include John Pfeiffer, Mulhall; Layne Armbruster, Burlington; and Kayla Swanson, Ochelata.

The Quick 'N Easy Party Sandwiches prepared by the Kansas intermediate team grabbed the judges' attentions, making them the intermediate team showmanship, recipe and overall winners in the quick-n-easy contest. Team members include Jeana Sankey, Council Grove; Coye Crenshaw-Kleve, Manhattan; Emily McCurry, Burrton; and Megan Theis, Leavenworth.

Kansas senior team members in the quick-n-easy contest were awarded the most points in the entire contest, making them the winners of the Paul St. Blanc Black Kettle Award. "Tailgatin'" Steak prepared by John McCurry, Burrton; Heather Hopper, Leonardville; Cody Sankey, Council Grove; and Brandon New, Leavenworth, took top recipe and overall honors as well.

The Indiana senior team won the showmanship division in the quick-n-easy contest. Team members Kara Claeys, Oxford; Brian Howell, Union City; Chad Haag, Plymouth; Jon Leeper, Argos; Paige Sherman, Laconia; and Kristi Wilson, Orleans, prepared Quick-N-Easy Pot Roast with Mushroom Gravy.

The adult team in the quick-n-easy category, with team members from Iowa and Wisconsin, were named the winners of showmanship, recipe and overall. Team members Dave Sweeney, Alden, Iowa; Bridget Driscoll, Williamsburg, Iowa; Erle Driscoll, Williamsburg, Iowa; Kenneth Hartzell, Shawano, Wis.; Gregg May, Mineral Point, Wis.; and Sarah Stream, Chariton, Iowa, prepared Erle's Steaks — For the Chef Who Doesn't Cook.

This year's competing recipes follow.

A Look



FRESH-MEAT DIVISION

Showmanship

JUNIOR—First: Texas; Second:

Mississippi; Third: Nebraska

INTERMEDIATE—First: Kansas;

Second: Nebraska; Third: Indiana

SENIOR—First: California; Second:

North Carolina; Third: Virginia

ADULT—First: Michigan; Second:

Wisconsin/Alabama; Third: California

Recipe

JUNIOR—First: Nebraska; Second:

Texas; Third: Mississippi

INTERMEDIATE—First: Missouri;

Second: Kansas; Third: Texas

SENIOR—First: California; Second:

Oklahoma; Third: North Carolina

ADULT—First: California; Second:

Wisconsin/Alabama; Third: Michigan

Overall

JUNIOR—First: Texas; Second:

Nebraska; Third: Mississippi

INTERMEDIATE—First: Kansas;

Second: Missouri; Third: Michigan

SENIOR—First: California; Second:

North Carolina; Third: Virginia

ADULT—First: Michigan; Second:

Wisconsin/Alabama; Third:

California #2

QUICK-N-EASY DIVISION

Showmanship

JUNIOR—First: Kansas; Second:

Michigan; Third: Oklahoma

INTERMEDIATE—First: Kansas;

Second: Arkansas; Third: Illinois

SENIOR—First: Indiana; Second:

Kansas; Third: Minnesota

ADULT—First: Wisconsin/Iowa

Recipe

JUNIOR—First: Oklahoma; Second:

Michigan; Third: Kansas

INTERMEDIATE—First: Kansas;

Second: Mississippi; Third: Arkansas

SENIOR—First: Kansas; Second:

Indiana; Third: Minnesota

ADULT—First: Iowa/Wisconsin

Overall

JUNIOR—First: Michigan; Second:

Kansas; Third: Oklahoma

INTERMEDIATE—First: Kansas;

Second: Arkansas; Third:

Mississippi

SENIOR—First: Kansas; Second:

Indiana; Third: Minnesota

ADULT—First: Wisconsin/Iowa



This Texas team won first place in showmanship and overall in the fresh-meat junior division. Team members are (from left) **Gretchen Ettredge**, Pilot Point; **Kevin Gleason**, Midlothian; **Jill Jagers**, Sulphur Bluff; and **Callie Donaldson** and **Inabeth Donaldson**, both of Itasca.



This Nebraska team won first-place recipe in the fresh-meat junior division. Team members are (from left) **Chase Kliewer**, Henderson; **Klaire Jorgensen**, Exeter; and **Garrett Kliewer**, Henderson.



This California team won first place in showmanship, recipe and overall in the fresh-meat senior division. Team members are (from left) **Kirbe Schnoor**, Chowchilla; **Melissa Parreira**, Los Banos; and **Deborah Furtado**, Turlock.



This Kansas team won first place showmanship and overall in the fresh-meat intermediate division. Team members are (from left) **Garrett Lampe**, Scott City; **Abby Rayl**, Hutchinson; **Megin Santee**, Langdon; and **Adam Jones**, Saint Francis.



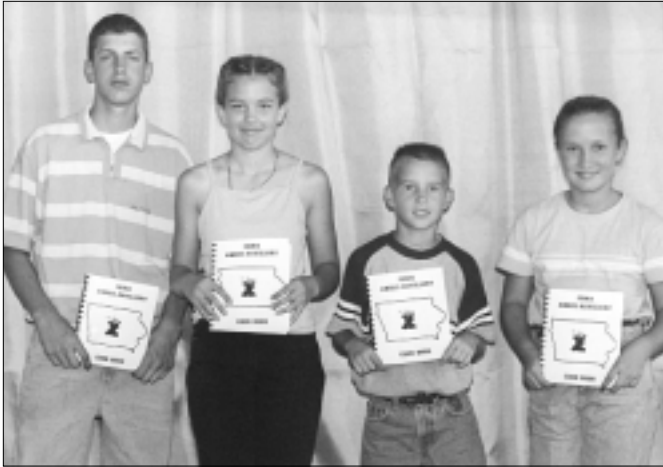
This California team won first-place recipe in the fresh-meat adult division. Team members are (from left) **Mindy Schnoor**, Chowchilla; **Brian Stoller**, Angels Camp; and **Debra Parreira**, Los Banos.



