

Serving Up Something Good

In its 21st year, the Cook-Off is still going strong.

by *Shelby Axtell*

Angus beef, enthusiastic youth and creative costumes added up to the 21st Annual All-American *Certified Angus Beef*® (CAB) Cook-Off July 13 at the 2004 National Junior Angus Show (NJAS) in Kansas City, Mo.

A total of 44 youth and adult teams competed in three meat categories —

quick-n-easy, fresh meat and deli meat. Each category offered four age divisions (9-13, 14-17, 18-21 and adult) in which teams competed for top honors in showmanship, recipe and overall.

Showmanship is evaluated on creativity



of the skit, presentation and costumes. In the recipe category, the winners are selected based on the actual food prepared, its taste and ease of preparation.

Tops in deli meats

Missouri claimed overall honors in the junior deli meat division. Team members Erica Atkinson, Republic; Madison Gooden, Crocker; Taylor Short, Ava; and Cameron Ward, Plattsburg, prepared “Hot Date Hoagies.” They also received first in the recipe category.

Texas claimed showmanship honors in the junior deli meat division. Team members included Callie Donaldson, Grandview; Jentry Jagers, Sulphur

Bluff; Charlie Rochester, Gonzales; Wade Wells, Hamilton; Brazos Williams, Lockney; and Tylee Williams, Lockney. The team prepared the “Texas Two-Step, Dippin’ Sandwich.”

Texas won recipe, showmanship and overall honors in the intermediate deli meat division. The team, consisting of Gretchen Ettredge, Pilot Point; Jill Jagers, Sulphur Bluff; Kyle Kemp, Decatur; Taylor McQueen, Gilmer; Kristal Rater, Commerce; and Katy Satee, Montague, won with their “Roast Beef Tortilla Stack” recipe.

Winning top honors for recipe, showmanship and overall in the senior deli meat division was Michigan, with “Emergency Deli Roast Beef with Au Jus.” Team members were Ricka Boehmer, Williamston; Heather Canfield, Clarksville; Wren Schroeder, Deckerville; Julie Thelen, Saline; Renee Thelen, Saline; and Rachael Vaassen, Ann Arbor.

Cooks on the go

In the junior quick-n-easy division, the overall win was claimed by Kansas. Team members prepared “Easy Breezy Tropical CAB® Roast.” The team included Megan Fink, Manhattan; Allison Jones, Manhattan; Lindsey Jones, Manhattan; Miles Pearson, Scott City; and Parker Rayl, Hutchinson. They also claimed first in the showmanship category.

Missouri claimed the top recipe honor in the junior quick-n-easy division. Team members McKenzie Adam, Long Lane; Layne Robinson, Wellsville; Caleb Sayre, Creighton; Austin Thummel, Sheridan; Chase Thummel, Sheridan; and Samuel Wallace, Stotts City, prepared “CAB® Ranch Rodeo Dogs.”



PHOTO BY ALAIMA BURT

► Raggedy Ann and Andy couldn’t stop talking about CAB once they heard how delicious and nutritious it was. In fact, Andy jumped for joy when he had his first bite. The senior fresh meat team from Indiana won the Black Kettle Award.

► Illinois team members show off their glamorous side while performing a Spice Girls rendition in the intermediate fresh meat division. Cook-Off skits display a wide variety of creative characters, including dancers, crime fighters and movie stars.



PHOTO BY CRYSTAL ALIBERS

Oklahoma won recipe, showmanship and overall honors in the intermediate quick-n-easy division. Team members included Jared Bedwell, Isabella; Allison Bond, Inola; Jordan Davis, Foss; Cali Emberson, Nowata; Kelsey Pfeiffer, Orlando; and Kayla Swanson, Ochelata. They prepared "Celebrity Prime Rib with Chipotle Butter."

The Kansas team claimed recipe, showmanship and overall honors in the senior quick-n-easy division. Team members Coye Crenshaw-Kleve, Manhattan; Dylan Evans, Lebo; Emily McCurry, Burrton; Megin Santee, Langdon; and Megan Theis, Leavenworth, prepared "Land of Oz Sirloin Steak with Sweet & Sour Shrimp Sauce."

Starting from scratch

Indiana claimed the overall award in the fresh meat junior division. The team consisted of Baron, Katarina, Steven and Zachary Rieker, all of Columbus. They also claimed the top showmanship honor for preparing "Land Lover's Spice Rub and Sauce."

The junior fresh meat division recipe win was claimed by Illinois. The team consisted of Jennifer Ewing, Rushville; Emily Harrell, Stronghurst; and Kayla Widerman, Good Hope. They prepared "Ball Park Burgers."

Arkansas claimed showmanship and overall honors in the intermediate fresh meat division. The team prepared "Cumin-Crusted Beef Steaks with Relish." Team members were Catherine Connolly, Rogers; Allyson McGuire, Fort Smith; Haley Rieff, Bentonville; Claire Taylor, Lavaca; Jade Vaught, Horatio; and Elizabeth Williams, Van Buren.

In the intermediate fresh meat division, Iowa claimed top recipe honor. The team prepared "Filet of Beef with Red Pepper Butter." Team members included Bridget Driscoll, Williamsburg; Ashley Kuehn, Durant; Dena Leonard, Holstein; Lauren Schroeder, Clarence; Amanda Wical, Grundy Center; and Madison Henderson, Drakesville.

Indiana claimed overall honors in the senior fresh meat division with its "Stuffed Lemon Kick Medallions" recipe. Team members consisted of Christina Harp, Crawfordsville; Lucas Neumayr, New Richmond; and Kara Wilson, Orleans. The team also claimed top recipe honors and the Black Kettle Award,



PHOTO BY CORINNE PATTERSON

► A CAB Ranch Rodeo took place during the junior quick-n-easy competition. This Missouri teammate rides his Angus calf for a full 8 seconds to testify that CAB is the best.



