

# Smokin' in the West

The 2001 Auxiliary-sponsored All-American *Certified Angus Beef*®  
Cook-Off provides sizzling entertainment in Denver.

by Keri Geffert

The competition was cooking at the 18th annual Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off. The event was conducted July 10 during the 2001 National Junior Angus Show (NJAS) in Denver, Colo., with a total of 38 teams participating.

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 division based on total points. The teams competed in either the fresh-meat or quick-and-easy divisions. This was the second year for the timesaving quick-and-easy products.

The overall winners in the fresh-meat junior division (ages 9-13) were the Michigan juniors with Steak Supreme. Team members included Erika Boehmer, Olivet; Danielle Foster, Niles; Nicole Heil, Berrien Center; and Patricia Vaassen, Ann Arbor. The team placed first in both the recipe and showmanship categories.

Montana juniors took first place in the fresh-meat intermediate division (ages

14-17), winning both showmanship and recipe categories. Team members Alex Wheatcroft-Hooker, Luther, and Beth Hooker, Luther, prepared Steak Ore House.

The overall winners in the fresh-meat senior division (ages 18-21) were the youth from Indiana. They received the Black Kettle Award in memory of Paul St. Blanc and took first in the showmanship category. Team members Kara Claeys, Chalmers; Jon Leeper, Argos; Chad Haag, Plymouth; Kara Wilson, Orleans; Brian Howell, Union City; and Kristi Wilson, Orleans, prepared Island Marinated Beef Filets.

The California senior team won the fresh-meat recipe category with Video Auction Steak. Team members included Rebecca Sayre, Byron; Libby Lopez, Byron; Amanda Schnoor, Chowchilla; Ryan Nelson, Wilton; Nicolaas Tikker, Pleasant Grove; and Joseph Amaral III, Modesto.

Arkansas and Missouri tied for first in the adult fresh-meat division. Presenting

Island Fun Grill, the Arkansas team captured the showmanship category. Missouri won the recipe category with Whole Beef Tenderloin Marinade.

The winning adult Arkansas team included Michelle Rieff, Bentonville; Bob Shofner, Bentonville; Cindy Long, Lavaca; Susan Taylor, Lavaca; Kathleen McGuire, Fort Smith; Carla Vaught, Horatio; and Teddy Morelock, Fayetteville.

The winning adult Missouri team members were Rance Long, Smithville; Jerry Lehmann, Lake Ozark; and Carla Blackaby, Lake Ozark.

Indiana juniors took top honors in the junior quick-and-easy division with their Brickyard Top Sirloin Steak With Mushroom Sauce. Winners included Ashlyn Carter, Upland; Jenna Langley, Walton; Joseph Claeys, Chalmers; and Adam Leeper, Argos. They also won the recipe category.

Nebraska won the junior quick-and-easy showmanship category. Team members Kellen Jorgensen, Exeter; Klaire Jorgensen, Exeter; Bradford Smith,



► One of the highlights of the Cook-Off is the variety of costumes and makeup worn by the contestants. Montana team members get finishing touches on makeup before competing in the junior fresh-meat division with their entry, "Steak-a-rella." cb



► The Cook-Off has become known for its delightful skits. The Oklahoma intermediate quick-and-easy division surprised audiences with a ventriloquist 'dummy' for their entry, "Quick Beef Burgundy." cb

Loomis; Jara Settles, Hoskins; and Adam Sawyer, Bassett, prepared CAB Prime Rib — Jimbo's Style.

The Iowa juniors took overall honors and first in the recipe category of the intermediate quick-and-easy division. Team members Abby Janssen, Bloomfield; Denae Leonard, Holstein; and Drew Schroeder, Clarence, prepared Quick-N-Easy™ Pot Roast With Moollionare Sauce.

Showmanship winners in the intermediate quick-and-easy division were juniors from Michigan. Team members Scott Heil, Berrien Center; Evan Boehmer, Olivet; Jessica Scrimger, Clifford; Julie Thelen, Ann Arbor; Renee Thelen, Ann Arbor; and Rachael Vaassen, Ann Arbor, prepared Yankee Doodle Pot Roast.

Temptation Steak, prepared by Kansas, captured recipe and overall honors in the senior quick-and-easy division. Team members John McCurry, Burrton; Cody Sankey, Council Grove; Heather Hopper, Leonardville; and Amber Hopper, Leonardville, also laid claim to showmanship honors.

A team from Iowa and Wisconsin won showmanship, recipe and overall honors in the adult quick-and-easy division. Ken Hartzell, Shawano, Wis.; Emily Hartzell, Shawano, Wis.; Gregg May, Mineral Point, Wis.; Dana May, Mineral Point, Wis.; Erle Driscoll, Williamsburg, Iowa; and Bridget Driscoll, Williamsburg, Iowa, prepared Variations on a Dog.

A list of this year's recipes follows on page 240.



► Interpreting other cultures' views on beef is popular at the Cook-Off. cb



► Cook-Off Coordinator Anne Patton Schubert watches a competition skit with amusement. lz



► Books, movies and TV shows provide a popular source for competition skits. These Mississippi juniors take a rest from their "Gone With the Wind" spoof, "Scarlett's Specialty." They placed fourth in the recipe category for the senior fresh-meat division. lz