This Missouri team won first-place recipe in the fresh-meat intermediate division. Team members are (from left) **Meghan Creason**, Lathrop; **Rachel McGilvray**, Mendon; **Chelsea Moffitt**, Kirksville; **Kera Robinson**, Montgomery City; and **Mallory Trospen**, Hamilton.



This Michigan team won first-place showmanship and overall honors in the fresh-meat adult division. Team members are (from left) **Elaine Foster**, Niles; **Suellen Foster**, Berrien Center; and **Kris Bohmer**, Charlotte.



This Kansas team won first-place showmanship honors in the quick-n-easy junior division. Team members are (from left) **Clayton Lampe**, Scott City; **Kyleigh Santee**, Langdon; **Parker Rayl**, Hutchinson; and **Courtenay DeHoff**, Tonganoxie.



This Kansas team won first-place showmanship, recipe and overall honors in the quick-n-easy intermediate division. Team members are (from left) **Jeana Sankey**, Council Grove; **Coye Crenshaw-Kleve**, Manhattan; **Emily McCurry**, Burrton; and **Megan Theis**, Leavenworth.



This Oklahoma team won first-place recipe in the quick-n-easy junior division. Team members are (from left) **John Pfeiffer**, Mulhall; **Layne Armbruster**, Burlington; and **Kayla Swanson**, Ochelata.



This Indiana team won first-place showmanship honors in the quick-n-easy senior division. Team members are (from left) **Kara Claeys**, Oxford; **Brian Howell**, Union City; **Kristi Wilson**, Orleans; **Chad Haag**, Plymouth; **Jon Leeper**, Argos; and **Paige Sherman**, Laconia.



This Michigan team won first place overall in the quick-n-easy junior division. Team members are (from left) **Erika Boehmer**, Olivet; **Danielle Foster**, Niles; **Nicole Heil**, Berrien Center; and **Julie Thelen** and **Rachael Vaassen**, both of Ann Arbor.



This team consisting of Iowa and Wisconsin adults won first-place showmanship, recipe and overall honors in the quick-n-easy adult division. Team members are (from left) **Kenneth Hartzell**, Shawano, Wis.; **Bridget Driscoll**, Williamsburg, Iowa; **Erle Driscoll**, Williamsburg, Iowa; **Gregg May**, Mineral Point, Wis.; **Sarah Stream**, Chariton, Iowa; and **Dave Sweeney**, Alden, Iowa.

ARKANSAS

9 to 13 division

Team Members:

Jill McGee, Lavaca

Leslie McGee, Lavaca

Allyson McGuire, Fort Smith

Kerri McMahan, Central City

Claire Taylor, Lavaca

Elizabeth Williams, Fort Smith

Belle Point Ranch "Army Breakfast"

- | | |
|--|---------------------|
| 100 lb. of <i>Certified Angus Beef</i> TM | 2 cups salt |
| ground round | 1 cup pepper |
| 32 lb. flour | 18 gallons milk |
| 14 lb. butter | 120 lb. biscuit mix |
| 14 lb. margarine | |

Secure the cafeteria of your grade school for gravy cooking (they have all the BIG stoves, utensils and refrigerators!). With this recipe, we make 18 batches individually, combine it, and freeze it in Seal-A-Meal bags until the morning of our cattle sale. We usually add some milk that morning to thin the gravy to the desired consistency. It is served on top of biscuits.

Brown the ground beef the day before cooking gravy. Drain well, and measure 3½ lb. into bags for "batches." Store in the refrigerator overnight. Also the day before, combine the following into baggies for "batches": 4 cups flour, 4 tsp. salt, 2 tsp. pepper.

For each batch, use the following directions (this recipe can be used for a smaller crowd): 1½ cup butter, 1½ cup margarine.

Heat in saucepan until melted; then add one batch of flour mixture (see above): 4 cups flour, 4 tsp. salt, 2 tsp. pepper.

Combine in saucepan and stir until bubbly — let it bubble for at least 2 minutes.

Add 1 gallon milk (we usually warm it in the microwave to speed the cooking process); stir constantly to avoid lumping and sticking.

Bring to boil and simmer for 10 minutes.

After this, add 1 batch of beef (3½ lb., browned and premeasured). Simmer again and remove from heat. We combine it in great big pots and pans to cool. For obvious reasons, it is a good idea to cool thoroughly before trying to seal in bags!

For total and complete breakfast for approximately 670 persons, serve biscuits and Army Breakfast with: 1,440 scrambled eggs, 120 lb. Italian sausage, 120 lb. country ham, 16 lb. coffee, 700 bottles juice, 120 half pints milk, 1 case red grapes, 1 case green grapes, 2 cases apples, 1 case oranges, 1 case bananas.

Further cattle sale instructions: immediately following breakfast, begin lunch preparations. Many persons will act as if they have not eaten in days. We often refer to our sale as the Belle Point Ranch Cattle Sale and Feeding Frenzy.



ILLINOIS

9 to 13 division

Team Members:

Dustin Bedel, Saybrook

Gretchen Frost, Tallula

Kristopher Dorethy, Macomb

Kalee Bedel, Saybrook

Nathan Frost, Tallula

Garlic Stuffed Steak

2 boneless sirloin or top loin steaks,
cut 2 inches thick (approx. 1 lb.
each)

1 Tbs. olive oil

½ cup thinly sliced green onions
¼ cup finely chopped garlic
¼ tsp. each salt and pepper

In small, nonstick pan, heat oil over medium-low heat until hot. Add garlic. Cook, and stir 4-5 minutes, or until tender, but not browned. Add onions. Continue cooking and stirring 4-5 more minutes or until onions are tender.