PHOTO BY ALAINA BURT

► Mississippi senior fresh meat team members portrayed "O Brother, Where Art Thou?" One Cook-Off judge commented that this was the closest she's ever been to George Clooney, played by Jon Whitlock, luka.



PHOTO BY BROOKE BYRD

► Michigan senior deli meat team members revived a patient by using CAB in this ER drama. Several TV shows were depicted at the Cook-Off, including *CSI* and *SpongeBob™ SquarePants*.



which recognizes the best overall entry in the event.

Nebraska claimed top showmanship honor in the senior fresh meat division.

Team members were Samantha Harl, Hastings; Kourtney Nelson, Crete; Emily Pohlman, Norfolk; and Adam Sawyer, Bassett. The team prepared "Jazzy Filet Mignon."

The team from Illinois claimed recipe, showmanship and overall honors in the adult fresh meat division. Team members were Cindy Anderson, Chrisman; Rachel Frost, Tallula; Sherry Adcock, Moweaqua; Tina Lemenager, Clifton; and Kae Siebring, Danforth. The team prepared "Redneck Steak."

For a complete listing of participants and recipes, please see the recipe section.

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Fresh Meat Category

Junior Division



► Arkansas team members in the junior fresh meat division are (from left) **Christine Taylor**, Lavaca; **Margie Hoke**, Gravette; **Sarah Connolly**, Rogers; **Brandi Cromer**, Lamar; and **Amanda Holland**, Imboden.

CAB® Beef Stew

- | | |
|--|---|
| 2½ lb. CAB® sirloin steak, cut into ¾-inch pieces | 1 tsp. salt |
| 2 cans (14-14½ oz. each) ready-to-serve beef broth | 1 tsp. dried Italian seasoning, crushed |
| 1 can (15 oz.) chickpeas, drained | ½ tsp. pepper |
| 1 can (14½ oz.) diced tomatoes with garlic and onions, undrained | 2 cups frozen mixed vegetables |
| 1 cup water | 1 cup uncooked small pasta |
| | shredded Romano cheese (optional) |

Combine beef, broth, chickpeas, tomatoes, water, salt, Italian seasoning and pepper in 4½- to 5½-quart slow cooker; mix well. Cover and cook on high 5 hours, or low 8 hours. No stirring is necessary during cooking.

Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Stir well before serving. Serve with sprinkled shredded Romano cheese, if desired.

Makes 6-8 servings (1½-2 cups each).



► Placing first in the recipe category and third overall in the junior fresh meat division is Illinois. Team members are (from left) **Emily Harrell**, Stronghurst; **Kayla Wideman**, Good Hope; and **Jennifer Ewing**, Rushville.

Ball Park Burgers

- | | |
|-------------------------------------|--------------------------------|
| 2 lb. CAB® ground beef | ½ tsp. pepper |
| 1 cup sauerkraut, squeeze juice out | ½ tsp. garlic powder |
| 1 medium onion, chopped fine | ¼ cup ketchup |
| 1 tsp. salt | 2 Tbs. prepared yellow mustard |

Mix all ingredients together. Shape into 8 patties. Grill over medium fire, turning once. Serve with ketchup and mustard on toasted buns. Tastes great served with potato salad and fruit.



► Placing first in the showmanship category, third in the recipe category and first overall in the junior fresh meat division is Indiana. Team members are (from left) **Steven Rieker**, **Katarina Rieker**, **Zachary Rieker**, and **Baron Rieker** all of Columbus.

Land Lover's Spice Rub and Sauce

4 CAB® boneless ribeye steaks, 1½-inches thick

Rub:

- ⅓ cup brown sugar, firmly packed
- 3 tsp. lemon peel, grated
- 2 garlic cloves, minced
- 1 tsp. fresh thyme
- ½ tsp. salt
- ½ tsp. pepper

- 3 Tbs. raspberry jam
- ¼ cup water
- 2 Tbs. red wine vinegar
- 2 Tbs. vegetable oil

Sauce:

- 4 Tbs. butter or margarine
- 2 Tbs. lemon juice

Combine all the rub ingredients in a blender and blend until mixed well. At least 30 minutes prior to grilling, brush CAB® ribeye steaks with rub mixture. Grill steaks, turning once, over medium to low heat for 25-30 minutes for medium doneness.

In a small saucepan, combine leftover rub mixture, butter and lemon juice. Cook over low heat, stirring well, until butter is melted. Serve hot with steaks.

Serves 4.

Side dishes include green leafy salad, twice-baked potato and bread.





Fresh Meat Category

Junior Division CONTINUED

Grilled Sirloin Fajitas

Marinade:

½ cup olive oil
 ⅓ cup fresh lime juice
 2 garlic cloves, pressed
 1 tsp. Pantry Southwestern seasoning mix
 ½ tsp. salt

Fajitas:

1½ lb. CAB® sirloin steak, ¾-inch thick
 2 medium green or red bell peppers, cut into ¼-inch slices
 1 medium red onion, cut into ¼-inch slices
 8 7-inch flour tortillas

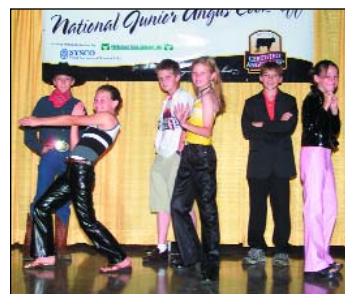
Suggested toppers (optional):

salsa, shredded Colby and Monterey Jack cheese blend, sour cream

For marinade, combine olive oil, lime juice, garlic, seasoning mix and salt in small batter bowl; whisk until blended. Place sirloin in resealable plastic bag. Add ⅓ cup of the marinade to sirloin; reserve remaining marinade. Seal bag, marinate in refrigerator for 30 minutes.

