

If You Cook It, They Will Come

Results from the 1994 All American Beef Cook-off in Des Moines

The 1994 All American Angus Beef Cook-off was held July 14 in conjunction with the National Junior Angus Show in Des Moines, Iowa. The American Angus Auxiliary sponsored the event, which featured 27 teams in three divisions and a large audience of supporters and taste-testers.

The teams were judged both for presentation and recipe. They performed a skit on beef education or Certified Angus Beef™ product promotion to tie in with the theme of their entry.

The winning recipe in the junior division (ages 9-13) was the team from North Carolina. Members included Meredith Duke, Kinston, and Phillip and Ben Tennant, Greensboro. Their winning entry was "Carolina Barbecued Beef."

The winning showmanship team of juniors was from Michigan. Team members were: Megan and Karl Pendleton, Belding; Shannon Schmitz, Grass Lake; and Ryan Sweeney, Mason.

The winning recipe for senior cooks (ages 14-21) was the team from Oklahoma who prepared "Santa Fe Steak." Team members were Miranda Grissom, Prague; Sharita Sing, Meeker; Becca Penner, Sulphur; and Rhonda Nida, Red Rock.

The Michigan senior cook-off team won the showmanship category. Team members were Carrie Stewart, Metamora; Melanie Meiburg, North Branch; Brandon Schroeder, Deckerville; and Coleen Schmitz, Grass Lake.

The winning adult recipe was prepared by a group from Tennessee. Preparing the "Citrus Marinated Filets" were Greg Jones, Carolyn Schoolfield, Kim Jones, Ann Wilson and Jenny Armstrong.

The top adult showmanship team was from Kentucky. Team members included Ed Pickrell, Pam Smith, Jimmy Shaw and Tim Jeffries.

1994 ANGUS BEEF COOK-OFF WINNING RECIPES

Carolina Barbecued Beef

North Carolina Junior Angus Association
1st place recipe, junior division

- 5 stalks celery
- 3 cups dry red wine
- 6 ounces tomato paste
- 2-3 pounds Certified Angus Beef top round
- 2 large onions
- 10.5 ounces beef broth
- 2 tablespoons Worcestershire sauce
- 12 garlic hero rolls



Finely chop the celery and onions so that you have 2 cups each. Mix onions and celery with wine, beef broth, tomato paste and Worcestershire sauce until well blended. Cook mixture in a saucepan for 20-25 minutes, then press mixture through sieve. Cool.

Place steak in a shallow pan or glass dish. Pour marinade over top, reserving some to baste meat on grill. Turn steak in marinade several times and allow to marinate for 2 hours in refrigerator. Drain steak. Place steak on grill 6 inches above gray coals. Grill 30 minutes, brushing with marinade and turning every 5 minutes.

Heat the remaining marinade and keep warm. Toast rolls on grill. Cut the beef into paper-thin slices and place on rolls. Spoon hot marinade over meat and replace tops of buns. Serve at once.

Sante Fe Steak

Oklahoma Junior Angus Association
1st place recipe, senior division

- 4 extra thick, Certified Angus Beef KC strip steaks
- 1 box fresh mushrooms
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 onion, finely chopped
- dash Tabasco
- dash cayenne pepper
- 2 cans chopped green chilies
- 2-3 tablespoons fresh cilantro
- 1/2 teaspoon oregano



Sprinkle steaks with hickory seasoning. Set aside. Saute onion in olive oil in large skillet until clear and soft. Add Tabasco, cayenne, green chilies, cilantro and oregano.

Cook over medium heat. Keep hot. Saute mushrooms in butter (in another skillet) until clear and soft. Keep hot. Charcoal steaks to desired doneness. While hot, top first with mushrooms, then with green chile sauce. Serve Santa Fe Steak with salad, baked potato and hot bread.

Citrus Marinated Filets

Tennessee

1st place recipe, adult division

- 4 Certified Angus Beef filet mignons, cut 1 1/2 inches thick
- 1 cup Citrus Spice Marinade
- 1 medium orange, sliced
- crushed peppercorns



Score meat on both sides by making diagonal cuts at 1-inch intervals on surface. Place in a plastic bag set in a shallow dish; add marinade and orange slices. Reserve some marinade for basting steaks on the grill. Seal bag. Turn to coat. Marinate in the refrigerator for 6-24 hours, turning bag occasionally.

Remove steaks from bag, reserving marinade. Grill on an uncovered grill directly over medium coals to desired doneness (allow 18-22 minutes for medium). Turn and brush with the reserved marinade half-way through the grilling time. To serve, slice meat into thin slices. Sprinkle with pepper.

Serve filets with hot rolls and grilled spring vegetables which have been brushed with Citrus Marinade.

Citrus-Spice Marinade

- 1 cup orange juice
- 1/3 cup lemon juice
- 1/4 cup cooking oil
- 3 tablespoons Worcestershire sauce
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



North Carolina junior Angus members won best recipe in the junior division. From left are: Meredith Duke, Kinston, and Phillip and Ben Tennant, Both of Greensboro. The three prepared "Carolina Barbecued Beef."



Michigan won top prize in the junior division showmanship category. From left are: Shannon Schmitz, Grass Lake; Ryan Sweeney, Mason; Megan and Karl Pendleton, Belding. They won the showmanship division for their presentation and skit while preparing their entry of Certified Angus Beef "Bengal Burgers."



Michigan's "Flintstones" skit presentation earned them top senior showmanship honors at the cook-off. From left are team members, Melanie Meiburg North Branch; Coleen Schmitz, Grass Lake; Carrie Stewart Metamora; and Brandon Schroeder of Dekeville. Their cook-off recipe was "Stone Age Sirlain Spikes."



"Santa Fe Steak," prepared by these Oklahoma Angus exhibitors, was the winning recipe in the senior division. From left are: Rhonda Nida, Red Rock; Miranda Grissom, Prague; Sharita Sing, Meeker; and Becca Penner, Sulphur.



Tim Jeffries, left, Canmer, and Pam Smith, Russell Springs represent the Kentucky team which won top adult showmanship honors. Other team members not pictured are Ed Pickrell and Jimmy Shaw.



These Tennessee cooks won best recipe in the adult division. Their winning entry was "Citrus Marinated Filets." From left are: Jenny Armstrong, Kim Jones, Greg Jones, Carolyn Schoolfield and Ann Wilson.