Season with salt and pepper; cool completely. With a sharp knife, cut a pocket in each beef steak. (Start ½ inch from one long side of steak and cut horizontally through center of steak to within ½ inch of each side.) Spread half of the garlic mixture inside each steak pocket. Secure openings with wooden toothpicks. Grill steaks over medium-hot grill, covered, 22-24 minutes for medium rare to medium doneness; turn occasionally. Remove toothpicks and carve steaks crosswise into ½-inch-thick slices. Serve with green vegetable of choice, fresh fruit and crusty rolls for a hearty beef meal.

Total preparation and cooking time: 45 minutes. Hint: count toothpicks when you insert and when you remove them so you do not miss one.

INDIANA

9 to 13 division

Team Members:

Adam Leeper, Argos

Ashlyn Carter, Upland

Jenna Langley, Walton

Joseph Claeys, Oxford

Marinated Flank Steak

Marinade:

¾ cup corn oil
¼ cup soy sauce
3 Tbs. honey

2 Tbs. lemon juice
1-2 green onions (chopped finely)

2½-3 lb. flank steak (¾ inch thick)

Place marinade ingredients in a container with a tight lid. Shake until the ingredients have blended well. Next, make ¼-inch diagonal cuts in the flank steak every 2 inches. Place the steak and marinade in an airtight container making sure that the steak is covered. Refrigerate for 2-3 hours. Grill to desired doneness.



MINNESOTA

9 to 13 division

Team Members:

MacKenzie Johnson, Alden

Kacey Johnson, Alden

Kendra Mathiason, Alden

Krista Mathiason, Alden

Kara Walsar, Minnesota Lake

Peter Scharpe, Arlington

Top Sirloin Beef Kabobs with Seasoned Potatoes



2 lb. sirloin, 2 inches thick

Cut the beef in the shape of stars. Roll the potatoes in butter and garlic salt. Alternate meat with potatoes when placing on kabobs. Cook to desired doneness.

Serve with the following: fresh vegetable sticks with dip, fruit salad, garlic toast, cheesecake, lemonade.

MISSISSIPPI

9 to 13 division

Team Members:

Emma Collins, Forest

Clint Collins, Forest

Britt Magee, Mendenhall

Josh Wiltshire, Mount Olive

Karen Woods, Benton

Dig-In-It Party Steak

2 lb. tenderloin or filet of beef

3 sticks butter

¼ cup olive oil

1 cup largely chopped garlic

¾ cup finely chopped parsley

salt

pepper

1 round or long loaf French Bread

Garlic and Parsley Sauce:

Melt the butter and oil in saucepan until warm, about 2 or 3 minutes. Add the large pieces of garlic, 1 tsp. salt and ¼ teaspoon pepper. Cook on high heat for 4 or 5 minutes. As the garlic browns, quickly remove it from pot with a slatted spoon. Turn off the heat, add parsley and set aside. Prepare bread and set aside.



Cut the beef into 1-inch cubes. Brush with oil and season lightly with salt and pepper.

Cook in a heavy iron skillet on high. Heat one side, then the other to desired doneness — about 3-4 minutes for pink to rare.

Place meat on French Bread and pour sauce over.

Forks or large picks are needed.

Bread may be pulled apart to eat with sauce.

MONTANA

9 to 13 division

Team Members:

Beth Wheatcroft-Hooker, Luther

Katrina Dubs, Billings



NEBRASKA

9 to 13 division

Chase Kliewer, Henderson

Klaire Jorgensen, Exeter

Garrett Kliewer, Henderson

Sarah Misek, Hastings

Certified Angus Beef™ Beach Kabobs

Marinade:

½ cup red cooking wine
¼ cup low-sodium soy sauce
⅓ cup Worcestershire sauce
½ cup pineapple juice
½ tsp. thyme

½ tsp. rosemary
¼ tsp. pepper

1 lb. of Certified Angus Beef™ sirloin
steak cut in 2x2-inch chunks

Mix the marinade, then pour over meat. Cover and let stand 2 hours or overnight in the refrigerator. Place on skewers with tomatoes, green peppers, onions, pineapple, potatoes, mushrooms or other ingredients as desired. Grill to desired doneness. Serve over rice.

Husker Steak Salad

24 oz. of Certified Angus Beef™
sirloin steaks
2 cups bottled Italian dressing
1 thinly sliced red onion
¼ cup sliced black olives

½ cup sliced mushrooms
16 oz. cooked rotelle macaroni
2 tomatoes (bite-sized pieces)
1 green bell pepper (bite-sized pieces)
2 stalks green celery sliced at an angle

Slice Certified Angus Beef™ steak in thin strips and marinate in 1 cup dressing for at least 3 hours.

Grill steak to medium rare.

Combine onion, olives, mushrooms, green pepper, celery, macaroni and Italian dressing. Mix well.



Cooked steak can be added warm or chilled.

Add tomatoes just prior to serving.

Garnish with halved cherry tomatoes and parsley served on curly or Endive lettuce.

Salad will keep in refrigerator 2-3 days.

TEXAS

9 to 13 division

Team Members:

Gretchen Ettredge, Pilot Point

Kevin Gleason, Midlothian

Jill Jagers, Sulphur Bluff

Callie Donaldson, Itasca

Inabeth Donaldson, Itasca

"Make-Believe" Filet Mignons

1½ lb. Certified Angus Beef™
ground round

1 envelope dry onion soup mix
8 slices bacon, sliced thick

Mix onion soup mix into the ground round. Shape into 4 patties about ¾ inch thick. Wrap the edges of each patty with bacon slices; secure with wooden picks. Grill to desired doneness, turning as needed.