Prepare grill. Remove sirloin from marinade; discard marinade. Grill sirloin and vegetables over medium coals 12-15 minutes, or until sirloin is cooked and vegetables are crisp-tender. Baste sirloin and vegetables with reserved marinade the last 2 minutes of grilling.

Wrap tortillas in heavy aluminum foil; place on grill to warm 5-7 minutes. Remove sirloin and vegetables from grill and slice into strips. To serve, place sirloin and vegetables in tortillas. Top with salsa, shredded cheese and sour cream, if desired.



► Placing second in the showmanship category and second overall in the junior fresh meat division is Iowa. Team members are (back row, from left) **Zachary Peterson**, Kent; **Joe Sweeney**, Alden; **Chance Sullivan**, Saint Charles; (front row, from left) **Lauren Barker**, Monticello; **Caitlin Kuehn**, Durant; and **Bryanne Duckett**, New Liberty.

Stabbin' Good Shish Kebabs

2 lb. CAB® boneless sirloin steak
 1 bottle (16 oz.) of Italian dressing
 2 green peppers

1 sweet Vidalia onion
 2 fresh Roma tomatoes
 1 lb. fresh mushrooms, whole

Cube boneless CAB® sirloin steak into 1½-inch cubes. Place in plastic bag, and pour Italian dressing over meat. Let marinate for 24 hours. Remove meat from marinade, and cut meat into suitable chunks. Thread meat on skewers, alternating vegetables between meat. Grill shish kebabs for 10-20 minutes, turning as needed.

Serve on a bed of rice with fresh fruit salad.



► Placing second in the recipe category in the junior fresh meat division is Michigan. Team members are (from left) **Mitchell** and **Benjamin Goheen**, Deckerville; **Hope Bordner**, Sturgis; **Patricia Vaassen**, Ann Arbor; and **Chelsea Ruggles**, Kingston.

Jazzy Grilled Ribeyes

6 8-oz. CAB® ribeye steaks

Marinade:

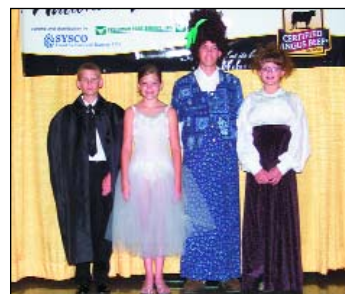
1 cup Worcestershire sauce
 ½ tsp. garlic powder

⅓ tsp. pepper
 1 tsp. Canadian steak seasoning

Prepare marinade, and marinate for 3-4 hours prior to cooking. Season to taste with pepper, steak seasoning and seasoned salt while grilling.

Prepare an outdoor charcoal grill, place steaks on moderately hot coals, and grill for 8-12 minutes per side for a medium rare degree of doneness.

Add side dish selections for a great Angus meal.



► Placing third in the showmanship category in the junior fresh meat division is Oklahoma. Team members are (from left) **Justin Strate**, Enid; **Jacee May**, Stillwater; **Chance Cook**, Orlando; and **Kass Pfeiffer**, Orlando.



Fresh Meat Category

Intermediate Division



► Placing first in the showmanship category, second in the recipe category and first overall in the intermediate fresh meat division is Arkansas. Team members are (kneeling, from left) **Elizabeth Williams**, Van Buren; **Haley Rieff**, Bentonville; **Allyson McGuire**, Fort Smith; **Claire Taylor**, Lavaca; (standing, from left) **Catherine Connolly**, Rogers; and **Jade Vaught**, Horatio.

Cumin-Crusted Beef Steaks with Relish

4 CAB® boneless beef chuck eye or chuck top blade steaks, ¾-inch thick (about 1½ lb.)	½ tsp. pepper
2-3 medium oranges	1 jar (7 oz.) roasted red peppers, diced
1½ tsp. ground cumin	⅓ cup coarsely chopped Kalamata olives
1 tsp. salt	⅓ cup diced red onion
	orange slices and Kalamata olives

Grate 2 tsp. orange peel from oranges; reserve oranges. Combine orange peel, cumin and salt in small bowl; remove and reserve 2 tsp. seasoning for relish.

Heat ridged grill pan or large nonstick skillet over medium heat until hot. Add pepper to remaining seasoning; press evenly onto beef steaks. Place steaks in grill pan; cook chuck eye steaks 9-11 minutes (top blade steaks 10-12 minutes) for medium rare to medium doneness, turning once.

Meanwhile, peel and dice enough reserved oranges to measure 1½ cups. Combine diced oranges, red peppers, olives, onion and reserved 2 tsp. seasoning in medium bowl; mix well.

Serve steaks topped with relish. Garnish with orange slices and olives.



► Illinois team members in the intermediate fresh meat division are (from left) **Kyle Cassidy**, Ancona; **Gretchen Frost**, Tallula; **Chris Cassidy**, Ancona; **Tera Moritz**, Piper City; and **Nathan Frost**, Tallula.

Jazzy Sirloin Steak

2 lb. CAB® sirloin steak, 1½-inch thick	
Marinade:	½ tsp. garlic powder
½ cup tomato juice	½ tsp. cumin
¼ cup cider vinegar	½ tsp. black pepper
¼ cup brown sugar	½ tsp. red pepper
2 Tbs. cilantro, fresh or dried, crushed	½ tsp. salt

Cut steak into 6-8 servings. Mix marinade ingredients and pour over steak in covered bowl or sealable plastic bag. Marinate overnight. Grill over medium fire 8-10 minutes per side for medium doneness.

Serve with black bean salad and fresh rolls.



► Placing second in the showmanship category and third overall in the intermediate fresh meat division is Indiana. Team members are (from left) **Katelyn Wilson**, Orleans; **Jill Cunningham**, Sheridan; **Joseph Claeys**, Chalmers; **Adam Leeper**, Argos; **Jenna Langley**, Walton; and **Ashlyn Carter**, Upland.

