

## CAB At Home

*The 37th-annual Certified Angus Beef Cook-Off brings families together to make their favorite beef dish.*

*by Madi Baughman, editorial intern*

First hosted at the 1983 National Junior Angus Show (NJAS) in Des Moines, Iowa, the Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off has been a fan-favorite of junior members ever since.

Sponsored jointly by the American Angus Auxiliary, the National Junior Angus Association (NJAA) and Certified Angus Beef LLC, this event was created to allow junior members to utilize their practical beef education skills while promoting Angus beef. State associations are allowed one team in each division, and participants must prepare a recipe using *Certified Angus Beef* and a skit to educate the public on CAB guidelines and specifications.

With the changes COVID-19 guidelines brought to the NJAS this year, many feared the Cook-Off would not happen. However, Anne Lampe, co-chair of the Cook-Off along with Anne Patton Schubert, says after discussing ideas with the Events and Education Department, she knew they had to do something to keep the Cook-Off alive.

### Adjusting to the times

“What we came up with was a CAB at-home contest,” Lampe says.

“What we came up with was a CAB at-home contest. Instead of having state teams, we decided they could have family teams of mixed ages, including parents and younger or older siblings who aren’t NJAA age.” — Anne Lampe

“Instead of having state teams, we decided they could have family teams of mixed ages, including parents and younger or older siblings who aren’t NJAA age.”

For the new format to adhere to safety precautions, families had to produce everything at home, including the video, themselves. Contestants were encouraged to

think creatively, allowing kitchen, ranch, cooking show and even pasture-to-plate scenarios to inspire the videos.

While the in-person contest typically has 35 teams from different states, there were nine videos entered in the virtual contest, which Lampe says was impressive considering the short time frame and late notice of the contest change.

Though she hopes the traditional Cook-Off continues to be a part of the NJAS for many years to come, Lampe notes that adding a virtual contest like this could welcome families who don’t typically attend NJAS for various reasons.

“I think that this could



Winning first place were Grace, Anna and Abigail Schrader of Schrader Farms Angus, Columbia City, Ind.



## Smoked Meatloaf Patty Melts

even still be a companion contest to our traditional Cook-Off, because we don't have anything for families to do," Lampe says of previous years. "They're ranching families and they have junior Angus members, but they don't traditionally go to the National Junior Angus Show and participate in the Cook-Off."

### Family bonding time

For the Perrier family of Eureka, Kan., this contest was a way to bring the family together and put their cooking skills to work. Matthew and Amy Perrier have five children — Hannah, Henry, Ava, Lyle and Hope, all who played a part in their recipe video about the "Cowboy KC Strip."

Because they love watching *Food*



## Smoked Meatloaf Patty Melts

### Meatloaf Ingredients:

- |                                |   |
|--------------------------------|---|
| 3 lb. lean CAB®                | 2 Tbs. balsamic vinegar                 |
| 1 lb. ground pork              | 1 Tbs. coarse sea salt                  |
| 1 medium onion, finely chopped | ½ Tbs. ground black pepper              |
| 1 clove garlic, finely chopped | ½ cup BBQ sauce, plus extra for basting |
| 1 large egg, beaten            |   |
| ½ cup breadcrumbs              |   |

In a large bowl mix the ground beef and ground pork together by hand. In a smaller bowl, combine the onion, garlic, egg, breadcrumbs, vinegar, sea salt, pepper and BBQ sauce. Add the seasonings to the meat and mix by hand until just combined. Bring the smoker up to between 225° F and 240°. Prepare two aluminum loaf pans with nonstick cooking spray. Shape the meat mixture into the loaf pans. Brush the top of each loaf with reserved BBQ sauce and set the loaf pans in the smoker. Cover the smoker, then smoke the meatloaves for 2 to 3 hours, until the internal temperature reaches 190°. Remove the meatloaves from the smoker, then let them rest for at least 10 to 15 minutes. Serve immediately.

### Patty Melt Ingredients:

- |                                       |   |
|---------------------------------------|---|
| 1 medium Vidalia onion, thinly sliced | 8 slices Texas toast                    |
| 1 green pepper, seeded and sliced     | 4 thick slices Smoked Meatloaf          |
| 1 red pepper, seeded and sliced       | ½ Tbs. ground black pepper              |
| 1 pint sliced mushrooms               | ½ cup BBQ sauce, plus extra for basting |
| 8 slices Swiss cheese                 |   |

Sauté sliced Vidalia onion, green & red pepper, and mushrooms in a skillet until they are caramelized, about 10 to 13 minutes. Place a slice of Swiss cheese on each of two slices of Texas toast. Cut a thick slab of meatloaf and set it on one of the slices of bread, then smother it with the caramelized vegetables. Place the other slice of bread on top, cheese side facing the meatloaf, then press in a panini maker for 90 seconds, until the bread is golden and crispy. Enjoy every bite!