ARKANSAS

14 to 17 division

Team Members:

Jarrett Martin, Lavaca

Haley Rieff, Bentonville

Carson Long, Lavaca

Caribbean Kabobs

6 small, red-skinned potatoes
(about 1 lb.)
fajita seasoning to taste
½ cup olive oil
2 garlic cloves, crushed
ground pepper to taste
vegetable oil cooking spray

2½ lb. New York Strip Steak,
trimmed and cut into 24 cubes,
each about 1½ inches thick
3 red bell peppers, cut into 18
chunks
2 onions, cut into wedges

In a large saucepan, cover potatoes with 2-3 inches of lightly seasoned water. Bring to a boil over high heat. Reduce heat and simmer briskly for 15 minutes until potatoes are tender. Drain in colander and set aside to cool. Cut in half. In a large bowl, combine olive oil, garlic, fajita seasoning and pepper. Add halved potatoes and stir gently to coat. Prepare charcoal or gas grill. Lightly coat grill rack with cooking spray. Carefully remove potatoes from marinade. Transfer the marinade to a small saucepan and heat gently until warm. Thread potato halves, steak cubes, peppers and onions onto skewers, beginning and ending with a potato half. Grill for 10-12 minutes, turning several times and brushing with the marinade. Grill to desired doneness.



CALIFORNIA

14 to 17 division

Team Members:

Joey Greenberg, Napa

Bobbi Harmony, Pleasant Grove

Amanda Schnoor, Chowchilla

Ryan Nelson, Wilton



Mission: Possible Beef Kabobs

5 lb. Certified Angus Beef™
sirloin steak
2 Bermuda onions
1 green bell pepper
1 yellow bell pepper
1 lb. whole mushrooms
2 pints cherry tomatoes

Marinade:

2 large cloves of garlic, crushed
1 cup vegetable oil
¼ cup soy sauce
¼ cup Worcestershire sauce
¼ cup Dijon mustard
¼ cup lemon juice
1-2 tsp. ground pepper

Cut beef into 1½-inch chunks, mix marinade and add beef. Marinade for 24 hours in refrigerator. Cut up veggies, alternate skewers with veggies and meat. Grill 3 minutes per side and baste often with marinade. Serves 8.

FLORIDA

14 to 17 division

Team Members:

Eric Zimmerman, Lithia

Erin Zimmerman, Lithia



BBQ Steak Florida Style

¼ cup Worcestershire sauce
3 Tbs. vinegar
1 tsp. ground cumin
1 tsp. dry mustard
½ tsp. bottled hot pepper sauce
¼ tsp. ground cinnamon
1½ lb. round steak cut ¾- to 1-inch thick
1½ tsp. Everglades Seasoning

Florida Sizzle sauce:

½ cup catsup
1 finely chopped onion
2 Tbs. orange marmalade
1 Tbs. Worcestershire sauce
1 pinch salt
1 jalapeño pepper (seeded), finely chopped

Combine Worcestershire sauce, vinegar, cumin, dry mustard, hot pepper sauce, cinnamon and Everglades Seasoning in a small bowl as sauce is brushed on. Grill steak for 12-14 minutes or till it is cooked to the degree of your liking. Turn once while grilling, and baste steak with sauce frequently while grilling. Remove meat and let sit, covered loosely with foil, for about 10 minutes.

To serve, thinly slice steak across grain and smother with Florida Sizzle sauce or barbecue sauce of your choice.

Florida Sizzle Sauce: *In saucepan, bring ingredients to boil on grill or stove top. Simmer sauce approximately 15 minutes.*

INDIANA

14 to 17 division

Team Members:

Catie Barker, Avon

Christoph Rieker, Columbus

Julia Wagner, Wolcott

Kara Wilson, Orleans

Peppered Vinaigrette Ribeyes



8- to 10-oz. Certified Angus Beef™ ribeye steaks, sliced 1 inch thick
Raspberry Vinaigrette salad dressing

Pepper rub:

½ tsp. ground red pepper
½ tsp. ground white pepper
¼ tsp. ground black peppercorns
½ tsp. onion powder
½ tsp. salt

For pepper rub: Blend ingredients thoroughly and place in shaker. Sprinkle steaks with pepper rub 15-30 minutes before grilling. Gently press into meat. Place on hot grill and baste with vinaigrette. Turn after 4 minutes and baste with more vinaigrette. Grill another 3-4 minutes to desired doneness.

IOWA

14 to 17 division

Team Members:

Lisa Stream, Chariton

Cody Sullivan, Pella

Troy Schermer, Clarion

Autumn Knop, Ida Grove

Amanda Hensley, Dow City

Denae Leonard, Holstein

Marinated To Perfection New York Strip Steak

Marinade:

6 12-oz. top loin (New York Strip) steaks
12 oz. dark nonalcoholic beer or light-flavored vinegar
½ cup (packed) dark brown sugar
5 Tbs. fresh lime juice
3 Tbs. minced red onion
6 garlic cloves, chopped
2 Tbs. Worcestershire sauce
2 Tbs. whole-grain mustard
2 Tbs. olive oil
1 Tbs. minced peeled fresh ginger
½ tsp. hot pepper sauce

Peppercorn sauce:

½ cup white cooking wine
1 shallot, finely chopped
2 Tbs. coarsely crushed four-peppercorn mix (black, white, pink and green)
1¾ cups chicken stock or canned, low-salt chicken broth
1¾ cups beef stock or canned beef broth
½ cup whipping cream



Place steaks in single layer in glass baking dish. Whisk nonalcoholic beer (or vinegar), sugar, lime juice, onion, garlic, Worcestershire sauce, mustard, oil, ginger and hot pepper sauce in large bowl to blend. Pour marinade over steaks in baking dish. Cover tightly with plastic wrap and refrigerate overnight.

Bring cooking wine, chopped shallot and crushed peppercorns to boil in heavy medium saucepan; simmer until mixture is reduced by half; about 5 minutes. Add chicken stock and beef stock and boil until reduced to 2 cups, about 25 minutes. Add whipping cream and cook until sauce coats spoon, about 6 minutes. (Peppercorn sauce can be made up

to 2 hours ahead. Set aside at room temperature.) Prepare barbecue (medium-high heat). Remove steaks from marinade and grill to desired doneness, about 4 minutes per side for medium rare. Transfer steaks to plates. Meanwhile, bring peppercorn sauce to simmer. Drizzle sauce over steaks. Enjoy!