Pumping Flat-Iron Steak

1 cup chopped onion	2 cloves garlic, minced
8 tsp. chopped parsley	1 tsp. thyme
8 tsp. white vinegar	1 cup sun-dried tomatoes
4 tsp. vegetable oil	6 lb. CAB® flat-iron steak, 1-inch thick
8 tsp. Boetje's mustard	

Mix ingredients together, pour over steak, and refrigerate for 8 hours. Pour off liquid, and cook on the grill for approximately 17 minutes (to 135° F).

Serve with new potatoes and steamed sugar snap peas.





Fresh Meat Category

Intermediate Division CONTINUED

Filet of Beef with Red Pepper Butter

2/3 cup butter, softened
 1/2 cup red bell pepper, finely chopped
 1/2 tsp. ground red pepper
 1 1/2 tsp. seasoned salt
 4 CAB® tenderloin filets, 2 1/2-inch thick

Combine first four ingredients, stirring well. Shape into eight 2-inch rounds on baking sheet lined with wax paper. Cover, and refrigerate 1 hour, or until firm.

Grill tenderloins for 6 minutes; turn filets over, and top each with a butter round. Grill 6-7 more minutes, or to desired doneness. Turn over; transfer to serving platter, and top with remaining butter rounds.



► Winning first place in the recipe category of the intermediate fresh meat division is Iowa. Team members are (standing, from left) **Bridget Driscoll**, Williamsburg; **Ashley Kuehn**, Durant; **Amanda Wical**, Grundy Center; **Lauren Schroeder**, Clarence; **Denae Leonard**, Holstein; and (kneeling) **Madison Henderson**, Drakesville.

Lights Out Roast

3-4 lb. CAB® rump roast, 3-inches thick
 1 Tbs. pepper
 1 Tbs. Lawry's® Seasoned Salt
 1 tsp. Accent®
 1 tsp. garlic powder

Mix seasonings together and rub into roast on all sides. Grill roast over medium heat on grill until browned on both sides. Wrap roast in foil so it is well-sealed. Return roast to grill on low heat on upper rack. Cook on grill for another 30-60 minutes, turning about every 10 minutes, depending on desired doneness or internal temperature of 150°-160° F.

Remove from foil and slice across grain. Serve with vegetables from the grill or as a wonderful roast beef sandwich with chips.



► Kansas team members in the intermediate fresh meat division are (from left) **Bailey Shaw**, Erie; **Kelsey Erichsen**, Alta Vista; **Kyleigh Santee**, Langdon; **Courtney Rump**, Galva; **Courtenay DeHoff**, Tonganoxie; and **Chelsea Dickinson**, Glasco.

Rock 'N' Roll Burgers

1 1/2 lb. CAB® ground beef
 1/2 tsp. salt
 1/4 tsp. pepper
 1/2 3-oz. pkg. cream cheese
 1 Tbs. blue cheese, crumbled
 1 Tbs. onion, minced
 1 tsp. prepared horseradish

Sprinkle salt and pepper over ground CAB® beef and mix lightly. Divide meat into 8 equal portions, and form into patties, 4 inches in diameter. Combine cream cheese, blue cheese, onion and horseradish. Place 1 Tbs. in center of 4 patties. Top with remaining patties, and press edges together securely to seal. Grill for 5-6 minutes on each side, or until done.

Yields 4 servings.



► Placing third in the showmanship and recipe categories and second overall in the intermediate fresh meat division is Missouri. Team members are (from left) **Garren** and **Holly Bellis**, Orrick; **Kylee Campbell**, Green City; **Kathryn McDonald**, Seneca; **Audrianna Drechsel**, Boonville; and **Austin Sayre**, Creighton.



Fresh Meat Category

Intermediate Division CONTINUED



► Montana team members in the intermediate fresh meat division are (from left) **Shane** and **Beth Hooker**, Luther; and **Katrina** and **Allison Dubs**, Billings.

Presidential Prime Rib

- 8 lb. CAB® prime rib
- 1 tsp. white pepper
- ½ tsp. granulated garlic
- 1-2 Tbs. coarse kosher salt

Preheat roaster oven to 325° F. Mix white pepper and garlic in a small bowl. Rub salt on top (fat side up) and ends of prime rib as desired. Sprinkle with pepper and garlic as desired.

Place prime rib fat side up on rack in roaster oven. Roast it with the lid on for 15-20 minutes per pound, depending on desired doneness. Check with a meat thermometer when you think you are getting close (135° F for rare). Take it out 10° before it reaches the temperature you desire.

Carve and enjoy!!



► South Dakota team members in the intermediate fresh meat division are (back row, from left) **Sydney Geppert**, Mitchell; **Matt Tollefson**, Clark; **Heidi Graff**, Rutland; (front row, from left) **Weston Geppert**, Mitchell; **Kelsey Repenning**, Mitchell; and **Andrew Rogen**, Brandon.

Meat Loaf Grande

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|--|-----------------------------|
| 1½ lb. CAB® ground chuck | 1 Tbs. Worcestershire sauce |
| 1 loaf (1 lb.) French or Italian bread | 1¼ cup salsa |
| ¼ cup evaporated skim milk | 1 pkg. taco seasoning |
| 1 egg, slightly beaten | |

Preheat oven to 350° F. Cut a ½-inch slice off the top of bread loaf; set aside. Hollow out the loaf, leaving about a 1-inch shell. Tear bread removed from center into 2 cups of small, soft bread crumbs.

Combine crumbs with ground beef and remaining ingredients; mix thoroughly. Fill the inside of loaf with beef mixture. Place bread top back on the filled loaf. Wrap in foil sprayed with Pam®, sealing tightly, and secure with about 8 toothpicks.