Continued on page 136

*Network* as a family, Hannah says they decided to do their own version of a cooking show based on the CAB brand. With five siblings to work with, they each decided to pick different roles based on the parts of cooking they enjoyed.

The Perriers' family has been raising Angus cattle for more than 114 years, and they exhibit cattle at the county fair and spring shows. However, Ava says, she has only been to the NJAS once, when it was hosted in Kansas City, Mo. With their rich tradition in the breed, they enjoyed being able to showcase their operation and explain to consumers what ranch life is like.

"For my history with the NJAA and the American Angus Association, it was really rewarding to see the kids get involved," Matthew says. "The relationships you develop at junior nationals is hard to replace, but this is a way to encourage them to

participate in some of those contests in-person later on."

## The judges' insight

The panel of judges responsible for picking the winners of the CAB At-Home contest were Michael Ollier, CAB senior corporate chef; Ashley Breneman, executive chef at the CAB Culinary Center; and Bryan Schaaf, chef liaison. Each says they

were blown away by the talent and character of every family in each video submitted for the contest.

Ollier says he enjoyed the virtual contest because he appreciated seeing "behind-the-scenes" footage of the great people within the Angus breed. Breneman notes she enjoyed the opportunity to see the home and way of life of farming and ranching families in a way they wouldn't be



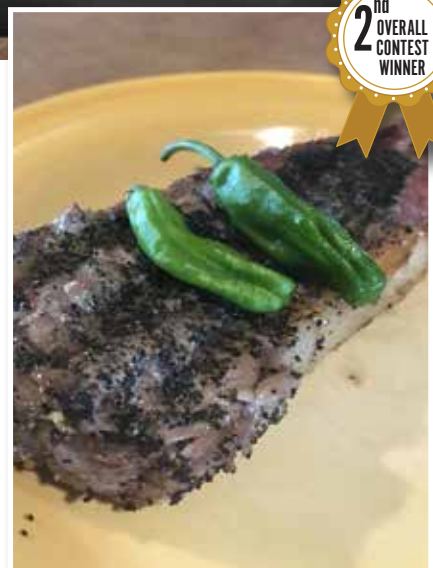
### Cowboy KC Strip

<p><b>Ingredients:</b>                  6 CAB® KC strip steaks                  ½ Tbs. kosher salt</p>	<p>½ Tbs. cracked black pepper                  ½ Tbs. Montreal steak seasoning                  ½ Tbs. used coffee grounds</p>
--	---

Heat the grill to 400° F or the highest setting. Rub the steaks with the seasoning mix prior to grilling. Grill the steaks on 400° for 4 minutes per side for medium rare, or adjust time for preferred doneness.



Winning second place are Ava, Lyle, Hannah and Henry Perrier, along with sibling Hope, of Dalebanks Angus, Eureka, Kan.



**Cowboy KC Strip**


able to at the in-person contest.

“There is such a genuine realness, and I think [raising beef cattle] is a very honest process at the end of the day,” Schaaf says.

A moment in the Perrier family’s video — when they are enjoying the final product of the “Cowboy KC Strip” and discussing farming and ranching life — really brings the video full-circle, says Ollier.

“It was a whole different insight into how farming and ranching

families grew up,” Ollier says.

The Perrier family ended up taking home second place with their recipe. Earning first-place honors was the Schrader family (Grace, Anna and Abigail) of Columbia City, Ind., with their smoked “Meatloaf Patty Melt” recipe. Placing third was the Doerstler family — Raleigh and Lilah — from Hagerstown, Ind., with their “Guacamole Burger” recipe. 



**Guacamole Burger**



Winning third place are Raleigh and Lilah Doerstler, of Phase 3 Cattle Co., Hagerstown, Ind.



## Guacamole Burger

### Ingredients:

1½ lb. of CAB® ground sirloin  
 4 avocados  
 ¼ of a large red onion  
 1 small tomato  
 ¼ cup of cilantro  
 sliced tomatoes

artisan leaf lettuce, rinsed and patted dry  
 1 tsp. of garlic salt  
 2 limes  
 dash of salt and black pepper  
 4 slices of Monterey jack cheese  
 4 brioche buns  
 butter or margarine

Form beef patties with *Certified Angus Beef*® ground sirloin. Season beef patties with dash of salt and pepper. Place beef patties on hot grill for 15 minutes, then flip, grilling for another 15 minutes for well-done burgers or according to your family’s meat “doneness” preferences. In a food processor, chop red onion, tomato and cilantro. Chop to your liking with regard to consistency. Add avocados, garlic salt and squeezed lime juice to food processor. Mix on high until creamy. Butter brioche buns on each side, place on hot grill; flip buns when each side is toasty. When burgers are only a few minutes from being done, place a Monterey jack cheese slice on each burger, close grill lid to melt cheese. When cheese is melted and burgers meet your “doneness” liking, place burger on brioche bun, generously spread guacamole on top bun and garnish burger to your liking with sliced tomato and lettuce. Enjoy! Makes 4 servings.