

## Angus Cook-Off Teams Share a Taste of the Heartland

The 13th annual All-American *Certified Angus Beef*<sup>™</sup> Cook-Off was held in conjunction with the 1996 National Junior Angus Show in Kansas City, Mo. Twenty-four teams in four age divisions competed.

Teams were judged for presentation and recipe. A skit on beef education or *Certified Angus Beef* product promotion was performed.

The Wisconsin junior team (ages 9-13) captured overall first place honors, as well as winning the showmanship division. Team members were: Jonathon, Jessica and Brady Quam, all of Lodi; Paul Luety, Clinton; and Lindsey Weber, Dousman.

The junior recipe winners hailed from Nebraska. Their top recipe was for Cornhusker Ribeye Steak. Team members were: Ashley Wagner, Genoa; Emily Pohlman, Norfolk; Jake Tiedeman, North Platte; and Tyler Hartwell, Oakland.

The Oklahoma intermediate team (ages 14-17) claimed top honors in all three categories: overall, recipe and showmanship. Their winning recipe is Route 66 T-Bone Steaks. Team members were: Miranda Grissom, Prague; Becca

Penner, Mill Creek Sharita Sing, Meeker; and Carrie McKinley, Sulphur.

Overall winners in the senior division (ages 18-21) were the North Carolina team. Members were: Emily and Josh Tennant, Greensboro; Brent and Julie Scarlett, Snow Camp; and Daniel Wall, Morganton.

The Illinois team claimed the top senior recipe with Mushroom-Smothered Creole Steaks. The team consisted of Erin Frost, Tallula; Alison Plumer, Trivoli; and Abbie Sperry and Sasha Fleshner, both of Macomb.

Kentucky seniors earned first for showmanship. Team members were: Robert and Jennifer Johnson, both of Tompkinsville; and Julie Rowland, Gamaliel.

The adult team from Wisconsin took top honors in both showmanship and recipe categories. Their winning recipe was for Grilled Tenderloin Fajitas. Team members were: Gary and Cindy Quam, Lodi; and Dave and Christi Kilpatrick, Wales.

The winning recipes follow:

### Cornhusker Ribeye Steak

*Nebraska Junior Angus Association*  
first place recipe-junior division

Four 10 oz. *Certified Angus Beef*<sup>™</sup> ribeye steaks, cut 1 1/4 inch thick  
Jim Baldrige's Secret Seasoning

Sprinkle steaks generously with Jim Baldrige's Secret Seasoning anytime ahead of grilling or broiling. Grill or broil steaks to desired doneness. Serves four hearty appetites.

### Route 66 T-Bone Steaks

*Oklahoma Junior Angus Association*  
first place recipe-intermediate division

4 well trimmed T-bone steaks, cut 1-inch thick

Marinade:

2 cloves of garlic, crushed  
1/2 cup soy sauce  
1/4 cup brown sugar  
2 Tbs. olive oil  
1/4 tsp. black pepper

Combine marinade ingredients in bowl with lid, shake well. Pour ingredients over steaks, marinate overnight in refrigerator. Remove steaks from marinade and grill over medium coals 8-10 minutes per side for medium or desired doneness, baste often with marinade.

Serve with french fries and tossed salad.

Serves: 4 Preparation time: 10 minutes

Cooking time: 20 minutes

Nutrients per serving: calories: 286, fat: 9g, cholesterol: 71 mg, sodium: 60 mg

### Mushroom-Smothered Creole Steaks

*Illinois Junior Angus Association*  
first place recipe-senior division

4 boneless, 1-inch thick ribeye steaks, 8-10 oz. each

5 tsp. Creole seasoning (see recipe at side)

1/4 cup olive oil

1 lb. fresh mushrooms (button, shitakes, chanterelles or oysters), sliced

1/2 cup chopped onion



Kansas team members serve their best fare to judges Bud Sloan and Carolyn Wells.

1/2 cup chopped green onions  
 1 Tbs. garlic powder  
 1 tsp. salt  
 1/2 tsp. coarse ground black pepper  
 1/2 to 1 stick margarine or butter, cut up

**Creole Seasoning:**

1 tsp. onion powder  
 2 Tbs. garlic powder  
 1 Tbs. cayenne pepper  
 1 Tbs. dried basil  
 2 Tbs. salt  
 1 Tbs. black pepper  
 1 Tbs. dried oregano  
 2 1/2 Tbs. paprika

Combine seasoning ingredients thoroughly and store in airtight container. Makes about 2/3 cup. Sprinkle each steak all over with 1 teaspoon Creole seasoning and pound in once or twice with the palm of your hand.

Heat the oil in a large skillet over high heat. When the oil is very hot, add the steaks and saute them on the first side for about four minutes. Turn the steaks and saute them on the second side for two minutes. Add the mushrooms, onion, green onions, garlic, salt, pepper and the remaining one teaspoon Creole seasoning. Saute for another two minutes. Turn the steaks back to the first side, dot with butter pats, cover the skillet and cook for one minute.

Remove from the heat.

To serve, place a steak on each of four plates and cover with 3/4 cup mushrooms and the juices.

Serve with a fresh garden salad, French bread and fresh fruit or sherbet.

**Grilled Tenderloin Fajitas (Wisconsin Style)**

Wisconsin

first place recipe-adult division

One 3-4 lb. *Certified Angus Beef™*

Tenderloin

**Meat Marinade:**

1/2 cup dry red wine  
 1/2 cup beer  
 1/2 cup cooking oil  
 1/3 cup fresh lime juice  
 1/3 cup fresh orange juice  
 1/3 cup oriental BBQ sauce  
 2 Tbs. coarse black pepper  
 2 Tbs. dried basil  
 2 Tbs. Wundomus seasoning (substitute any other Cajun seasoning)

**Veggie Marinade:**

1/2 cup balsamic vinegar  
 1/2 cup olive oil  
 2 Tbs. cracked black pepper  
 2 Tbs. fresh mint  
 1 garlic clove



*A swinging dance routine helped this Oklahoma team earn first in showmanship at the cook-off.*

1 Tbs. Wundomus  
 1 cup shitake or other full flavored mushrooms, sliced 1/2 inch thick  
 1/2 red bell pepper, sliced into strips  
 1/2 green pepper, sliced into strips  
 1/2 papaya

**Meat:** Combine all marinade ingredients and pour over tenderloin, marinate covered for 2 to 24 hours. Grill tenderloin

over hot coals 2 minutes on each side, then wrap in foil with 1/2 cup marinade and grill on indirect heat until desired doneness.

**Veggies:** Combine all marinade ingredients and pour over all veggies except papaya. Marinate for 2 hours. Drain and grill veggies (including papaya) over medium hot coals. Serve beef and veggies over



*The Wisconsin junior cook-off team won top overall and showmanship honors. Team members (l to r) are: Jonathon, Jessica and Brady Quam, all of Lodi; Paul Luety, Clinton; and Lindsey Weber, Dousman.*



*The Oklahoma intermediate team captured overall top honors, as well as first in showmanship and recipe. Team members (l to r) are: Miranda Grissom, Prague; Becca Penner, Mill Creek; Sharita Sing, Meeker; and Carrie McKinley, Sulphur.*



*The adult team from Wisconsin claimed first place honors in the showmanship and recipe categories. Team members (l to r) are: Gary and Cindy Quam, Lodi; and Dave and Christi Kilpatrick, Wales.*



*The North Carolina senior team claimed overall honors in the cook-off. Team members (l to r) are: Emily Tennant, Greensboro; Brent and Julie Scarlett, both of Snow Camp; Josh Tennant, Greensboro; and Daniel Wall, Morganton.*