

What's For Dinner?

Recipes from the 1997 Certified Angus Beef™ Cook-Off

KANSAS

Stuffed Beef Tenderloin

9 to 13 division

Team Members:

Emily McCurry
11913 E. Illinois Ave.
Burrton, KS 67020

Garrett Lampe
5201 East Rd. 110
Scott City, KS 67871

Clayton Lampe
5201 East Rd. 110
Scott City, KS 67871

3/4 cup Marsala wine
1/4 cup minced onion
1/4 cup olive oil
2 Tbs. red wine vinegar
1/2 tsp. salt
1/2 tsp. black pepper
1 (5-6 lb.) Certified Angus Beef™ tenderloin
1 lb. fresh mushrooms, sliced

1/4 cup chopped green onions
2 cloves garlic, crushed
3 Tbs. butter or margarine
1/2 cup Marsala wine
1 1/2 cups whole wheat bread crumbs
garlic powder
pepper

Place tenderloin in a large shallow dish. Combine first 6 ingredients, pour over tenderloin. Cover and marinate in refrigerator, 4 to 6 hours.

Saute mushrooms, green onions and garlic in butter until tender. Add 1/2 cup wine and simmer until liquid evaporates. Remove from heat. Add bread crumbs. Toss gently set aside. Remove tenderloin from marinade. Slice tenderloin lengthwise to, but not through, the center, leaving one side connected.

Spoon stuffing mixture into the opening of the tenderloin. Fold top side over stuffing and tie securely with heavy string at 2 inch intervals. Sprinkle with garlic powder and pepper. Place on foil on a hot grill. Insert meat thermometer in thickest portion. Grill for approximately 20 minutes or until thermometer reaches 150 degrees (medium rare). Can also be baked uncovered in 425 degree oven for about 30 minutes.

KENTUCKY

Hawaiian Hamburgers

9 to 13 division

Team Members:

Chris Rectin
Rt. 1, Box 34
Brooksville, KY 41004

Evan Hayden
1401 Sugar Creek
Nicholasville, KY 40356

Charles Stoll
Lawrenceburg, KY 40342

2 lb. ground beef
1/2 cup soy sauce
1 Tbs. sugar
1 tsp. salt
dash pepper
1 tsp. ginger

1 clove garlic, minced
1/4 can bean sprouts, rinsed and drained
1 5 oz. can water chestnuts, drained, rinsed and chopped
3 green onions, finely chopped

*Combine meat with 1/2 cup soy sauce, sugar, salt, pepper, ginger and garlic; mix until well blended. Shape into 12 large, thin patties. Combine bean sprouts, water chestnuts and onions. Spread 2 to 3 Tbs. of this mixture over six (6) patties; pinch edges together. Brush with remaining soy sauce. Broil 3 to 4 minutes on each side, 4 inches from the flame, basting with soy sauce during cooking. Serve, but not in buns, please!
Makes 6 servings.*

TEXAS

Tex-Mex Fajitas

9 to 13 division

Team Members:

Kristin Buchholtz
P.O. Box 41
Bardwell, TX 75101

Ben Geeslin
203 Bull Hide
Lorena, TX 76655

Mark Gleason
2911 Long Branch
Midlothian, TX 76065

Flour tortillas
Skirt steak
Allegro marinade

Green peppers
Onions
Salsa

Marinate steak overnight. Grill steak and saute veggies. Cut steak into strips, Serve in the flour tortillas. May be served with side orders of beans and rice.

SOUTH CAROLINA

9 to 13 division

Team Members:

Elizabeth Hawkins
274 W. Chapman Rd.
Belton, SC 29627

Katie Patrick
133 Holly Drive
Pelzer, SC 29669

Christy Simmons
111 Loftis Drive
Pelzer, SC 29669

Mark Berry
128 Holly Drive
Pelzer, SC 29669

Certified Angus Beef™ Kabobs

3 lb. *Certified Angus Beef*™ tenderloin, sliced into chunks Special beef marinade

Marinate for 1 hour or more depending on preference.