## A look at the winners

### FRESH-MEAT DIVISION

#### ► Recipe

**Junior** — first, Michigan; second, Colorado; third, Missouri; fourth, Kansas

**Intermediate** — first, Montana; second, Kansas; third, Florida; fourth, Missouri

**Senior** — first, California; second, Indiana; third, North Carolina; fourth, Mississippi

**Adult** — first, Missouri; second, Arkansas; third, Indiana

#### ► Showmanship

**Junior** — first, Michigan; second, Iowa; third, Mississippi; fourth, Texas

**Intermediate** — first, Montana; second, Kansas; third, Missouri; fourth, Florida

**Senior** — first, Indiana; second, North Carolina; third, Texas; fourth, California

**Adult** — first, Arkansas; second, Indiana; third, Missouri

#### ► Overall

**Junior** — first, Michigan; second, Colorado; third, Iowa; fourth, Missouri

**Intermediate** — first, Montana; second, Kansas; third, Missouri; fourth, Florida

**Senior** — first, Indiana; second, North Carolina; third, California; fourth, Texas

**Adult** — first, Arkansas and Missouri (tie); third, Indiana

### QUICK-AND-EASY DIVISION

#### ► Recipe

**Junior** — first, Indiana; second, Nebraska; third, Kansas; fourth, California

**Intermediate** — first, Iowa; second, Michigan; third, Kansas; fourth, Virginia

**Senior** — first, Kansas; second, Virginia; third, Wisconsin

**Adult** — first, Iowa/Wisconsin

#### ► Showmanship

**Junior** — first, Nebraska; second, Indiana; third, California; fourth, Kansas and Oklahoma (tie)

**Intermediate** — first, Michigan; second, Iowa; third, Virginia; fourth, Kansas

**Senior** — first, Kansas; second, Virginia; third, Wisconsin

**Adult** — first, Iowa/Wisconsin

#### ► Overall

**Junior** — first, Indiana; second, Nebraska; third, California; fourth, Kansas

**Intermediate** — first, Iowa; second, Michigan; third, Kansas; fourth, Virginia

**Senior** — first, Kansas; second, Virginia; third, Wisconsin

**Adult** — first, Iowa/Wisconsin

# Try these recipes from the 2001 Auxiliary

## Fresh-Meat Division Deep-Dish Angus Meat Pie, AKA "Cow Pie"

**Colorado, 9 to 13 division**

presented by Jeff Sterkel, Erie; Kim Sterkel, Erie; Britney Creamer, Montrose; Jenna Litzenberger, Longmont; Ashley Docheff, Longmont; Alexa Docheff, Longmont

1½ lb. CAB® round steak, 1 inch thick  
4 large potatoes cut into 1-inch cubes  
4 celery stalks, cut into 1-inch pieces  
1 onion, chopped  
¾ cup oil  
½ cup flour  
salt and pepper to taste

### Dumplings:

1 egg, beaten well  
¼ cup milk  
1½ cups pancake mix

Shake beef pieces in flour. Heat oil in large electric frying pan to 350°F. Add beef and brown well. Add onion and other vegetables. Salt and pepper to taste. Cover with water and simmer until vegetables are tender.

**For dumplings:** Combine egg and milk; add pancake mix. Stir until mixed.

Turn up heat to 350°F on electric skillet.

Drop dumplings by a teaspoon on top of beef and vegetables.

Cover and cook for 7 minutes.

## Miracle Meat Balls

**Iowa, 9 to 13 division**

presented by Lauren Schroeder, Clarence; Ashley Kuehn, Durant; Bryanne Duckett, New Liberty; Chance Sullivan, Saint Charles; Sarah Stream, Chariton

3 lb. CAB® hamburger  
1 large can evaporated milk  
2 cups oatmeal  
2 eggs  
2 tsp. chili powder  
½ cup chopped onion  
½ tsp. garlic salt  
2 tsp. salt  
½ tsp. pepper

### Sauce:

2 cups catsup  
2 cups brown sugar  
½ cup chopped onion  
2 Tbs. liquid smoke  
½ tsp. garlic salt

Mix all ingredients together in large bowl and make into meatballs (1½-inch round). DO NOT pre-fry.

**Sauce:** Heat in saucepan. Stir it until it boils and then pour over meat. Bake at 350°F for 1 hour, uncovered.

**Suggested side dishes:** Party potatoes, Jell-O™ salad.

## Big League Steak with Grilled Veggies

**Kansas, 9 to 13 division**

presented by Courtney Rump, Galva; Ethan Hager, Hutchinson; Bailey Shaw, Chanute; Jacinda Dickenson, Glasco

4 well-trimmed CAB® Kansas City strips,  
cut 1¼ inch thick  
1 lime

**Rub:** Mix together in a small bowl.

2 Tbs. crushed garlic  
4 tsp. dried basil  
2 tsp. coarse black pepper

**Veggie Seasoning:** Mix together.

½ cup grated parmesan cheese  
4 tsp. olive oil  
1 tsp. red wine vinegar

**Veggies:**

1 sliced green pepper  
1 sliced red pepper  
4 green onions, cleaned  
4 small potatoes, sliced

Squeeze lime onto both sides of each steak.



► A collection commemorating the first 15 years of the Auxiliary-sponsored All-American Certified Angus Beef® Cook-Off is available as the "Angus Beef Is the Winner" cookbook. The compilation chronicles the history, rules and scoring of the contest, and it includes photos of various winning teams. lz

# sponsored Certified Angus Beef® Cook-Off

Rub 2 tsp. of rub mixture into each steak, coating both sides.

Add remaining rub seasoning to veggie seasoning mix.

Grill steaks over medium coals 14-16 minutes (medium rare to medium).

Brush veggies with veggie seasoning mix and grill 12-15 minutes or until tender, brushing occasionally with seasoning.

**Hint:** You may want to microwave the potatoes 4-6 minutes before grilling.

Serve immediately.

Serves 4.



**Recipe, Showmanship, Overall**

## Steak Supreme

**Michigan, 9 to 13 division**

presented by Erika Boehmer, Olivet; Danielle Foster, Niles; Nicole Heil, Berrien Center; Patti Vaassen, Ann Arbor

- 4 CAB® New York strip steaks
- crushed garlic
- ¼ cup soft butter
- 2 Tbs. crumbled blue cheese
- 2 tsp. chopped green onion
- ½ tsp. fresh lemon juice
- salt and pepper to taste

Mix together all the above listed ingredients except for the crushed garlic; chill.