KANSAS

14 to 17 division

Team Members:

Garrett Lampe, Scott City

Abby Rayl, Hutchinson

Megin Santee, Langdon

Adam Jones, Saint Francis



Filet Rosemary

4 Certified Angus Beef™ filets,
each 1 inch thick
½ tsp. coarse black pepper
2 tsp. dried rosemary
½ tsp. oregano

1 tsp. crushed garlic
¼ cup butter
1 large lemon

Mix together pepper, 1 tsp. rosemary, oregano and ½ tsp. garlic for rub. Cut lemon in half. Cut one half into wedges and set aside. Squeeze the juice from other half over both sides of steaks.

Gently rub mixture from Step 1 on both sides of steaks (set aside for at least 15 minutes).

Grill steaks over hot coals for 6-10 minutes per side or until desired doneness.

While grilling, heat together butter and remaining rosemary and garlic until butter melts. Keep warm. Place steaks on serving plates, drizzle each with approximately 1 Tbs. of butter sauce. Garnish with lemon wedge. Serve hot.

MICHIGAN

14 to 17 division

Team Members:

Evan Boehmer, Olivet

Ricka Boehmer, Williamston

Scott Heil, Berrien Center

Emily Hogberg, Mason

Renee Thelen, Ann Arbor

CAB® Steak Cleopatra with Caesar Salad

Mediterranean Dry Spice Rub: 3 Certified Angus Beef™ New York Strip Steaks, each 1 inch thick
¾ cup dried basil leaves
½ cup lemon pepper
¼ cup onion powder
¼ cup minced garlic

Mediterranean Dry Spice Rub: combine all of the spices in a bowl; mix until blended well; place in an airtight container and refrigerate until ready to use. Pat the Mediterranean rub on the Certified Angus Beef™ New York Strip Steaks 2 hours prior to cooking; cover and refrigerate.



Place steaks on grill over hot coals; cook first side for 6 minutes; turn steak and cook other side for 4 minutes for medium degree of doneness. Serve with side of Caesar Salad and skewered fruit.

MISSOURI

14 to 17 division

Team Members:

Courtney Brinkley, Brookfield

Meghan Creason, Lathrop

Rachel McGilvray, Mendon

Chelsea Moffitt, Kirksville

Kera Robinson, Montgomery City

Mallory Trosper, Hamilton

"Missouri Does It Better" Steaks



4 Certified Angus Beef™ KC Strip steaks, cut 1¾ inches thick
Schilling® coarse-ground black pepper
Lowry's seasoning salt

Place steaks on grill over medium hot coals 3-5 inches from the heat source. Cook until red juices come through top side. Turn steaks over using tongs in order to avoid piercing the meat. Generously season the cooked side with the seasoning salt and pepper. Continue cooking to desired doneness. Turn only once! Season the second side. Serve HOT!

NEBRASKA

14 to 17 division

Team Members:

Ashley Wagner, Genoa

Tessa Frenzen, Fullerton

Eric Frenzen, Fullerton

Wravenna Phipps, Kearney

Certified Angus Beef™ Nebraska Special

4 (8- to 10-oz.) Certified Angus Beef™ filet mignons, 1¾ inches thick

Jim Baldridge's Secret Seasoning

Anytime before grilling rub Jim Baldridge's Secret Seasoning into both sides of filets. Grill to desired doneness. Serves 4.



NORTH CAROLINA

14 to 17 division

Team Members:

Redden Lewis, Walstonburg

Billy Lewis, Walstonburg

Heath McPherson, Snow Camp

Inside-Out Southwestern Cheeseburgers

1½ lb. ground beef
2 Tbs. finely chopped onion
2 Tbs. drained, canned diced green chilies

8 slices Monterey Jack cheese with jalapeño peppers, 2x1x¼ inch (about 4 oz.)
¼ cup taco sauce or salsa

Heat coals or gas grill. Mix beef, onion and chilies. Shape mixture into 8 thin patties. Top each of 4 patties with 2 slices of cheese. Place remaining beef patties on top; pinch edges to seal securely.

Cover and grill patties 4-5 inches from medium heat 14-16 minutes, turning

once, until burgers are lightly firm when pressed in center. Serve on Kaiser rolls with taco sauce. Makes 4 servings.



TEXAS

14 to 17 division

Team Members:

Keeton Ehrig, Gonzales

James Foshea, Midlothian

Jaci Jagers, Sulphur Bluff

Tammy Ettredge, Pilot Point

Mark Gleason, Midlothian

Tim Vann, Forestburg

Millionaire Ribeye



6 ribeye steaks, 1 inch thick
Allegro Marinade®

Marinate ribeye overnight with a full bottle of Allegro® in a Ziploc® baggie before grilling. Discard marinade before grilling. Do not baste with Allegro Marinade®. This will make your meat too salty. Enjoy!

VIRGINIA

14 to 17 division

Team Members:

Jonathan Barnes, Dolphin

Amanda Asal, Farmville

Joey Epperly, Moneta

Citrus Grilled Ribeyes



Citrus Glaze:

¼ cup orange juice
¼ cup pineapple juice
¼ cup soy sauce
3 Tbs. brown sugar
3 ribeye steaks, 1 inch thick
(well-trimmed)

Mix all glaze ingredients together.

Place steaks on grill and grill for about 15 minutes for medium doneness.

Turn steaks occasionally and during the last half of cooking time brush steaks on both sides with citrus glaze.

Drizzle remaining glaze over steaks.

Serve with orange juice and pineapple slices.