Place on a cookie sheet in middle of the oven. Bake for 1 hour and 30 minutes. To serve, remove toothpicks and foil, slice into ½-inch slices.



► Virginia team members in the intermediate fresh meat division are **Joey** and **Will Epperly**, Moneta; **Garrett Johnston**, Staunton; **Mandy Richardson**, Louisa; and **Chance Snyder**, Raphine.

Backwood Beef Kabobs

- | | |
|--|--------------------------------|
| 1¼ lb. CAB® boneless beef top sirloin steak,
1-inch thick | Seasoning: |
| 1 medium red bell pepper, cut into 1-inch pieces | 2 Tbs. chopped fresh cilantro |
| 1 medium onion, cut into 1-inch pieces | 2 Tbs. olive oil |
| 2 button mushrooms | 3 large garlic cloves, crushed |
| 3 cherry tomatoes | 2 tsp. ground cumin |
| | 1 tsp. paprika |
| | ¼ tsp. ground red pepper |

Mix seasoning and spread on kabobs prior to grilling.

Arrange vegetables and steak on skewers and grill to desired doneness, turning skewers once during grilling.





Fresh Meat Category

Senior Division

Stuffed Lemon Kick Medallions

4 6- to 8-oz. CAB® filets, sliced 1½- to 2-inches thick
4 thin bacon slices

Lemon Kick Rub:

1 tsp. lemon pepper
¾ tsp. seasoned salt
¼ tsp. garlic powder

Combine all ingredients in shaker.

Cream Cheese Stuffing:

4 oz. cream cheese, softened
½ tsp. garlic salt
2 Tbs. chopped chives
¼ cup shredded Parmesan cheese

Thoroughly mix all stuffing ingredients. Refrigerate until ready to use. Will stuff 4-6 beef filets.

Lightly sprinkle both sides of each filet with Lemon Kick Rub, and gently rub it into the meat. Cut a slit into the edge of each filet, cutting into the center, and stuff with 1 oz. of cream cheese stuffing. Wrap each filet with a slice of bacon and secure with a toothpick. Grill to desired doneness.

May be stuffed, wrapped and refrigerated several hours before grilling.



► Placing first in the recipe category, second in showmanship and first overall in the senior fresh meat division and winning the Black Kettle Award is Indiana. Team members are (from left) **Lucas Neumayr**, New Richmond; **Kara Wilson**, Orleans; and **Christina Harp**, Crawfordsville.

Bona Fide Beef Tenderloin

1 6- to 7-lb. CAB® filet of beef
1 cup olive oil
½ cup grape juice
cracked pepper, to taste
2 cloves of garlic, minced (optional)

Place filet in a shallow pan. Mix together olive oil, grape juice, pepper and garlic. Pour over filet, turning to coat. Cover and marinate in refrigerator for 1 hour, turning occasionally. Rub with additional cracked pepper as needed. Grill on gas grill on high for 5 minutes. Reduce heat to medium. Grill 20 minutes longer or until meat thermometer registers 160° F for medium doneness. Let stand 10 minutes before slicing.

Yields 10-12 servings.



► Placing third in the recipe and showmanship categories and second overall in the senior fresh meat division is Mississippi. Team members are (from left) **Crystal Palmer**, Ripley; **Britt Magee**, Mendenhall; **Jon Paul Whitlock**, Iuka; **Deanna Alderson**, Potts Camp; and **Anthony Franks**, Mantachie.

'Show Me' Burgers

2 lb. CAB® ground chuck
1 tsp. Cajun seasoning
onions
green pepper
red pepper

Mix the Cajun seasoning into ground beef. Make into patties. Place on hot grill, and cover with sliced onions, green peppers and red peppers. Serve patties smothered in onions and peppers with fresh salad and choice of potato.



► Placing second in the recipe category in the senior fresh meat division is Missouri. Team members are (from left) **Shane Kinne**, Eagleville; **Amber McGilvray**, Mendon; **Gentrie Shafer**, Green City; and **Brett Naylor**, Buffalo.



Fresh Meat Category

Senior Division CONTINUED



► Placing first in the showmanship category and third overall in the senior fresh meat division is Nebraska. Team members are (standing, from left) **Kourtney Nelson**, Crete; **Samantha Harl**, Hastings; **Emily Pohlman**, Norfolk; and (kneeling) **Adam Sawyer**, Bassett.

Jazzy Filet Mignon

4 8- to 10-oz. CAB® filets mignons, 1¼-inch thick
Jim Baldrige's Secret Seasoning

Liberally apply seasoning to both sides of the filets anytime ahead of grilling or broiling. Grill or broil steaks to desired doneness.

Serves four hearty appetites.



► West Virginia team members in the senior fresh meat division are (from left) **Tyler Harsh**, Egton; **Justin and Ashley Hayes**, Kingwood; **Margaret Page**, Burlington; and **William Nichols**, Tyrone.

BBQ Braised Prime Rib

5-6 lb. CAB® prime rib roast, rib bones on

Braising Liquid:

1 qt. water
3 cups Ken's Cannonball BBQ Sauce
2 cups A1® Steak Sauce

2 cups Kikkoman® soy sauce
2 cups Frank's® RedHot Sauce
4 Tbs. (heaping) fresh ground garlic
2 cups Durkee® Six Pepper Blend Spice

Add all ingredients, and mix with wire whip until completely blended.

Place roast, bone side up, in roasting pan that is 4-6 inches deep (at least two times bigger than roast). Cover roast with braising liquid, leaving at least 2 inches to rim of roasting pan (liquid will increase in volume during cooking process). Cover pan tightly with good film (Saran Wrap®), then cover with heavy-duty aluminum foil. Place over grill on medium to high heat, close lid of BBQ grill. Simmer, not boil, roast for approximately 2½-3 hours. (Check roast to ensure liquid is not boiling. Aluminum foil will puff up slightly on simmer. Foil will show more pressure on boil.)