Skewer chunks of the meat alternately with cherry tomatoes, slices of pineapple, onion, whole mushrooms and green peppers.

Place kabob on the grill. Salt and pepper to taste.

Turn kabob until meat and vegetables are evenly cooked (approximately 6 to 12 minutes).

Serve over rice.

CALIFORNIA

14 to 17 division

Team Members:

Mercedes Danekas
5501 Stoneybroke Ct.
Fair Oaks, CA 95628

Melissa Parreira
1042 Van Buren
Los Banos, CA 93635

Paul Parreira
1042 Van Buren
Los Banos, CA 93635

Chris Donati
1908 Hwy. 70
Oroville, CA 95965

Jamaican Me Crazy Wraps — A Caribbean Treat

2 lb. grilled "Jerk" marinated *Certified Angus Beef*™ flank steak 1 cup chopped tomato
8 burrito-size flour tortillas 1/2 cup chopped red onion
3 cups curried, cooked rice 1 cup shredded lettuce
1/2 cup mango chutney pinch of salt and pepper

Marinate only flank steak in your favorite Jamaican Jerk sauce overnight or for at least 3 hours.

To prepare curried rice add to long grain rice during cooking 2 Tbs. of curry powder, 1 Tbs. dried parsley and dash of salt. Grill flank steak to medium rare and slice into thin strips. To assemble wraps, warm tortillas on grill and place 1/4 to 1/2 cup curried rice on tortilla, place desired amount of steak strips in each and top with mango chutney cilantro, tomato, onions and lettuce. Take filled tortilla and fold tightly in burrito style. Serve with a cool tropical fruit salad. Enjoy a taste of the Islands!

KENTUCKY

14 to 17 division

Team Members:

Kacie Pennington
5202 E. Hwy. 80
Russell Springs, KY 42728

Tara Ayres
222 Royalty Drive
Lancaster, KY 40444

Lindsay Pennington
5202 E. Hwy. 80
Russell Springs, KY 42728

Addie Hawkins
7548 Munfordville Rd.
Magnolia, KY 42757

Beef and Vegetable Skillet Dinner

3 lb. boneless beef chuck 1/2 cup flour
1 lb. potatoes 2 Tbs. salad oil
1 clove garlic, crushed 1 can condensed consomme
1 can (8 oz.) tomato sauce 2 tsp. salt
1/2 tsp. thyme leaves 6 or more whole black peppercorns
1 bay leaf 1 tsp. Worcestershire sauce
1 2 small white onions 1 lb. carrots
1 cup frozen green peas 1 can whole green beans

Wipe beef with damp paper towel. Cut into 1-inch cubes, discarding fat. In hot oil, in 6 qt. skillet, over medium heat, brown meat cubes on all sides. Remove meat when brown. Add garlic and saute for one minute. Return all meat to pan and add undiluted consomme, tomato sauce, salt, thyme, peppers, bay leaf Worcestershire sauce and 1 1/3 cups of water. Bring to boil. Reduce heat and simmer covered for 1 hour. Cut carrots in 1-inch pieces. Cut potatoes in 1-inch cubes; add to meat mixture, simmer for 30 minutes. Add peas and beans (drained). In small bowl, blend flour and one cup of water. Pour over meat and vegetables and stir as it thickens. Makes 8 servings.

LOUISIANA

Cajun Beef and Shrimp Shish-Ka-Bobs

14 to 17 division

Team Members:

Denise McFarland
141 Shadow Rd.
Bentley, LA 71407

Jennifer Grappe
P.O. Box 1173
Springhill, LA 71075

Lana Myers
Rt/ 2, Box 508
Jennings, LA 70546

2 lb. of cubed chuck	1 onion, cubed
salt and pepper to taste	1 green pepper, cubed
garlic powder to taste	1 lb. smoked sausage, sliced
1 8 oz. bottle of Italian dressing	1 lb. shrimp

Season meat with salt, pepper and garlic. Place in a large bowl and marinate in Italian dressing. Cover and chill for 24 to 48 hours. Alternate beef, onions, green peppers, smoked sausage and shrimp on a skewer. Cook over hot coals until done.

