



# The Best of Beef

*Pacific Rim Beef Salad and Angus cattle were in the winner's circle at the 1990 National Beef Cook-Off.*

Winners of the largest cooking contest — the National Beef Cook-Off® — were announced Sept. 22 in Bellevue, Wash. A total of \$34,500 in prize money was awarded to 11 winners; \$15,000 and the title “Best of Beef” went to Annette Erbeck of Mason, Ohio, in the indoor category.

Annette’s recipe, “Pacific Rim Beef Salad” reflected the popular ethnic flavors inspired by the Pacific Rim evident in the Northwest-held contest.

Also garnering top honors in the indoor category was Jan Gillett, Spokane, Wash., who won second place and \$3,000 for her recipe “Crunchy Oriental Beef Salad”; Larry Futral, Ocean Springs, Miss., won third place and \$2,000 for his recipe “Grecian Steak Rolls.”

The top prize in the microwave category was awarded to Stephen Hill, Sacramento, Calif., for his recipe, “Spicy Beef Bundles.” He won a cash prize of \$5,000. This 233-calorie recipe also received a special \$1,000 award, “Under 300 Calorie/Serving Beef Recipe.”

Kathy Rypkema of Bedford, Texas, won top honors and \$5,000 in the outdoor barbecue category with “Indonesian Beef Satay with Peanut Curry Sauce.”

A new award in the 1990 contest was “Best Beef Recipe that Utilizes any Cut from the Chuck” (excluding ground chuck). Entries that include chuck have more than tripled since 1989. This award of \$1,000 was won by Carmen Martin Kingery, Manchester Center, Vt., in the indoor category with “Beef and Black Bean Chili.”

Sixty-four contestants in three categories — the indoor conventional category, the outdoor barbecue category and the microwave category — competed for the grand prize of “Best of Beef.”

Chief judge for the national contest was Jane Kirby, food editor of *Glamour Magazine*. She was assisted by nine noted outstanding food experts.



The National Beef Cook-Off is sponsored by the American National Cattle-Women Inc. in cooperation with the Beef Industry Council and the Beef Board. Serving as Cook-Off chairperson was Bar-



*Jane Lindgren, president of the American National CattleWomen from Joliet, Mont., takes time out from the Cook-Off to admire Kiana Lodge's Indian wood sculptures.*



An Indian dance was part of the colorful festivities enjoyed by Cook-Off participants at the Kiana Lodge.

bara Elkington, an Angus breeder and active Washington CattleWomen Association leader. Certified Angus Beef was served at the awards banquet.

A highlight of the three-day event was a cattle show featuring Angus and three other beef breeds. It was held on the grounds of Kiana Lodge, a famous resort located on the Puget Sound across from Seattle. Westacres Angus, Chimacum, Wash., brought several heifers and bulls for the show.



**International flavors** filled the Seattle Center at the kickoff reception of the 1990 National Beef Cook-Off. "Welcome! To a World of Beef" was presented by the Washington State CattleWomen and the American National CattleWomen Inc.

Honored guests at the reception included the 64 Cook-Off contestants. Also on hand were winners of the Taiwan and Japan Beef Cook-Offs, along with media and guests from those countries.

Jean Berney, president of the Washington State CattleWomen, dressed in native American Indian costume to welcome the guests in her native tongue. Berney belongs to the Okanogan tribe.

The reception featured a variety of food dishes from both the Pacific Rim and the Pacific Northwest. More than 700 guests were invited to sample the flavors and visit with fellow food enthusiasts from their own countries and across the Pacific. The menu included flank steak rolled with frittata Westphalian ham, beef chorizo sausage, beef and duck sausage, marinated and smoked beef tenderloin on ginger and citrus bread, and barbecued rib eye served with Peking pancakes and enoki mushrooms.

Speakers and Cook-Off contestants were introduced by master of ceremonies Jerry Palen, a cowboy cartoonist who intro-



Missouri Cook-Off champion Bessie Theodorou (second from left) and her husband, Demetrius, with Missouri CattleWomen representatives Winifred Gruff and Sheri Spader of Rosendale, Mo.



Julie Boggs exhibited an Angus heifer from Westacres Angus, Chimacum, Wash., during the Cook-Off's Parade of Champions cattle show.



Cook-Off participants and spectators view a class of Angus heifers.

duced "Elmer and Flo" to Western culture.

The Pacific Rim delegation was introduced by Mike Skahill, director of international program for the U.S. Meat Export Federation, which conducted the beef cook-offs in Japan and Taiwan. Winners of those contests conducted cooking exhibitions while at the event.

### Pacific Rim Beef Salad

- Preparation time: 40 minutes
- Marinating time: 2 to 4 hours
- Cooking time: 16 to 20 minutes
- 2-pound boneless beef top sirloin steak, cut 1 1/2 inches thick
- 3/4 cup soy sauce
- 3/4 cup sugar, divided
- 1 tablespoon plus 1 1/2 teaspoons finely grated fresh ginger
- 3 large cloves garlic, minced
- 1/4 cup vegetable oil, divided
- 1 pound fresh spinach, stems removed and torn into bite-size pieces
- 4 ounces fresh bean sprouts
- 6 center-cut thin red onion slices, separated into rings
- 1/4 cup each catsup and rice wine vinegar
- 1/8 teaspoon hot pepper sauce
- 2 teaspoons Oriental dark-roasted sesame oil
- 1 tablespoon sesame seeds, toasted\*
- Fresh enoki mushrooms or button mushrooms
- Cherry tomatoes

Trim excess fat from boneless beef top sirloin steak. Combine soy sauce, 1/2 cup sugar, ginger and garlic, stirring to dissolve sugar. Place steak and marinade in plastic bag, turning to coat. Close bag securely and marinate in refrigerator 2 to 4 hours, turning occasionally. Remove steak from marinade; pat dry with paper towels. Reserve 2 tablespoons marinade; discard remaining marinade.

Heat 2 tablespoons vegetable oil in large heavy frying pan over medium-high heat until hot. Add steak and sear 4 to 6 minutes, turning once. Reduce heat to medium. Continue cooking 10 to 12 minutes or until steak is rare (140°F) to medium-rare (150°F) or to desired doneness, turning once. Let steak stand 10 minutes before carving.

Meanwhile combine spinach, bean sprouts and onions in large bowl. Combine catsup, vinegar, pepper sauce, remaining 1/4 cup sugar, remaining 2 tablespoons vegetable oil and reserved 2 tablespoons marinade in small saucepan.

Carve steak into thin slices. Bring dressing to a boil over medium heat, stirring constantly. Remove from heat; stir in sesame oil. Pour hot dressing over spinach mixture and toss. Place spinach mixture on platter. Arrange beef on top of salad; sprinkle with sesame seeds. Garnish with mushrooms and cherry tomatoes. 6 servings.

**\*To toast sesame seeds:** Heat sesame seeds in small pan over medium heat until golden, stirring constantly.

**Nutrient data per serving:** 458 calories; 24 g fat; 599 mg sodium; 112 mg cholesterol.

The 18th annual National Beef Cook-Off will be held in Colorado Springs, Colo., Sept. 22-24, 1991.