Rub steaks with crushed garlic.

Grill steaks to desired doneness.

Top steaks with 1 Tbs. of chilled mixture.

Enjoy!

Serve with baked potato and tossed salad.

Serves 4.

## Grandma's Steak Gumbo

**Mississippi, 9 to 13 division**

presented by Emma Collins, Forest; Clint Collins, Forest; Britt Magee, Mendenhall; Josh Wiltshire, Mount Olive; Karen Woods, Benton; Matthew Woods, Benton

- 2 lb. CAB® tenderloin or filet of beef
- 1 cup oil
- 1 cup flour
- 2 cups chopped onions
- ½ chopped bell pepper
- 4 minced garlic cloves
- ½ stick butter

- 3 cups okra
- 1 gal. warm water
- salt and cayenne pepper to taste
- ½ cup chopped green onion tops
- ½ cup chopped parsley
- 2 tsp. filé powder

Cut tenderloin into ½-inch cubes. Brown in frying pan and set aside.

Mix oil and flour to make a roux. Mix onions, bell pepper and garlic into roux and cook over medium heat until onions are wilted. Add water and butter, stirring until roux comes to a boil. Add okra and tenderloin. Boil slowly, uncovered, for 30 minutes. Add onion tops, parsley and filé powder when ready to serve. Serve in soup plate over cooked rice.

## "Just Right" T-bone Steaks

**Missouri, 9 to 13 division**

presented by Holly Bellis, Orrick; Garren Bellis, Orrick; Shane Kinne, Eagleville; Jessica Weigand, Warrensburg; Kaitlin Sanders, Rayville; Zachary Sanders, Rayville

- 4 CAB® T-bone steaks, cut 1½-inch thick
- 1 (10 oz.) bottle Worcestershire sauce
- ¼ cup extra virgin olive oil
- 2 Tbs. garlic salt
- 1 Tbs. coarse-ground black pepper

Pour just enough Worcestershire sauce on both sides of steaks to moisten; coat with olive oil. Generously season with garlic salt and ground pepper. 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. Continue cooking to desired doneness, approximately 8-10 minutes per side. Turn only once.

Serves 4.

## Steak-a-rella

**Montana, 9 to 13 division**

presented by Katrina Dubs, Billings; Chase Younkin, Glasgow; Allison Dubs, Billings

- 1-1½ lb. CAB® sirloin steak, thinly sliced
- 2 medium Vidalia onions, sliced
- 2 cups fresh mushrooms, sliced
- 3 Tbs. butter
- ½ cup cooking sherry
- ½ cup C.J.'s Gourmet barbecue sauce or your favorite
- 2 lb. lettuce salad mix

- ¼ English cucumber, thinly sliced
- 2 large tomatoes
- ¼ large red bell pepper, sliced
- ¼ tsp. sugar
- 2 tsp. Mrs. Dash® (original blend, salt free)
- 3 Tbs. white balsamic vinegar
- 3 Tbs. extra virgin olive oil

In electric skillet or on stove, sauté onions and mushrooms in butter. Add the sirloin and cooking sherry and sauté until steak is medium rare or medium. Add barbecue sauce when almost done. Place lettuce salad mix in large bowl and top with sliced cucumber, tomatoes, bell pepper, sugar and Mrs. Dash®. Add vinegar and toss. Then add oil and toss. Serve with salad and warm French bread. Serve steak on top of salad or on the side.

Serves 4-6.

## Awesome Angus Pizza

**Nebraska, 9 to 13 division**

presented by Chase Kliever, Henderson; Garrett Kliever, Henderson; Sarah Misesk, Hastings; Cassie Nelson, Ansley; Garrett Koester, Wellfleet

- 3 lb. CAB® strip steak
- 2 cups fresh mushrooms, sliced
- ¼ cup each of green, yellow and red pepper, sliced into bite-size pieces
- 2 medium Vidalia onions, thinly sliced (or any sweet onion)
- ¼ cup black olives
- 4 cups smoked provolone cheese, shredded
- 2 tsp. brown sugar
- prepared pizza sauce
- your favorite pizza crust

Grill steak to medium rare. Cut into 1 inch long strips. Lightly sauté onions, peppers and mushrooms with 2 tsp. of brown sugar. Heat oven to 450°F. Place pizza crust on greased pan. Spread pizza sauce over prepared crust. Sprinkle beef, sautéed vegetables and olives over crust and top with cheese. Bake for 12 minutes. Serve with a tossed, green salad and breadsticks.

Serves 6-8.

## CAB® Scooby Snacks

**Texas, 9 to 13 division**

presented by Jill Jagers, Sulphur Bluff; Inabeth Donaldson, Grandview; Kevin Gleason, Midlothian; Sarah Kamphaus, Tioga; Kyle Kemp, Decatur; Gretchen Ettredge, Pilot Point

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## Certified Angus Beef Cook-Off Contest Recipes CONTINUED FROM PAGE 241

- 1 lb. CAB® ground round
- 1 tsp. Legg's Old Plantation seasoning mix
- ½ tsp. red cayenne pepper
- 3 cups Bisquick®
- 4 cups shredded cheddar cheese
- 2 Tbs. warm water

Season beef with seasoning mix and cayenne pepper. Let sit a few minutes for more flavor. Add Bisquick, cheese and water. Mix thoroughly by hand. Roll into quarter-size balls. Bake on a lightly greased cookie sheet at 325° F for 20-25 minutes, or until brown. Makes about 100 snacks.