WISCONSIN

14 to 17 division

Team Members:

Bethany Kohl, Waterloo

Dana May, Mineral Point

Lindsey Weber, Dousman

Keela Retallick, Glen Haven

Wisconsin Steak Flambé

2 Tbs. clarified butter
¼ lb. sliced mushrooms
2 Tbs. chopped green onions
½ tsp. salt
½ tsp. chopped parsley
½ tsp. chopped chives
4 (6-oz.) Angus beef filets

¼ cup cooking sherry
¼ tsp. Worcestershire sauce
1 Tbs. bottled meat sauce
¼ cup beef broth
2 Tbs. cooking sherry
¼ tsp. freshly ground pepper

Pour butter into 10-inch skillet. Heat. When very hot (but not brown) add mushrooms, onions, chives and parsley. Cook, stirring constantly, 2 minutes. Add beef. Cook 2 minutes on each side. Pour in ¼ cup cooking sherry, warm gently, then ignite carefully. When flames die down, mix Worcestershire sauce and meat sauce. Stir in the broth, 2 Tbs. cooking sherry, salt and pepper. Cook 2 more minutes.

Serve with tiny parsley, red potatoes, green beans with almond slivers and raspberry iced tea.



CALIFORNIA

18 to 21 division

Team Members:

Deborah Furtado, Turlock

Melissa Parreira, Los Banos

Kirbe Schnoor, Chowchilla

Bisteca de California

1½ lb. sirloin steak, 1 inch thick
1 large avocado
½ cup chopped onion



Marinade:

6 Tbs. frozen margarita drink mix concentrate, defrosted
2 Tbs. chopped, fresh cilantro
2 Tbs. vegetable oil
4 cloves garlic, crushed
2 Tbs. ground cumin
½ tsp. salt
¼ tsp. pepper

Total preparation and cooking time: 40 minutes. Marinade time: overnight.

In small bowl, combine marinade ingredients. Set aside 2 Tbs. of marinade. Cover and refrigerate. Place beef steak and remaining marinade in food-safe plastic bowl and turn to coat. Close bowl securely and marinate in refrigerator 6-8 hours or overnight. Turn occasionally.

Remove steak from marinade. Discard marinade. Place steak on grill over medium heat (ash-covered coals or gas grill). Grill uncovered 16-18 minutes for medium-rare doneness, turning occasionally. Remove steak and keep warm.

Just before serving, in medium bowl combine avocado, onion and reserved marinade. Toss lightly to coat.

Carve steak crosswise into thin slices. Serve immediately with avocado mixture.

Serves 4.

NORTH CAROLINA

18 to 21 division

Team Members:

Callie Birdsell, Sparta

Megan Birdsell, Sparta

Karl Holshouser, Gold Hill

Miriam Lewis, Walstonburg

Heavenly Rub for Ribeyes

4 Certified Angus Beef™ Ribeye Steaks, cut 1 inch thick (about 2 lb.)
1 2-liter bottle Coca-Cola®

Rub:

1½ Tbs. garlic powder
1 Tbs. onion flakes
2 tsp. granulated sugar
2 tsp. salt

2 tsp. thyme leaves
2 tsp. ground ginger
2 tsp. allspice
1½ tsp. ground black pepper
1 tsp. ground cinnamon
¼ tsp. cayenne pepper
¼ tsp. ground nutmeg



Marinate ribeyes in Coca-Cola® for 6-8 hours or overnight.

In a small bowl, combine rub ingredients. Sprinkle each side of the steaks with 1-2 tsp. of the rub mixture. Grill over medium coals for 7-10 minutes per side.

OKLAHOMA

18 to 21 division

Team Members:

Leslie Davis, Council Hill

Celeste Diacon, Boynton

Tyler Grissom, Prague

Amber Grissom, Seminole

Amanda Penner, Mill Creek

Kelly Penner, Mill Creek

Tangy Barbecued Beef Sandwiches

- | | |
|--|----------------------------|
| 1 (3½- to 4-lb.) boneless beef chuck roast, cut crosswise into ¼-inch slices | 1 tsp. chili powder |
| 1 cup chopped onion | 1 tsp. paprika |
| 4 garlic cloves, minced | ½ cup vinegar |
| ½ cup firmly packed brown sugar | ½ cup Worcestershire sauce |
| 2 tsp. dry mustard | 3 Tbs. lemon juice |
| | 1¾ cups ketchup |
| | 22 sandwich buns, split |

In a 3½- to 4-quart slow cooker, combine all ingredients except buns; mix well.

Cover; cook on low setting for 5-6 hours or until beef is tender, stirring occasionally. Serve on buns.



VIRGINIA

18 to 21 division

Team Members:

Nicole Long, Berryville

Christy Walther, Mount Crawford

Clayton Wieben, Leesburg

Stir-Fried Steak and Vegetable Sandwiches

- | | |
|---|---|
| 1 lb. beef round tip steaks, cut ½ inch to ¾ inch thick | 1 tsp. Italian seasoning, crushed |
| 2 tsp. olive oil | 1 tsp. olive oil |
| 1 medium zucchini, cut into ¼-inch-thick slices | ½ tsp. salt |
| 1 medium onion, thinly sliced | ¼ tsp. pepper |
| 1 medium red bell pepper, cut into thin strips | 4 crusty hoagie rolls (each approx. 6 inches long), split |
| | 4 slices (1 oz. each) provolone cheese |

Total preparation and cooking time: 20 minutes.

Stack beef steaks; cut in half lengthwise, then crosswise into 1-inch-wide strips. Set aside.

In large nonstick skillet, heat 2 tsp. oil over medium-high heat until hot. Add zucchini, onion, bell pepper and Italian seasoning. Stir-fry 3-4 minutes or until crisp-tender. Remove from skillet.

In same skillet, heat 1 tsp. oil until hot. Stir-fry beef in 2 batches, 1-2 minutes each, or until outside surface is no longer pink. Do not overcook. Return beef to skillet.

Season with salt and pepper. Stir in zucchini mixture; heat through.