MISSISSIPPI

MS Bistro

14 to 17 division

Team Members:

Dana Hancock
1067 CR 13
Myrtle, MS 38650

Heather Overall
Rt. 1, Box 260
Potts Camp, MS 38659

Emily Robbins
210 Cr 614
Ripley, MS 38663

Jennifer Wigginton
Rt. 3, Box 354
Corinth, MS 38834

4 10 oz. ribeye steaks (2 inches thick)	3 tsp. honey
1 bottle Italian Seasonings	

Marinate meat several hours. Cook on grill until medium well. While steak is grilling, add onions, green peppers, toma toes and squash.

OKLAHOMA

Oklahoma Beef Brisket

14 to 17 division

Team Members:

Miranda Grissom
P.O. Box 133
Prague, OK 74864

Rhonda Nida
Rt. 1, Box 37
Red Rock, OK 74651

Sharita Sing
P.O. Box 337
Meeker, OK 74855

Kendra Kelton
Rt. 2, Box 385
Muldraw, OK 74948

Mix following ingredients and marinate one 4 to 5 lb. well-trimmed *Certified Angus Beef™* brisket overnight in refrigerator.

2 tsp. pepper

Marinade:

2 Tbs. Liquid Smoke
4 Tbs. soy sauce
2 tsp. onion salt
1 Tbs. celery seed
1 Tbs. Worcestershire sauce
2 tsp. salt
2 tsp. garlic salt

Sauce:

3 Tbs. brown sugar
3 to 4 drops tabasco
1 tsp. lemon juice
dash of nutmeg
1 tsp. dry mustard
1/2 cup ketchup
1 Tbs. soy sauce

Place in covered plastic pan and turn several times to cover both sides well with marinade. Bake at 300 degrees for 3 1/2 hours, drain liquid and discard. Cover with sauce and bake one more hour.

Serve with corn on the cob and tossed salad.

WEST VIRGINIA**Barnyard Picnic — Ranch Burgers****14 to 17 division****Team Members:**

Jessica Ash
Rt. 1, Box 2.50
Jane Lew, WV 26378

Michael Dawson
P.O. Box 117
Lost Creek, WV 26385

Whitney Simmons
HC 71, Box 34A
Franklin, WV 26807

Niki Arbogast
Rt. 1, Box 81
Jane Lew, WV 26378

1 1/4 lb. lean ground beef
3/4 cup prepared Original Hidden Valley
Ranch® Salad Dressing
3/4 cup dry bread crumbs
1/4 cup minced onions
1 tsp. salt
1/4 tsp. black pepper

Sesame seed buns
Lettuce
Tomato slices
Red onion slices (optional)
Additional Original Hidden Valley Ranch®
Salad Dressing

In large bowl, combine beef salad dressing, bread crumbs, onions, salt and pepper. Shape into 6 patties. Grill over medium-hot coals 4 to 5 minutes for medium doneness. Place on sesame seed buns with lettuce, tomato and red onion slices, if desired. Serve with a generous amount of additional salad dressing.

Makes 6 servings.

Served with barbecued corn in husk, potato wedges, watermelon and iced tea.