### Warm Beef and Herb Salad

**Florida, 14 to 17 division**

*presented by Julianne McCullough, Balm; Amie Taylor, Alachua; Erin Zimmerman, Lithia*

- 1 lb. CAB® sirloin steak
- ½ cup red wine vinegar
- 2 cloves garlic, minced
- 2 tsp. dried basil leaves
- 1 tsp. sugar
- ½ tsp. salt
- ¾ tsp. black pepper
- 6 cups torn mixed greens
- 1 Tbs. olive oil
- 1 medium onion
- 1 medium red bell pepper

Cut sirloin steak lengthwise in 3 strips. Slice across the grain into thin pieces. Combine vinegar, garlic, basil, sugar, salt and black pepper; reserve.

Place mixed greens in salad bowl or on platter.

Heat oil in wok or large nonstick skillet over medium heat. Add half the sirloin strips; stir fry 1-2 minutes or until no longer pink.

Remove with slotted spoon; keep warm.

Repeat with remaining meat.

Add onion and red pepper to same pan. Stir fry 2-3 minutes or until tender crisp.

Return meat to pan with reserved dressing; heat through.

Spoon beef mixture and hot dressing over mixed greens.

Toss and serve immediately.

Serves 4.

### Certified Angus Beef® Pizza Bogeys

**Indiana, 14 to 17 division**

*presented by Christoph Rieker, Columbus; Russell Shireman, Columbus*

#### Burgers:

- 2 lb. CAB® ground chuck
- 1 Tbs. chopped parsley
- 1½ tsp. seasoned salt
- dash pepper

#### Sauce:

- ½ cup chopped onions
- ½ clove garlic, crushed
- 1 Tbs. salad oil
- 2 cans (8 oz.) tomato sauce
- 1 can sliced mushrooms
- 1 Tbs. chopped parsley
- 2 tsp. sugar
- ½ tsp. salt
- ½ tsp. mixed Italian seasoning
- 6 large sesame seed hamburger buns or Italian buns
- butter or margarine
- 3 slices cheddar cheese, halved
- 3 slices mozzarella cheese, halved

Make hamburgers, combining CAB® chuck, parsley, seasoned salt and pepper.

Shape into six ½-inch thick hamburgers. Grill hamburgers until browned on both sides.

Make sauce.

In a saucepan over medium heat, add salad oil, onions and garlic; sauté until golden brown. Stir in tomato sauce, mushrooms, parsley, sugar, salt and Italian seasoning.

Bring to boiling, stirring constantly. Reduce heat; simmer, uncovered and stirring occasionally, 20 minutes.

Place a piece of aluminum foil on grill. Butter cut surfaces of hamburger buns. Place butter-side down on aluminum foil. Grill until browned. Turn buns over and arrange hamburgers on bottom half of bun. Spoon sauce over hamburgers. Insert a half slice of cheddar and mozzarella cheese on each hamburger. Sprinkle with parmesan cheese. Place top half of bun on hamburger, then wrap hamburgers up in aluminum foil and grill until cheese melts and bubbles. To serve, lift from aluminum foil to serving platter.

Serves 6.

### Great Steak

**Kansas, 14 to 17 division**

*presented by Garrett Lampe, Scott City; Clayton Lampe, Scott City; Logan Dreiling, Scott City; Heath Bergkamp, Arlington; Jarrid Herrmann, Dodge City; Casey Rump, Galva*

- 4 CAB® ribeye steaks cut 1½ inches thick
- ¾ cup lemon juice
- 2 tsp. hot pepper sauce

#### Rub:

- 1 tsp. dried rosemary, crushed

- 1 clove garlic, crushed, or 1 tsp. garlic powder
- 1 tsp. chili powder

Combine lemon juice and hot pepper sauce in a shallow pan.

Dip steaks into lemon/pepper mixture, coating both sides.

Combine dry ingredients for "rub," then rub gently onto both sides of each steak.

Let sit for 10-20 minutes while preparing grill.

Grill approximately 11-14 minutes for medium rare or 15-18 minutes for medium.

### Missouri Angels Kansas City Grill

**Missouri, 14 to 17 division**

*presented by Chelsea Moffitt, Kirksville; Mallory Trosper, Hamilton; Meghan Creason, Cowgill; Kera Robinson, Montgomery City; Brooke Grooms, Kidder*

- 6 CAB® Kansas City strip steaks, cut 1½-inches thick
- ½ cup extra virgin olive oil
- 2 Tbs. minced, crushed garlic
- 4 Tbs. minced basil
- 2 Tbs. coarse-ground black pepper
- 2 Tbs. Lawry's seasoned salt

Mix together olive oil, garlic and basil. Rub both sides of steaks generously with mixture. Sprinkle with pepper and seasoning salt. Grill steaks over medium-hot coals for 9-10 minutes per side. Cook until red juices come through top side. Turn steaks over once using tongs in order to avoid piercing the meat.

## 1<sup>st</sup> INTERMEDIATE DIVISION

**Recipe, Showmanship, Overall**

### Steak Ore House

**Montana, 14 to 17 division**

*presented by Alex Wheatcroft-Hooker, Luther; Beth Hooker, Luther*

- 9 oz. CAB® filet mignon
- smoked bacon
- 2-3 oz. crabmeat
- 3-4 oz. sautéed mushrooms
- 1 oz. béarnaise sauce

Wrap slice of bacon around perimeter of steak and secure with toothpicks. Grill filets over hot mesquite coals to desired doneness. Meat is best cooked hot and fast.

Warm crabmeat and sauté mushrooms

while meat is cooking. To serve, top steaks with crabmeat, surround with mushrooms and apply a good scoop of béarnaise sauce over the works.