Arrange ¼ of beef mixture on bottom of each roll; top each with 1 cheese slice. Place on rack in broiler pan so surface of cheese is 4 inches from heat. Broil 1-2 minutes or until cheese is melted. Close sandwiches.

Makes 4 servings.



MICHIGAN

Adult division

Team Members:

Elaine Foster, Niles

Suellen Foster, Berrien Center

Kris Boehmer, Olivet

Country Acres Hot Roast Beef Sandwiches

2- to 3-lb. arm roast
1 can mushroom soup
2 cans water
2 Tbs. beef bullion

1 tsp. fresh crushed garlic
2 Tbs. brown sugar
1 Bay leaf
salt and pepper to taste

Put roast in slow cooker. Mix together mushroom soup, water, beef bullion, garlic and brown sugar. Pour over roast. Add bay leaf, push down into liquid.

Cook on low for 8-10 hours or high for 6-8 hours. When done, remove meat and shred.

Thicken gravy with corn starch, flour or Wondra® flour. Season to taste. Serve with mashed potatoes.



WISCONSIN / ALABAMA

Adult division

Team Members:

Emily Hartzell, Shawano, Wis.

Michael Graveman, Hanceville, Ala.

Coca-Cola® Burgers

5 lb. ground round
1 egg
½ cup Coca-Cola®, divided
½ cup crushed saltine crackers
¼ cup finely chopped onion

6 Tbs. creamy French salad dressing, divided
2 Tbs. Parmesan cheese
¼ tsp. salt
6 hamburger buns, split



In a bowl, mix egg, ¼ cup Coca-Cola®, cracker crumbs, onion, 2 Tbs. of dressing, cheese and salt. Add meat and mix well. Form into six ¾-inch patties. For sauce, mix remaining cola and dressing.

Grill meat over medium coals for 10 minutes or to desired doneness. Turn once. Baste occasionally with sauce. Use remaining sauce as topping.

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| | | | | | 1+.21 | .31 |

| CARCASS WEIGHT | MARBLING | RIBEYE | FAT | %RET. PRODUCT | | | | | |
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QUICK - N - EASY DIVISION

KANSAS

9 to 13 division

Team Members:

Clayton Lampe, Scott City

Kyleigh Santee, Langdon

Parker Rayl, Hutchinson

Courtenay DeHoff, Tonganoxie

Tropical Fiesta Beef

1 package (2 lb.) *Certified Angus Beef™* Quick-N-Easy™ tri-tip roast
1 can tropical fruit salad
3 tsp. spicy brown mustard

½ tsp. hot pepper sauce
1 orange
1 bell pepper, diced
shredded coconut for garnish (optional)

Drain fruit salad, reserve juice.

Grate 1 tsp. of rind from orange. Cut orange in half. Juice half of orange and add juice to reserved fruit juice. Peel the other half and add to fruit salad. Remove roast from package, reserve liquid and place roast in microwave-safe dish. Cover with plastic wrap. Microwave at high for 7-10 minutes. Let stand covered for 5 minutes.

Place reserve liquid from roast and ¼ cup fruit juice in a saucepan. Heat to boiling. Combine fruit salad, green peppers, mustard, remaining fruit juice and hot pepper sauce in small bowl. Set aside. Carve roast across grain into thin slices. Arrange beef and fruit relish on plates or serving platter. Spoon hot sauce (mixture of beef broth and juice) over sliced beef. Sprinkle coconut over fruit relish and serve.



MICHIGAN

9 to 13 division

Team Members:

Erika Boehmer, Olivet

Danielle Foster, Niles

Nicole Heil, Berrien Center

Julie Thelen, Ann Arbor

Rachael Vaassen, Ann Arbor

CAB® Splish Splash Party Appetizers

1 Certified Angus Beef™ Quick-N-Easy™ tri-tip roast

3 tubs (8 oz. each) of Philadelphia Cream Cheese® flavors: Garden Vegetable, Chive and Onion, and Roasted Garlic

3 boxes assorted crackers: Triscuit®, Town House®, Bagel Snacks

Assorted Garnishes:

green and black olives, pickle chips, artichokes, pimentos, pineapple pieces



Heat Certified Angus Beef™ Quick-N-Easy™ tri-tip roast in microwave for 5 minutes at medium power. Spread various flavors of Philadelphia Cream Cheese® on crackers.

Slice roast in thin strips and place one strip on each cracker.

Top with assorted garnishes of your choice.

Serving suggestion: Place appetizers on a large party platter and serve with fruit punch.

OKLAHOMA

9 to 13 division

Team Members:

John Pfeiffer, Mulhall

Layne Armbruster, Burlington

Kayla Swanson, Ochelata

Roundup Ready Roast Beef



1½ lb. Certified Angus Beef™ Quick-N-Easy™ pot roast

Roundup Ready Sauce:

¾ cup ketchup
1½ cups water
½ cup red wine vinegar
1 Tbs. Worcestershire sauce
½ cup firmly packed brown sugar
2 tsp. dry mustard
1 tsp. onion salt
1 tsp. garlic powder
½ tsp. pepper
4-5 drops hot pepper sauce

Prepare roast according to package directions.

Roundup Ready Sauce: Combine all ingredients in 1½-quart saucepan. Bring to a boil, reduce heat and simmer 45 minutes

uncovered. Ready to use or store for later use.

Serve roast hot with Roundup Ready Sauce.

Serves 6.

ARKANSAS

14 to 17 division

Team Members:

Lana Phelps, Siloam Springs

Robby Shofner, Bentonville

Mike Price, Decatur

Kirk Boecker, Bentonville

Erin Turrentine, Bentonville



State Your Case-adilla (Quesadilla)

- | | |
|--|---|
| 1 Certified Angus Beef™ meat loaf | 1 package of Mexican-flavored shredded cheese |
| 1 package of fajita-size flour tortillas | 1 package of taco seasoning |
| 1 can bean dip | |

Preheat skillet to 300° F. Chop the meat loaf, add taco seasoning and heat in microwave or in the skillet. Spray the skillet with cooking spray. Spread 1 tortilla with a thin layer of bean dip. Drizzle a small amount of the chopped meat loaf on top of the bean dip; add a layer of cheese and sprinkle with cheese. Place a second tortilla on top of that. Heat until the bottom looks crisp. Flip the quesadilla over and heat the other side until crisp. Top with more cheese. Cut into 6 wedges. Serve with garnishes of your choice.