CALIFORNIA**Jamaican Me Crazy Wraps — A Caribbean Treat****18 to 21 division****Team Members:**

Julie Burnett
437 Golf Circle W
Manteca, CA 95337

Brian Stoller
514 Appaloosa Rd.
Angels Camp, CA 95222

Daniel Donati
1908 Hwy. 70
Oroville, CA 95965

Tyler Byrd
P.O. Box 713
Red Bluff, CA 96080

2 lb. grilled "Jerk" marinated *Certified Angus*
Beef™ flank steak
8 burrito-size flour tortillas
3 cups curried, cooked rice
1/2 cup mango chutney

1 cup chopped tomato
1/2 cup chopped red onion
1 cup shredded lettuce
pinch of salt and pepper

Marinate only flank steak in your favorite Jamaican Jerk sauce overnight or for at least 3 hours. To prepare curried rice add to long grain rice during cooking— 2 Tbs. of curry powder 1 Tbs. dried parsley and dash of salt. Grill flank steak to medium rare and slice into thin strips. To assemble wraps, warm tortillas on grill and place 1/4 to 1/2 cup curried rice on tortilla, place desired amount of steak strips in each and top with mango chutney cilantro, tomato, onions and lettuce. Take filled tortilla and fold tightly in burrito-style. Serve with a cool tropical fruit salad. Enjoy a taste of the Islands!

NORTH CAROLINA**Saturday Night Special — Southern-Style Bar-B-Q****18 to 21 division****Team Members:**

Julie Scarlett
4204 Bass Mountain Rd.
Snow Camp, NC 27349

Emily Tennant
4327 Four Farms Rd.
Greensboro, NC 27410

Phillip Tennant
4327 Four Farms Rd.
Greensboro, NC 27410

Daniel Wall
4298 Seitz Rd.

2 – 2 1/2 lb. *Certified Angus Beef™* London Broils (1 1/2 inches thick)
1 qt. Bar-B-Q dip

Marinate entire steak cut overnight in Bar-B-Q dip. Cutting against the grain, slice the uncooked meat in 1 / 4 - slices. Place slices on long-handled skewers and place on hot grill for approximately 5 minutes, turning once. Place hot beef slices directly on a warmed bun or directly on the plate. Makes 12 filled buns. Preparation time: 30 minutes total (plus overnight marinade).

TENNESSEE

Tennessee Steak Kabobs

18 to 21 division

Team Members:

Jamie, Sonya and Robbie Smith
5171 Cainsville Rd.
Lebanon, TN 37090

Holly Gamble
Rt. 7, Hwy. 61
Clinton, TN 37717

4 Tbs. soy sauce
4 Tbs. honey
1 tsp. ground ginger
1 clove garlic, crushed
1 tsp. lemon
1/4 tsp. crushed hot red pepper

16 oz. boneless Certified Angus Beef™ sirloin steak, trimmed and cut into 1 -inch cubes
10 cherry tomatoes
6 large mushrooms, cut in half
2 green bell peppers, cored, seeded, and cut into 8 squares

In a shallow pan, combine soy sauce, honey ginger garlic, lemon and red pepper. Mix well. Add beef stir to coat. Cover with plastic wrap and refrigerate for 1 to 2 hours, stirring occasionally. Remove meat from the marinade. Discard marinade. Using four 10-inch metal skewers, alternately thread beef toa toes, mushrooms and bell peppers. Place on grill. Cook over grill approximately 10 minutes. Place on serving plates and serve immediate Serves 4.

TEXAS

Apricot Almond Chutney Ribeyes

18 to 21 division

Team Members:

Shannon Grote-Worrell
807 Larry Drive
Gonzales, TX 78629

Sheena and Ashley Grote
715 Bowie
Forney, TX 75126

Michael Ehrig
Rt. 4, Box 35
Gonzales, TX 78629

8-10 3/4 inch thick ribeye steaks

Southwest Rub

1 1/2 tsp. chili powder
1 tsp. garlic powder
1/2 tsp. dried oregano leaves, crushed
1/4 tsp. ground cumin

Apricot Almond Chutney

5 1/2 oz. dried apricots, diced
2/3 cup boiling water

1/2 cup light brown sugar
1 small onion, thinly sliced
1/2 tsp. ground ginger
1/2 cup red wine vinegar
1 Tbs. chopped cilantro
1 clove garlic, chopped
1/8 tsp. salt
1/2 cup blanched sliced almonds, toasted and coarsely chopped

Combine Southwest Rub ingredients.