Carefully remove from heat. Remove foil and food film from roasting pan. With spatula and tongs, carefully remove roast from liquid (meat should be ready to fall off the bone). Gently place roast on platter, bone side down, and allow to stand for 45 minutes.

Return roasting pan to grill, uncovered on high heat. Reduce liquid approximately one-half.

To serve: Pour 1 oz. braising liquid onto plate. With sharp knife, remove ribeye from bone, slice roast into ½-inch slices. Place one slice on sauce on plate. Garnish with small, diced red, yellow and green peppers and purple sliced onion rings (about 3).

Serve, and reap the rewards!





Fresh Meat Category

Senior Division CONTINUED

Gorgonzola-Topped Tenderloin Steaks

4 4- to 6-oz CAB® tenderloin steaks, 1-inch thick	½ cup ready-to-serve beef broth
1 large clove garlic, crushed	¼ cup dry red cooking wine
¼ tsp. cracked black pepper	¼ cup Gorgonzola cheese, crumbled

Heat a large nonstick skillet 5 minutes over medium heat until hot. Combine garlic and pepper. Press evenly into both sides of each beef steak. Place steaks in skillet. Cook 10-13 minutes for medium rare to medium doneness; turn occasionally. Remove from skillet; keep warm.

In same skillet, add broth and red cooking wine, increase heat to medium-high. Cook and stir 1-2 minutes or until sauce is reduced by half.

Spoon sauce over steaks; sprinkle with cheese.

Makes 4 servings.



► Wisconsin team members in the senior fresh meat division are (from left) **Keela Retallick**, Glen Haven; **Jaclyn Zimmerman**, Platteville; **Stephen Kohl**, Waterloo; **Dana May**, Mineral Point; and **Casey Jentz**, Fennimore.

Adult Division

Redneck Steak

2 lb. CAB® New York strip steaks, 1-inch thick, cut into 6-8 servings	4 tsp. brown sugar
½ cup soy sauce	2 tsp. ginger
¼ cup olive oil	1 tsp. pepper
	2 cloves garlic, minced

Mix marinade ingredients. Place steaks and marinade in covered container or sealable plastic bag. Refrigerate overnight. Grill over medium fire 8 minutes per side for medium.

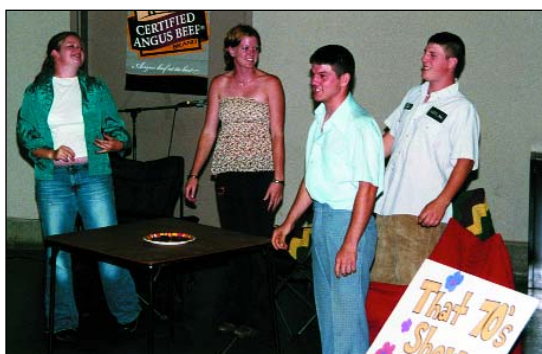
Serve with green salad and grill-roasted potatoes.



► Placing first in the recipe and showmanship categories and first overall in the adult fresh meat division is Illinois. Team members are (from left) **Kae Siebring**, Danforth; **Sherry Adcock**, Moweaqua; **Cindy Anderson**, Chrisman; **Rachel Frost**, Tallula; and **Tina Lemenager**, Clifton.



► Adults and youth alike can compete in the Cook-Off. Here, Illinois redneck women demonstrate a day in their lives.



► Wisconsin's senior fresh meat team is looking for more than special brownies to fill their stomachs.



Quick-N-Easy Category

Junior Division



► Placing first in the showmanship category, second in the recipe category and first overall in the junior quick-n-easy division is Kansas. Team members are (from left) **Miles Pearson**, Scott City; **Parker Rayl**, Hutchinson; **Megan Fink**, Manhattan; and **Lindsey** and **Allison Jones**, Manhattan.

'Easy Breezy' Tropical CAB® Roast

2 pkg. (2 lb.) CAB® Quick-N-Easy™ Pot Roast	1 orange
1 can tropical fruit salad	1 bell pepper, diced
3 tsp. spicy brown mustard	shredded coconut and bell pepper rings for garnish (optional)
1 tsp. hot pepper sauce	

Drain fruit salad and reserve juice. Cut orange in half. Juice half of the orange and add to reserved fruit juice. Peel the other half, dice and add to fruit salad. Combine fruit, diced bell pepper, mustard, pepper sauce and half of the fruit juice; set aside.

Remove roast from packages, reserving gravy. Place roast in microwave-safe dish, cover with plastic wrap, and microwave according to package directions. Leave covered and let stand 5 minutes.

Place 1 package of reserved liquid gravy and half of the fruit juice into a saucepan. Heat to boiling. (This can also be done in the microwave using a microwave-safe dish and covering with vented plastic wrap.)

Carve roast cross grain into thin slices. Arrange beef and fruit relish on serving platter or plates. Spoon sauce over sliced beef. Garnish fruit salsa with bell pepper rings and shredded coconut.



► Winning first in the recipe category, second in the showmanship category and second overall in the junior quick-n-easy division is Missouri. Team members are (from left) **Caleb Sayre**, Creighton; **Chase Thummel**, Sheridan; **Layne Robinson**, Wellsville; **McKenzie Adam**, Long Lane; **Sam Wallace**, Stotts City; and **Austin Thummel**, Sheridan.

CAB® Ranch Rodeo Dogs

CAB® Frankfurters	Coca Cola BBQ Sauce:
buns	2 cups ketchup
Coca Cola® BBQ Sauce	1 can of Coca Cola
	2 Tbs. Worcestershire sauce
	1 Tbs. vinegar
	1 pkg. dry onion soup mix
	1 tsp. garlic powder

Mix all ingredients and simmer, stirring occasionally, for 45 minutes. Makes a thick sauce. Yields 3¼ cups.

