



Cook-Off Competition Heats Up

National Junior Angus Show hosts a culinary competition to encourage junior Angus members to create a Certified Angus Beef® dish.

by Karen Hiltbrand, American Angus Association

Junior Angus members and parents alike agree the American Angus Auxiliary-sponsored *Certified Angus Beef®* (CAB®) Cook-Off is one of the most highly anticipated contests hosted at the National Junior Angus Show (NJAS).

In 1983 in Des Moines, Iowa, the first Cook-Off was organized to encourage Angus juniors to practice their beef education skills while using ground beef. Later in 1988,

the contest gained the support of CAB®, and ever since, they have provided product to contestants. To add to the creativity of the event, juniors are encouraged to create a theme to dress and style the dish around, as well as prepare a presentation or skit for the judges focusing on the theme of the dish.

“The CAB Cook-Off is a highly anticipated annual event that everyone in the family can get

excited about,” says Anne Patton Schubert, past American Angus Auxiliary president and one of the founders of the Cook-Off. “Not only does this contest teach juniors to cook using the *Certified Angus Beef* brand, but it also molds the exhibitors to be beef advocates at the dinner table.”

Participants are to create a dish using the CAB brand, and these dishes were separated into three



The Kansas intermediate steak team won the Black Kettle Award at the American Angus Auxiliary-sponsored All-American *Certified Angus Beef®* Cook-Off at the 2019 National Junior Angus Show. Pictured are (from left) Anne Patton Schubert, Melanie Kiani, and Emma Collins, presenting; Abbie Schwab, Goddard; Clay Pelton, Paradise; Kady Figge, Onaga; Nick Siemens, Towanda; Kelsey Theis, Leavenworth; and Eva Hinrichsen, Westmoreland, recipients; Vicki St. Blanc, Clayton Lampe, Garrett Lampe, and Anne Lampe, presenting.



BLACK KETTLE AWARD WINNING RECIPE Molasses Spiked Steaks

Ingredients:

CAB® flat-iron steaks	2 Tbs. garlic
¼ cup brown sugar	2 tsp. ginger
½ cup molasses	2 tsp. chili powder
2 Tbs. balsamic vinegar	2 tsp. red pepper flakes
2 Tbs. olive oil	2 tsp. thyme
2 Tbs. black pepper	salt to taste

Instructions

1. Whisk together all ingredients and pour into a resealable bag. Add the steaks and seal the bag.
2. Set in the refrigerator to marinate for 2 hours, flipping the bag occasionally.
3. Remove the steaks from the bag and place on a hot grill (400° F).
4. Cook approximately 7-9 minutes and flip once. Grill an additional 6 minutes or until steaks reach an internal temperature of 135°. Use a meat thermometer to test.
5. Transfer the steaks to a platter and let rest for 5-10 minutes before slicing.

divisions: steaks, roasts and other beef items. Beyond these categories, the junior members are divided into age groups: 8-13, 14-17 and 18-21, with groups of two to six, the age being determined by the oldest member of the team.

Sponsored by the Beef Education Committee of the American Angus Auxiliary, this event requires an immense amount of teamwork and is a favorite of exhibitors, as well as families, thanks to its fun nature.

Sizzling success

Kansas juniors Eva Hinrichsen, Westmoreland; Kady Figge, Onaga; Clay Pelton, Paradise; Kelsey Theis, Leavenworth; Abbie Schwab, Goddard; and Nick Siemens,

Towanda, were the overall winners. They were able to wow the judges with their Molasses Spiked Steak recipe. This recipe uses CAB flat-iron steaks marinated in a

combination of spices and molasses, all grilled to perfection.

The Black Kettle Award is given to the team with the highest score

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NATIONAL JUNIOR ANGUS SHOW 2019

Winners of the 2019 Auxiliary-sponsored All-American CAB® Cook-Off

Black Kettle Winner

Kansas intermediate steak team

Pat Grote LEAD scholarship winner

Kansas intermediate steak team

Steak division

Rank	Recipe	Showmanship	Overall
Junior			
1	Kentucky	Illinois	Kentucky
2	Illinois	Kentucky	Illinois
3	Texas	Kansas	Kansas
Intermediate			
1	Kansas, Texas (tie)	Kansas	Kansas*
2	Oklahoma	Oklahoma, Illinois (tie)	Nebraska
3	Iowa	Nebraska	Oklahoma
Senior			
1	Arkansas	Pennsylvania	Pennsylvania
2	Illinois	Kansas	Kansas
3	Kansas, Iowa (tie)	Iowa	Illinois

Roast division

Rank	Recipe	Showmanship	Overall
Junior			
1	Kansas	Illinois	Illinois*
2	Illinois	Kansas	Kansas
3	Missouri	Missouri	Missouri
Intermediate			
1	Ohio	Ohio	Ohio
2	Illinois	Illinois	Illinois
Senior			
1	Oklahoma	Nebraska	Nebraska
2	Louisiana	Oklahoma	Oklahoma
3	Nebraska	Louisiana	Louisiana

Other beef division

Junior			
1	Virginia	Virginia	Virginia*
2	Ohio	Ohio	Ohio
3	Oklahoma	Florida	Florida
Intermediate			
1	North Carolina	North Carolina	North Carolina
2	Missouri	Missouri	Missouri
Senior			
1	California	California	California

*Denotes overall winner of the product division.

overall, among all different age groups. In commemoration of Paul St. Blanc, who was an avid Angus producer and cook-off enthusiast, this award was presented to Kansas in the Intermediate Steak division. The team appropriately chose the Kentucky Derby to coincide with this year's NJAS theme.