To prepare Apricot Almond Chutney, pour boiling water over apricots and soak for 1 hour. Drain the apricots. Reduce the soaking liquid in a saucepan until 2 Tbs. remain. Combine the apricots, reduced liquid and remaining ingredients except almonds. Bring to a boil. Simmer 30 minutes, stirring occasionally. Remove from heat and stir in almonds.

Put rub on beef ribeye steaks. Grill steaks for 7 to 9 minutes, turning once. Serve the Apricot Almond Chutney with steaks.

KENTUCKY

Beef Tenderloin on Onion Rolls

Adult division

Team Members:

Tara Hayden
1401 Sugar Creek
Nicholasville, KY 40356

Sammy Ayres
422 Fork Church Rd.
Lancaster, KY 40444

Pam Smith
5202 E. Hwy. 80
Russell Springs, KY 42728

Ashley Davis
PO, Box 147
Springfield, KY 40069

6-8 lb. beef tenderloin, cleaned
1 jar of Grey Poupon Mustard

Cracked peppercorns

Rub beef with mustard and pepper. Let stand overnight (or at least a couple of hours). Bake at 350 degrees for 30 minutes or until temperature reaches 130 degrees. Serve on onion rolls, warm or cold.

MISSISSIPPI**Certified Angus Beef™ Clemenceau****Adult division****Team Members:**

Paul St. Blanc
Vicki St. Blanc
Box 186
Lena, MS 39094

Melanie St. Blanc
Emma Collins
Forest, MS 39074

Clemenceau is a New Orleans original.

4 1/2-inch Certified Angus Beef™ ribeyes	1 can green peas
2 sticks butter	1 jar pearl onions
1 lb. fresh mushrooms	fresh parsley
2 cloves garlic, chopped	salt and pepper to taste
4 large potatoes, peeled and diced	vegetable oil

Heat oil in heavy pan, Fry diced potatoes until tender and golden brown. Sauté mushrooms and garlic in butter for 3 minutes. Add diced, fried potatoes and let simmer 5 minutes. Add peas and pearl onions, continue cooking for 3 minutes. Season with salt and pepper to taste.

Broil or grill steak to medium rare. Place on warm platter.

When ready to serve pour sauce mixture (potatoes, mushrooms, peas, etc.) over steak. Sprinkle with chopped parsley

Serves 4.

MISSISSIPPI**Certified Angus Beef™ — Polynesian Style****Adult division****Team Members:**

Cary Childs
Rt. 3, 11741 CR 500
Ripley, MS 38663

Lynda Akins
210 CR 614, PR 2
Ripley, MS 38663

Connie Robbins
PO. Box 280
Ripley, MS 38663

Jimmy Gunn
26131 Hwy. 15
Tiptersville, MS 38674

4 10 oz. Certified Angus Beef™ ribeye steaks (2 inches thick)	3 Tbs. soy sauce
8 oz. pineapple juice	2 Tbs. brown sugar
	2 Tbs. oil

Grill. Serve with rice, grilled pineapple rings and steamed grilled broccoli.

TEXAS**Fiesta Ribeye Steaks****Adult division****Team Members:**

Glen Grote
Box 130
Bennington, OK 74723

Will Grote
2200 S. College
Bryan, TX 77801

Kelcey Grote
715 Bowie
Forney, TX 75126

James Worrell
807 Larry Drive
Gonzales, TX 78629

8-10 beef ribeyes, cut 3/4-inch thick	1/4 cup each shredded Colby and Monterey Jack cheese
2 Tbs. fresh lime juice	1 cup refrigerated salsa
8 flour tortillas	

Place beef steaks on hot grill, and sprinkle half of the lime juice over the steaks. Grill steaks 7 to 9 minutes, turning once, sprinkle the remaining lime juice on the steaks. Wrap tortillas in aluminum foil and place on outside edge of grill. Top each steak with an equal amount of cheese. Serve with salsa and tortillas. Garnish with green salad, red onion and orange slices.