Grill CAB® Frankfurters to desired doneness. Meanwhile, brush buns with butter and toast them on grill. Drizzle warm Coca Cola BBQ Sauce over frankfurters.

Variations and serving suggestions:

- (1) Wrap frankfurter with cooked (not crisp) bacon slice (secure with toothpick) prior to grilling.
- (2) Slice the frankfurter lengthwise and grill sliced side down first. When that side is done, turn frankfurter and stuff with your choice of cheese (cheddar, Colby Jack, Monterey Jack, American, etc.) Grill until dog is done and cheese is melted.
- (3) Top either variation 1 or 2 with grilled onions.

For a festive table, serve with pico de gallo, baked beans and BBQ pasta salad.





Quick-N-Easy Category

Junior Division CONTINUED

Rancher's Low-Carb Beef Fajitas

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|---|------------------------------|
| 4 8-oz. CAB® Quick-N-Easy™ Top Sirloin Steaks | 2 oz. cheddar cheese, grated |
| 1 cup green bell pepper, sliced | 2 oz. Monterey Jack, grated |
| 1 cup red bell pepper, sliced | 4 Tbs. sour cream |
| 1 cup onion, sliced | 4 Tbs. guacamole |
| 2 Tbs. butter | 8 10-inch low-carb tortillas |
| 2 Tbs. fajita seasoning | |

In a large skillet sauté peppers, onion and fajita seasoning in butter until tender. Slice steaks into thin strips. Add to skillet and heat thoroughly. Place mixture on warm tortillas. Serve with cheese, sour cream and guacamole.

Serves 8.

Fajitas were first made with skirt steak and eaten by ranch hands.

Prep time: approximately 15 minutes

Cooking time: approximately 10 minutes



► Placing third in recipe, showmanship and overall in the junior quick-n-easy division is Virginia. Team members are (from left) **Kaitlyn Meadows**, Buchanan; **Joy Powers**, Moneta; **Clay Brubaker**, Harrisonburg; **Dale Eastin**, Gretna; and **Will Bingman**, Carmi, Ill.

Intermediate Division

The Sequel to Green Eggs & Ham (Green Stuff on a Burger)

- | | |
|---|---------------------------|
| 6 CAB® prepared burger patties | |
| Guacamole: | 1 Tbs. lemon juice |
| 3 ripe avocados, peeled, pitted and chopped | 1 Tbs. salt |
| 1 medium onion, finely chopped | ½ tsp. pepper |
| 1 can chopped green chilies | dash Worcestershire sauce |

Mix guacamole ingredients and chill 1 hour.

Season burgers with chili powder, Tony Chachere's® Original Creole seasoning. Warm on grill or in microwave.

Serve on a wheat hamburger bun. Top each burger with guacamole, a slice of Monterey Jack cheese, pepper Jack cheese and shredded lettuce.



► Placing second in recipe and showmanship categories and second overall in the intermediate quick-n-easy division is Mississippi. Team members are (from left) **Emma** and **Clint Collins**, Morton.

Celebrity Prime Rib with Chipotle Butter

- | | |
|--|---|
| 6 fully cooked CAB® Quick-N-Easy™ Prime Rib slices, ¾- to 1-inch thick | Chipotle Butter: |
| 1 Tbs. butter | ¼ lb. (1 stick) butter, softened |
| | 3 Tbs. shallots, minced |
| | 1 Tbs. chipotle peppers, minced, in adobo sauce |
| | 1 Tbs. fresh lime juice |
| | ½ tsp. salt |

Combine chipotle butter ingredients in small mixer bowl; beat until fluffy.

Heat ½ Tbs. butter in large, nonstick skillet over medium-high heat until hot. Place two rib slices in skillet. Sear 4-5 minutes, or until lightly browned and heated through, turning once. Remove; keep warm. Repeat with remaining ½ Tbs. butter and beef slices.

Top beef slices with chipotle butter, as desired.



► Winning first in recipe and showmanship categories and first overall in the intermediate quick-n-easy division is Oklahoma. Team members are (from left) **Jared Bedwell**, Isabella; **Cali Emberson**, Nowata; **Allison Bond**, Inola; **Jordan Davis**, Foss; **Kayla Swanson**, Ochelata; and **Kelsey Pfeiffer**, Orlando.



Quick-N-Easy Category

Senior Division



► Placing second in recipe and showmanship categories and second overall in the senior quick-n-easy division is Illinois. Team members are (from left) **Justin Moritz**, Piper City; **Chelsea Frost**, Tallula; **Jessica Huffman**, Mahomet; and **Tanna Fruhling**, Homer.

Spicy Beef and Polenta

1 lb. precooked CAB® Quick-N-Easy™ Roast Au Jus
1 can diced tomatoes with green chilies
½ cup cilantro

1-2 tsp. chili powder
1 cup frozen or fresh corn
1 roll prepared polenta
1 cup Jack cheese, shredded

Drain au jus from beef into skillet. Add tomatoes and seasoning to au jus, reserving 2 tsp. cilantro. Shred beef with fork. Put beef and corn in skillet with other ingredients and heat through. Slice polenta and place slices on top of meat mixture. Heat 5 minutes. Turn off heat. Top polenta with shredded cheese and cover until cheese melts.

Serve with fresh green salad.

Makes 6-8 servings.



► Placing first in recipe and showmanship categories and first overall in the senior quick-n-easy division is Kansas. Team members are (from left) **Megin Santee**, Langdon; **Coy Crenshaw-Kleve**, Manhattan; **Megan Theis**, Leavenworth; **Emily McCurry**, Burton; and **Dylan Evans**, Lebo.