The CAB Cook-Off contest is an opportunity for all juniors to be involved in the activities of the show week, even if they do not have livestock to show. This opportunity is educational as well as fun for all juniors involved and will continue being a favorite competition throughout the upcoming years. **AJ**





The Chef's Challenge

by Julie Mais, editor

In its 10th year, the Chef's Challenge, hosted in conjunction with the Cook-Off, is modeled after Food Network's cooking competition Iron Chef. It features two age divisions: NJAA members ages 18 to 21, and adults 21 and older. Contestants are allowed to enter as individuals or in teams of two for the event, which is coordinated by the American Angus Auxiliary.

The *Certified Angus Beef*® (CAB®) brand provides the cut of meat used in the competition. No more than 10 teams are allowed.

After the contest reveals the secret ingredients, the contestants have a limited time to create a recipe and shop for accompanying ingredients. The contest provides only the secret ingredients and grills. For the contest, the chefs have one hour to prepare and serve an original recipe using the specific cut of CAB meat (this year's cut was skirt steak) and secret ingredients announced the day prior to the competition.

Secret ingredients for this year were Moore Farm fresh heirloom tomatoes, Weisenberger white grits, Woodford Reserve bourbon cherries and fresh rosemary.

The timed event is a test of skill and creativity. Winners are selected based on use of the secret ingredients, display and taste.



THE CHEF'S CHALLENGE WINNING RECIPE Balsamic Grilled Skirt Steak with Bourbon Cherries

Ingredients

CAB® skirt steak	½ tsp. freshly ground black pepper
¼ cup balsamic vinegar	Salt to taste
2 Tbs. Worcestershire sauce	Bourbon cherry reduction
2 tsp. dark brown sugar	
1 clove garlic, minced	

Instructions

Combine balsamic vinegar, Worcestershire sauce, brown sugar and garlic in a large Ziploc® bag. Add skirt steak, turn to coat. Marinate at room temperature for 25 minutes, turning a couple of times. Remove steak and sprinkle with salt and pepper.

Grill at 400° F for approximately 2 minutes on each side to medium-rare doneness.

Slice diagonally and serve topped with bourbon cherry reduction.

Bourbon Cherry Reduction

1 Tbs. butter	bourbon cherries, halved
¼ cup shallots, sliced	2 Tbs. cherry preserves
2 cloves garlic	⅔ cup balsamic vinegar
½ cup Woodford Reserve	

Instructions

Heat butter in small saucepan over medium-high heat. Add shallots and sauté until translucent. Add garlic and sauté for another minute. Add bourbon cherries, cherry preserves, and balsamic vinegar. Cook until reduced, approximately 10-15 minutes.

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Cheese Grits with Roasted Tomatoes

Ingredients

- ½ cup heavy cream
- 2 Tbs. unsalted butter
- 2 tsp. kosher salt
- 3 cups water
- 1 cup uncooked grits
- 2 oz. Boursin Garlic & Fine Herbs cheese
- ⅓ cup mild cheddar cheese, finely grated
- ¼ cup Welsh Cheddar cheese, grated
- Roasted tomatoes
- Chives for garnish, finely chopped

Instructions

Bring first three ingredients and water to boil. Slowly stir in grits and reduce heat to medium-low. Cover and simmer, stirring occasionally, until tender.

Fold in Boursin cheese and cheddar cheeses until melted. Remove from heat. Cover and let stand for 5 minutes. Transfer to a serving platter and top with roasted tomatoes.

Roasted Tomatoes

Ingredients

- 1 lb. heirloom tomatoes
- 1 Tbs. extra virgin olive oil
- 1 Tbs. red wine vinegar
- 1½ tsp. honey
- ⅓ tsp. kosher salt
- ⅓ tsp. freshly ground black pepper

Instructions

Heat oven or grill to 400° F. Toss all ingredients in Ziploc® bag and let stand for 10 minutes. Bake or grill until tender.

This year, Food Network's Chopped Champion Chef Josh Moore, chef and owner of Louisville, Ky., CAB-licensed restaurant Volare, served as one of the Chef's Challenge judges. Chef Moore helped to choose the secret ingredients and brought one of the ingredients fresh from his farm — Moore Farm Garden.

In the adult division, Greg Slone and Lauren Slone, Danville, Ky., took home first place; Chelsey Figge, Onaga, Kan., placed second; and in third were Melissa Steph, Tatum, Texas, and Stacy Morris, Edgewood, Texas. **AJ**



Top: Greg Slone and Lauren Slone, Danville, Ky., took home first place.

Bottom left: Chelsey Figge, Onaga, Kan., placed second.

Bottom right: Melissa Steph, Tatum, Texas, and Stacy Morris, Edgewood, Texas, took home third place.