ILLINOIS

14 to 17 division

Team Members:

Chelsea Frost, Tallula

Amy Kash, Belle Rive

Sarah Kiesewetter, Farmington

Tyler Musgrave, Griggsville

Teriyaki Tri-Tip

- | | |
|---|----------------------|
| Certified Angus Beef™ Quick-N-Easy™ tri-tip roast | ¼ tsp. ground ginger |
| ½ cup orange juice | 1 Tbs. brown sugar |
| ¼ cup soy sauce | ½ tsp. garlic powder |



Open roast package and drain off liquid, reserving ¼ cup. Mix reserved liquid with juice, soy sauce, sugar and spices. Pour over roast in microwave-safe dish. Cover and microwave according to package directions. Let sit for 5 minutes before carving into serving slices. Serve with juices.

For a quick, easy meal, serve with steamed brown rice and a salad of mixed greens. Ready before Papa Bear can say, "Where's the beef?"

KANSAS

14 to 17 division

Team Members:

Jeana Sankey, Council Grove

Coye Crenshaw-Kleve, Manhattan

Emily McCurry, Burrton

Megan Theis, Leavenworth

Quik 'N Easy Party Sandwich

1 Certified Angus Beef™ Quick-N-Easy™ pot roast, shredded or diced (approx. 2 lb.)
16 oz. shredded cheddar cheese
4 Hoagie buns (6 inches each), or substitute flour tortillas for "wraps"

Mexican salsa:

1 can Mexican style corn
1 can green chilies
¼ cup cilantro
2 scallions – diced
1 small can black olives
1 can diced tomatoes, drained



Stir together ingredients for salsa and allow flavors to mix. Prepare open-face sandwiches with shredded pot roast. Top with shredded cheese and garnish with Mexican salsa. Can be microwaved to melt cheese. Warm roast beef or serve cold. Serve with tortilla chips and dip.

MISSISSIPPI

14 to 17 division

Team Members:

Dana Hancock, Myrtle

Crystal Palmer, Ripley

Andrew Thornton, Courtland

Confetti Stuffed Bourbon Steak

4 (12-oz.) precooked Certified Angus Beef™ Bourbon Street™ sirloin steaks, 1-1½ inches thick
¼ cup finely minced shallots
¼ cup each finely chopped red, yellow and green bell peppers

½ cup chopped mushrooms
garlic powder to taste
salt to taste
fresh ground black pepper to taste
2 Tbs. extra virgin olive oil

Sauté vegetables and seasoning in olive oil until shallots are transparent. Cut slit lengthwise in steak and spread sautéed vegetables into cavity. Close with toothpicks. Bake at 350° F or grill until heated through. Slice in strips. Serve with mixed-vegetable pouches and twice-baked potatoes.

INDIANA

18 to 21 division

Team Members:

Brian Howell, Union City

Chad Haag, Plymouth

Jon Leeper, Argos

Kara Claeys, Oxford

Paige Sherman, Laconia

Kristi Wilson, Orleans

Quick-N-Easy Pot Roast with Mushroom Gravy

1 Certified Angus Beef™ Quick-N-Easy™ pot roast with gravy
2 Tbs. cornstarch

½ cup water
1 small can mushroom pieces



Heat pot roast according to instructions on package. Combine cornstarch and water. When pot roast is hot through, pour gravy into small saucepan and place on stove top on medium-high. Slowly pour cornstarch mixture into gravy, stirring constantly. When gravy begins to bubble, turn down to medium heat. Continue stirring to desired thickness. Add drained mushrooms and heat one more minute. Slice pot roast and serve with gravy.

MINNESOTA

18 to 21 division

Team Members:

Jennifer Scharpe, Arlington

Rebecca Scharpe, Arlington

Melissa Johnston, Houston

Alison Johnston, Houston

Kim Johnson, Pipestone

Katelyn Scharpe, Arlington

Beef 'N Jack

2 Certified Angus Beef™ Quick-N-Easy™ pot roasts
2 Tbs. butter
1 tsp. thyme
1/8 tsp. pepper

2 Tbs. flour
1/4 tsp. salt
1 cup milk
8 oz. shredded Monterey Jack cheese



Prepare roast according to directions.

Prepare cheese sauce:
Melt butter, blend in flour, thyme, salt and pepper. Cook over low heat, or microwave, stirring until mixture is smooth and bubbly. Stir in

milk, heat to boiling, stirring as needed, about 1 minute. Stir in shredded Monterey Jack cheese. Heat and stir until smooth. When using a quick-n-easy beef entrée that has its own beef broth, 1/2 cup of the beef broth may be substituted for 1/2 cup milk.

To serve: remove pot roast from cooking pan. Place on serving plate and pour cheese sauce over roast.

IOWA / WISCONSIN

Adult division

Team Members:

Bridget Driscoll, Williamsburg, Iowa

Erle Driscoll, Williamsburg, Iowa

Gregg May, Mineral Point, Wis.

Sarah Stream, Chariton, Iowa

Kenneth Hartzell, Shawano, Wis.

Dave Sweeney, Alden, Iowa

Erle's Steaks — For the Chef Who Doesn't Cook

Certified Angus Beef™ Bourbon Street™ sirloin steaks foil packets



Open Bourbon Street™ sirloin steaks. Place in foil packets. Heat on grill. Serve.
A no-fail dinner treat — especially if prepared by chefs who don't cook!

AJ