## CAB® Steak Kebabs

**Texas, 14 to 17 division**

presented by Mark Gleason, Midlothian; Lauren Chapman, Bryan; Tammy Ettredge, Pilot Point; Katy Kemp, Decatur; David Myers, Cedar Hill

- 2 lb. CAB® sirloin steak, cut into 1-inch pieces
- 2 zucchini, cut diagonally into 1-inch pieces
- 2 fresh ears of corn, cut into 1-inch pieces
- 2 small onions, cut into wedges
- 1 green pepper or red sweet pepper, cut into squares

### Sauce:

- ½ cup catsup
- ¼ cup water
- ¼ cup finely chopped onion
- 1 Tbs. brown sugar
- 3 Tbs. lemon juice
- 2 Tbs. cooking oil
- 2 tsp. prepared mustard
- 2 tsp. Worcestershire sauce
- ½ tsp. chili powder

Thread sirloin steak pieces alternately with zucchini pieces, corn pieces, onion wedges and pepper squares onto skewers.

**Sauce:** In a small saucepan, combine catsup, water, chopped onion and brown sugar. Stir in lemon juice, cooking oil, prepared mustard, Worcestershire sauce and chili powder. Simmer the sauce, uncovered, for 10 minutes, stirring once or twice.

Grill kebabs over medium-hot coals to desired doneness; allow 15-17 minutes for medium-rare meat. Turn the kebabs often and brush with sauce. Garnish the end of each skewer with a cherry tomato before serving. Serve on a bed of rice.

Serves 6.



### Recipe

## Video Auction Steak

**California, 18 to 21 division**

presented by Rebecca Sayre, Byron; Libby Lopez, Byron; Amanda Schnoor, Chowchilla; Ryan Nelson, Wilton; Joseph Amaral, Modesto

- 4 CAB® New York strips, 1¼ inch thick

### Video Salsa:

- 6 Tbs. frozen margarita concentrate
- 2 Tbs. chopped fresh cilantro

- 2 Tbs. vegetable or olive oil
- 4 cloves garlic, crushed
- 2 tsp. ground cumin
- ¼ tsp. pepper
- ½ tsp. salt

Barbecue steaks to rare, medium rare or to taste.

Serve salsa on the side.



### Showmanship, Overall

## Island Marinated Beef Filets

**Indiana, 18 to 21 division**

presented by Kara Claeys, Chalmers; Jon Leeper, Argos; Chad Haag, Plymouth; Kara Wilson, Orleans; Brian Howell, Union City; Kristi Wilson, Orleans

- 4 CAB® filet mignons (6 oz.), sliced
- 1¼-inch thick
- seasoned salt
- 1 recipe Island Marinade

### Island Marinade:

- ½ cup Lawry's Caribbean Jerk Marinade with Papaya Juice
- 2 Tbs. lime juice

Lightly sprinkle each steak with seasoned salt. Place steaks in shallow dish and marinate in Island Marinade for 30 minutes before grilling. Place on hot coals and grill to desired doneness. Serve with fruit salad or fresh green salad, rice and rolls.

## “Scarlett’s Specialty”

**Mississippi, 18 to 21 division**

presented by Julie Sims, Booneville; Kirk Johnson, Corinth; Crystal Palmer, Ripley; Priscilla Giachelli, Blue Springs

- 5 (10 oz.) CAB® ¾-inch ribeye steaks
- ¾ cup Dale's steak sauce
- 1¼ cup Italian dressing
- ¼ cup red cooking wine
- lemon pepper, approximately 1 tsp. per side

Season-All or Lawry's seasoning, approximately 1 tsp. per side

Sprinkle meat with lemon pepper and Season-All and place in marinating dish. Mix Dale's, dressing and cooking wine. Pour mix over meat in dish. Refrigerate and turn every 2 hours. The steaks should marinate for approximately 4 hours. After marinating, place the steaks on the grill and cook to desired doneness.

### Suggested side dishes:

Wrapped corn, baked or grilled Vidalia onions, sweet potatoes, quartered Irish potatoes, steamed carrots or green beans.

## Beef Stroganoff

**North Carolina, 18 to 21 division**

presented by Callie Birdsell, Sparta; Megan Birdsell, Sparta; Karl Holshouser, Gold Hill; Heath McPherson, Snow Camp; Shawn Meredith, Stony Point

- 1 lb. CAB® sirloin steak, cut into bite-size strips
- 1 onion, chopped
- 1 Tbs. and 1½ tsp. all-purpose flour
- ¾ tsp. salt
- ¼ tsp. paprika
- ½ tsp. ground black pepper
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1¼ cups fat-free sour cream
- 1 (8 oz.) package egg noodles

Brown the beef strips in a large skillet over medium-heat and drain excess fat. Add the onion and sauté for 5 minutes, or until tender. Stir in the flour, salt, paprika and ground black pepper.

Add the soup, reduce heat to medium low and let simmer for 15 minutes. Then add the sour cream, stirring well.

Prepare egg noodles according to package directions. Serve beef mixture over the egg noodles.

## Fiesta Stack-ups

**Texas, 18 to 21 division**

presented by Kristin Kemp, Decatur; Keeton Ehrig, Gonzales; Robert Bland, Gonzales

### Meat sauce:

- 2 lb. CAB® ground round
- 1 large onion, chopped
- 1 (14½ oz.) can diced tomatoes
- 1 (15 oz.) can tomato sauce
- 1 (12 oz.) can tomato puree
- 2 Tbs. chili powder
- 1 tsp. cumin
- ½ tsp. garlic powder
- 3 tsp. salt
- 1 (23 oz.) can ranch-style beans

Brown beef and onions. Drain fat. Add remaining ingredients, except beans. Simmer uncovered 1½ hours. Add beans and heat thoroughly. Stack meat sauce and the following ingredients (make sure to use everything for a unique taste!):

- 7 oz. minute rice, cooked as directed
- ¾ lb. Cheddar cheese
- chopped onion
- chopped lettuce
- chopped tomato

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## Certified Angus Beef Cook-Off Contest Recipes CONTINUED FROM PAGE 243

chopped black olives  
chopped pecans, lightly toasted coconut  
picante sauce

Serve with sour cream, guacamole and corn chips.

### Grandma's Beef Brisket

**Wisconsin, 18 to 21 division**

*presented by Benjamin Kohl, Waterloo; Sarah Robinson, Wauzeka; Amanda Downing, Waukesha*

1 cup chili sauce  
¼ cup cooking wine  
2 Tbs. Worcestershire sauce  
1 fresh CAB® beef brisket  
chopped onions  
salt and pepper

Place the brisket on a grate in a large roaster.

Season meat with salt and pepper. Cover with chopped onions. Mix the rest of the ingredients together and place on top of meat.

Seal the roaster with heavy foil, sealing it tightly. Bake for 4 hours at 325° F.

It is best to bake and then cool completely and slice. Place in separate serving casserole or platter and warm it up in the juices the day you are to serve it.

Leftovers are great for sandwiches. (I bake it one day, slice it the next day and serve it the next day. It takes so long to bake and quite a while to completely cool to make it easy to slice.)

Serve with a baked potato and Jell-O™ salad.

Serves 6.



**Showmanship, Overall (tie)**

### Island Fun Grill

**Arkansas, Adult division**

*presented by Michelle Rieff, Bentonville; Sonja Martin, Lavaca; Cindy Long, Lavaca; Susan Taylor, Lavaca; Kathleen McGuire, Fort Smith; Carla Vaught, Mena*

6 small red potatoes (1 lb.)  
Fajita seasoning, to taste  
½ cup olive oil  
2 garlic cloves, crushed  
ground pepper, to taste  
2½ lb. CAB® sirloin, trimmed and cut into 24 cubes  
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 by beginning and ending with a potato half.

Grill for 10-12 minutes, turning several times and brushing with the marinade. Grill to desired doneness.

### Greatest Garlic Grilled Ribeyes

**Indiana, Adult division**

*presented by Sam Carter, Upland; Tracey Leeper, Argos; Loran Wilson, Orleans; Rex Kovert, Crothersville*

4 CAB® ribeye steaks (8 oz.),  
1¼ inch thick  
6 minced garlic cloves  
¼ cup paprika  
¼ cup olive oil  
1 tsp. seasoned salt  
½ tsp. black pepper

Combine garlic, paprika, salt, pepper and oil. Place in a shallow pan and dredge both sides of steak in the mixture. Marinate the steaks at room temperature for 30 minutes. Place on hot coals and grill to desired doneness.

Serve with tossed salad, baked potato and garlic bread.



**Recipe, Overall (tie)**

### Whole Beef Tenderloin Marinade

**Missouri, Adult division**

*presented by Rance Long, Smithville; Jerry Lehmann, Lake Ozark; Carla Blackaby, Lake Ozark*

8 oz. Worcestershire sauce  
4 Tbs. hoisin sauce  
1 tsp. garlic powder  
½ lb. butter  
½ cup olive oil  
4 Tbs. fresh rosemary  
white and black pepper to taste

Mix marinade ingredients and spread on

roast (6 lb. CAB® whole beef tenderloin). Cook to medium-rare doneness.

Serves 8-10.

## Quick-and-Easy Division Campfire Pot Roast

**California, 9 to 13 division**

*presented by Garret Blanchard, Mendota; Kylie Jo Lax, Atwater; Christopher Parreira, Los Banos; Austin Perry, Clovis; Kirbe Schnoor, Chowchilla*

1 CAB® Quick-N-Easy™ pot roast  
1 cup fresh carrots, diced  
6 small red potatoes  
1 red onion, cut in chunks  
1 cup broccoli florets  
1 can beef broth  
cornstarch to thicken  
garlic salt, table salt and pepper to taste

Cut pot roast into chunks and place in a large Dutch oven. Add broth (and water if needed) and bring to a boil. Add vegetables, except broccoli, for 15 minutes then add broccoli until slightly cooked (about 5 minutes). Serve in soup bowl with sourdough bread or campfire biscuits.

Serves 4.



**Recipe, Overall**

### Brickyard Top Sirloin Steak With Mushroom Sauce

**Indiana, 9 to 13 division**

*presented by Ashlyn Carter, Upland; Jenna Langley, Walton; Joseph Claeys, Chalmers; Adam Leeper, Argos*

4 CAB® Quick-N-Easy™ top sirloin steaks  
in bourbon sauce  
8 oz. fresh mushrooms, sliced  
1 clove garlic, minced  
2 Tbs. green onions, finely chopped  
2 Tbs. butter  
1 Tbs. flour  
¼ tsp. salt  
¼ tsp. white pepper  
1 cup beef broth  
4 slices bacon

In a saucepan, sauté mushrooms, garlic and onions in butter until the mushrooms are tender. Add flour, stir until blended and cook for about 1 minute. With the top sirloins thawed, cut a corner of the bag and drain the liquid from all 4 steaks. Mix this with the beef broth and add to saucepan. Simmer for 20 minutes to allow the liquid to thicken. Remove steaks from bag and wrap each one with a bacon slice. Place

back in bag and heat in microwave according to the package directions. Remove from microwave and place on a platter. Spoon mushrooms and sauce over the steaks. Serve with boiled new potatoes, sautéed carrots and dinner rolls.

Serves 4.

## CAB® Wrap

**Kansas, 9 to 13 division**

*presented by Courtenay DeHoff, Tonganoxie; Kenny Hopper, Leonardville; Parker Rayl, Hutchinson; Kyleigh Santee, Langdon*

- 1 package fully cooked CAB® Quick-N-Easy™ pot roast
- ½ cup frozen corn, defrosted
- 1 small tomato, chopped
- 1 Tbs. chopped cilantro
- 16 oz. jar salsa
- 4 large flour tortillas, warmed
- shredded lettuce, shredded cheddar cheese, sliced black olives (optional)

Combine corn, cilantro and 2 Tbs. salsa in a small bowl; heat through in microwave.

Remove roast from package and tear into shreds with 2 forks, discarding gravy.

Combine beef, remaining cilantro and salsa in a microwave-safe dish.

Microwave 7-10 minutes, stirring halfway through cooking time.

Spoon ¼ of meat mixture into each tortilla, and top with ¼ of corn mixture.

Add lettuce, cheese and olives if desired.

Fold or wrap tortillas around mixture.

Serve immediately.

Serves 4.

## 1st JUNIOR DIVISION

### Showmanship

## CAB® Prime Rib — Jimbo's Style

**Nebraska, 9 to 13 division**

*presented by Kellen Jorgensen, Exeter; Klaire Jorgensen, Exeter; Brad Smith, Holdrege; Jara Settles, Hoskins*

- 6 cuts pre-cooked CAB® prime rib
- 2 tsp. Jim Baldrige's Secret Seasoning

Place griddle or frying pan over hot charcoals or heat on stove top. Open the individual cuts of meat into a large bowl, saving all of the meat's juices. Place each piece of meat on the griddle/pan and immediately sprinkle each with ¼ to ½ tsp. of seasoning on one side. Heat each side for 4 minutes, enough time to heat the meat

and not over cook. Heat the juices from the meat packages in a saucepan and divide it over the meat portions on the serving plate.

**Serve with:** Oven baked new potatoes cooked in butter and sprinkled with parsley. Corn on the cob, cooked in the husk on the grill, fresh tomato salad, buttermilk biscuits, sun tea and watermelon slices.

**Other side dishes:** green bean casserole, spinach salad, au gratin potatoes, broccoli with cheese.

## Shredded Beef Sandwiches

**Oklahoma, 9 to 13 division**

*presented by Thatcher Dilbeck, Boynton; Clint Grissom, Seminole; Kayla Swanson, Ochelata; Cali Emberson, Nowata; Dustin Davis, Council Hill*

CAB® Shredded Beef in Barbecue Sauce  
chopped green bell pepper  
soft rolls

Prepare heat-and-serve shredded beef in barbecue sauce according to package directions. Stir in sautéed chopped green bell peppers, if desired. Serve in soft rolls or buns. For kids, serve in hot dog buns.

Suggested side dishes are potato salad and fresh carrots.

## "Get in the Game" Steak Sandwiches

**Arkansas, 14 to 17 division**

*presented by Robby Hofner, Bentonville; Lana Phelps, Siloam Springs; Erin Turrentine, Bentonville; Kirk Boecker, Bentonville*

- 2 cups sliced red or green bell peppers
- 1 small onion, thinly sliced
- 1 Tbs. vegetable oil
- ½ cup steak sauce
- 1 tsp. prepared horseradish
- 6 CAB® Bourbon Street sirloin steaks, thinly sliced
- 6 long sandwich rolls
- 12 slices Monterey Jack cheese

Place the bell peppers, onions and oil on a double sheet of foil. Sauté on the grill until tender. Stir in the steak sauce and horseradish; keep warm. Place the thin slices of steak on the grill and heat thoroughly.

On the roll bottoms, portion the beef, pepper mixture and cheese. Wrap in foil and place on the grill until ready to serve.

This recipe can also be made in a skillet over medium heat.

Serves 6.

## 1st INTERMEDIATE DIVISION

### Recipe, Overall

## Quick-N-Easy™ Pot Roast with Moollionare Sauce

**Iowa, 14 to 17 division**

*presented by Abby Janssen, Bloomfield; Danae Leonard, Holstein; Drew Schroeder, Clarence*

2 packages CAB® pot roast,  
prepared as directed on package

### Moollionare Sauce:

- ½ cup sour cream
- 1 Tbs. Dijon style mustard
- 1 Tbs. fresh snipped chives
- 2 tsp. prepared horseradish
- ¼ cup whipping cream, whipped

Mix all together and serve on side of dish.

Suggested side dishes: Crinkle-cut potatoes and a green vegetable.

## Mom's Anytime Pot Roast Sandwich

**Kansas, 14 to 17 division**

*presented by Emily McCurry, Burrton; Abby Rayl, Hutchinson; Megin Santee, Langdon; Coye Crenshaw-Kleve, Manhattan; Jeana Sankey, Council Grove; Megan Theis, Leavenworth*

- 1 CAB® Quick-N-Easy™ fully cooked pot roast, diced or shredded
- 16 oz. shredded Mexican cheese
- 4 hoagie buns

### Mexican Salsa:

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

Mix together all ingredients for salsa; set aside to allow flavors to mix.

Microwave pot roast 7-10 minutes or until heated through.

Slice open hoagie buns for open-faced sandwiches.

Top each bun with roast and shredded cheese and garnish with Mexican Salsa.

**Hint:** Warm sandwiches to melt cheese.

Serve with tortilla chips and dip.

Pot roast can also be served cold, if preferred.

Warmed flour tortillas can be substituted for hoagie buns to make "wraps."



## 1<sup>st</sup> INTERMEDIATE DIVISION

### Showmanship

#### "Yankee Doodle" Pot Roast

Michigan, 14 to 17 division

presented by Scott Heil, Berrien Center; Evan Boehmer, Olivet; Jessica Scrimger, Clifford; Julie Thelen, Ann Arbor; Renee Thelen, Ann Arbor; Rachael Vaassen, Ann Arbor

1 CAB® Quick-N-Easy™ pot roast  
Heat and serve pot roast.

Follow the package directions for heat and serve entrée.

Serve with boiled new potatoes, carrots and tiny onions, coleslaw and potato rolls, and apple pie for dessert.

Serve with beverage of choice.

Serves 4.

#### Quick Beef Burgundy

Oklahoma, 14 to 17 division

presented by John Pfeiffer, Mulhall; Kelli Armbruster, Burlington; Leslie Davis, Council Hill; Amber Grissom, Seminole

2 lb. CAB® Quick-N-Easy™ pot roast  
1 lb. small mushrooms  
2 small onions, cut into wedges  
¾ cup red wine  
¾ tsp. marjoram leaves  
1 Tbs. cornstarch

Transfer liquid from CAB® heat-and-serve pot roast into electric skillet. Add mushrooms, onions, red wine and marjoram leaves to liquid in pan. Bring to a boil, reduce heat and simmer 7-8 minutes until vegetables are almost tender. Cut pot roast into 1 inch pieces; add to pan. Bring to a boil; cook 2-3 minutes until beef is heated through. Stir in 1 Tbs. cornstarch dissolved in 3 Tbs. water. Bring to a boil; cook and stir until thickened. Serve over noodles. Accompany with dinner salad and green beans.

#### Blazin' Beef Barbecue Wraps

Virginia, 14 to 17 division

presented by Garrett Johnston, Staunton; Amanda Asal, Powhatan; Joey Epperly, Moneta; Will Epperly, Moneta; Megan Graves, Afton

1 lb. CAB® Shredded Beef in Barbecue Sauce  
1 package large tortillas  
1 large green pepper, diced (optional)  
1 large Vidalia onion, diced (optional)  
1 package Red Beans 'n' Rice

Handle and prepare barbecue for cooking according to package directions.

Over hot campfire (or medium heat) warm barbecue to desired temperature.

**Optional:** Sauté peppers and onions in

butter and add barbecue, heating to desired temperature.

Wrap tortillas in aluminum foil and place over hot fire (or in warm oven) until warm and soft.

Prepare Red Beans 'n' Rice according to package directions and serve with shredded CAB® Barbecue wrapped in warm tortillas.

## 1<sup>st</sup> SENIOR DIVISION

### Recipe, Showmanship, Overall

#### Temptation Steak

Kansas, 18 to 21 division

presented by John McCurry, Burrton; Cody Sankey, Council Grove; Heather Hopper, Leonardville; Amber Hopper, Leonardville

4 CAB® sirloin strip steaks in bourbon sauce  
1 medium red bell pepper, sliced into rings  
¼ cup shredded coconut

**Fruit Salsa** (serve in coconut halves)

1 cup chopped strawberries  
½ cup fresh or frozen blueberries  
½ cup fresh or frozen blackberries  
1 cup grapes, halved  
2 peaches, diced

Mix all fruit together and set aside; allow to make a light syrup.

Microwave steaks according to package directions.

Top each steak with a bell pepper ring.

Spoon Fruit Salsa into coconut halves and garnish with shredded coconut.

Serve steaks with roasted ear corn or twice-baked potato.

#### "Under the Western Sky"

##### Sirloin Steaks

Virginia, 18 to 21 division

presented by Clayton Wieben, Waterford; Steve Furrow, Rocky Mount; Cassie Reed, Appomattox; Jonathon Barnes, Dolphin; Kati Hereford, Hamilton; Chelsea Wieben, Waterford

4 (6-8 oz.) CAB® Quick-N-Easy™ sirloin steaks in bourbon sauce  
1 large green pepper, fresh  
1 large yellow pepper, fresh  
1 large red pepper, fresh  
1 lb. prepared pasta salad (your choice)

Handle and prepare steaks for cooking according to package directions.

Over medium coals cook steaks to desired doneness.

Wash and slice peppers into ¼-inch strips, wrap in aluminum foil and place on grill

approximately 5 minutes prior to cooking steaks. Cook for 15-20 minutes or until tender.

Serve steaks with cooked peppers and a pasta salad of your choice.

#### Snappy Barbecue Beef Sandwiches

Wisconsin, 18 to 21 division

presented by Bethany Kohl, Waterloo; Kayla Downing, Waukesha; Keela Retallick, Glen Haven

3 lb. CAB® Quick-N-Easy™ pot roast  
½ cup ketchup  
½ cup barbecue sauce  
1 cup chopped celery  
1 cup water  
¼ cup chopped onion  
1 Tbs. brown sugar  
1 Tbs. Worcestershire sauce  
½ tsp. chili powder  
1 tsp. garlic powder  
1 tsp. salt  
8 rolls or buns

Combine all the ingredients except the meat and rolls.

Bring to boil, then cover and cook on medium heat 10 minutes.

Add the beef roast, taking it out of the bag. Heat for 7 minutes, then shred beef with a fork.

Place meat on rolls right before you serve it.

Serve with baked beans, Jell-O™ salad and relishes.

Serves 8-10.

## 1<sup>st</sup> ADULT DIVISION

### Recipe, Showmanship, Overall

#### Variations on a Dog

Iowa/Wisconsin Adult division

Bridget Driscoll, Williamsburg, Iowa; Erle Driscoll, Williamsburg, Iowa; Ken Hartzell, Shawnoo, Wis.; Emily Hartzell, Shawnoo, Wis.; Gregg May, Mineral Point, Wis.; Dana May, Mineral Point, Wis.

Usinger's CAB® frankfurters  
buns  
various condiments as listed in recipes

Cook frankfurters on grill, in microwave or in oven and add:

1. Chile Dog — add Hormel® Chili
2. Picnic Dog — add relish, mustard, catsup
3. Cheese Dog — add American cheese
4. Hot Hot Cheese Dog — add pepper jack cheese
5. Garden Veggie Dog — add garden vegetable cheese