Land of Oz Sirloin Steak with Sweet & Sour Shrimp Sauce

4 8-oz. CAB® Quick-N-Easy™ Sirloin Steaks

Sweet & Sour Shrimp Sauce:

1 container (12 oz.) frozen orange juice concentrate
½-¾ lb. small shrimp
½ tsp. canola oil
1 oz. (approximately) fresh ginger root

zest from one large orange (outer skin, chopped)
½ tsp. oregano
½ tsp. thyme
½ tsp. sesame oil
1 jalapeño pepper, finely chopped
½ onion, finely chopped

Preheat the sesame and canola oil in a saucepan. Add the onion, jalapeño pepper, ginger root and orange zest. Sauté above ingredients about 10 minutes.

Add one 12-oz. container of frozen orange juice concentrate and cook for another 15 minutes on slow fire. Season to taste and add small shrimp. Cook 3-5 minutes and serve over steaks. Garnish with chopped mint or parsley.

Warm steaks in microwave oven until warm (follow package instructions). Serve with sauce.

Add your choice of side items: Dorothy's Lower Carb Bistro Salad, Tin Man's Green Beans, Cowardly Lion's Roasted Ear Corn, Scarecrow's Twice-Baked Potatoes, Glenda's Ciabatta Rolls.



► The Illinois senior quick-n-easy skit included a song by Jessica Simpson (Chelsea Frost).



► Dorothy educates the Scarecrow and the Tin Man about Certified Angus Beef!



Deli Meat Category

Junior Division

Grilled Roast Beef Sandwiches

1 medium onion, sliced
 1 medium green pepper, sliced
 1/2 lb. fresh mushrooms, sliced
 2-3 garlic cloves, minced
 2 Tbs. vegetable oil
 1/4 tsp. salt
 1/8 tsp. pepper

8 slices sourdough bread
 16 slices Colby/Jack and/or Swiss cheese, divided
 8 large slices CAB® deli-style roast beef
 1/2 cup butter or margarine, softened
 garlic salt (optional)

In a skillet, sauté onion, green pepper, mushrooms and garlic in oil until tender. Sprinkle with salt and pepper. Butter outsides of bread.

On 4 slices of bread, layer 2 slices of cheese, 2 slices of beef, and one-fourth of the prepared vegetables. Top each with 2 more slices of cheese and bread.

Sprinkle buttered bread with garlic salt if desired.

On a hot griddle, toast sandwiches on each side 3-4 minutes, or until golden brown.

Yields 4 servings.

Serve with your favorite chips or soup.



► Placing third in the recipe division in the junior deli meat division is Kansas. Team members are **Jacinda Dickinson**, Glasco; **Megan Johnson**, Alta Vista; and **Amanda and Ashley Laas**, Brookville.



► Members of Kansas' junior deli meats team are playing C-A-B, the Angus version of H-O-R-S-E, where the goal is to spell out CAB to achieve its nutritional awards.

Hot Date Hoagies

1 lb. CAB® deli-style roast beef
 1/2 lb. turkey, sliced thick
 garlic butter
 tomato slices

Swiss cheese slices
 lettuce
 ranch dressing
 6 hoagie rolls

Spread garlic butter onto hoagie rolls. Top with deli-style roast beef and Swiss cheese. Place this in an oven until lightly toasted.

Meanwhile, sauté turkey in garlic butter on the stovetop.

Remove hoagie from oven and add sautéed turkey, lettuce, tomato and ranch dressing.



► Placing first in the recipe category, second in showmanship and first overall in the junior deli meat division is Missouri. Team members are (from left) **Cameron Ward**, Plattsburg; **Erica Atkinson**, Republic; **Taylor Short**, Ava; and **Madison Goden**, Crocker.

Texas Two-Step, Dippin' Sandwich

1 loaf French bread
 margarine
 CAB® deli-style roast beef
 1 pkg. Knorr® Au Jus Mix

Step 1: Spread margarine on French bread and broil. Lay CAB® deli-style roast beef on bread. Mix au jus as directed and heat.

Step 2: Cut bread loaf into sandwich-size pieces. Dip sandwich in warm au jus.

Enjoy!



► Placing first in the showmanship category and second overall in the junior deli meat division is Texas. Team members are **Callie Donaldson**, Grandview; **Jentry Jagers**, Sulphur Bluff; **Charlie Rochester**, Gonzales; **Wade Wells**, Hamilton; and **Brazos and Tylee Williams**, Lockney.



Deli Meat Category

Junior Division CONTINUED



► Placing second in the recipe category, third in showmanship and third overall in the junior deli meat division is Wisconsin. Team members are (standing, from left) **Calli Bayer**, Schofield; **Jessica Radcliffe**, Schofield; **Kasey Wisnefski**, Union Grove; **Kelli Retallick**, Glen Haven; (kneeling, from left) **Ty Bayer**, Schofield; and **Jared Radcliffe**, Schofield.

'CAB®-Style' Pizza

- | | |
|--|-----------------------------------|
| 1 medium onion, sliced | ½ tsp. garlic powder |
| 1 medium green pepper, sliced | 1 ready-made 12-inch pizza crust |
| 8 oz. mushrooms, sliced | 3 Tbs. olive oil |
| 8 oz. CAB® deli-style roast beef (cut into strips) | 3 cups shredded mozzarella cheese |
| 3 Tbs. Worcestershire sauce | 1 cup Parmesan cheese, grated |

Sauté vegetables in 1 Tbs. olive oil until tender. Add CAB® deli-style roast beef. Sauté 3 more minutes. Add Worcestershire sauce and garlic powder. Cook 2 more minutes and remove from heat. Brush ready-made pizza crust with remaining olive oil. Top with a light layer of mozzarella cheese, then add meat-vegetable mixture. Top with remaining mozzarella cheese and then Parmesan. Bake at 400° F for 15 minutes, or until cheese is melted and bubbly.



Intermediate Division

► Placing second in showmanship, third in recipe and second overall in the intermediate deli meat division is Alabama. Team members are **Kindra Wood**, Holly Pond, and **Baily Anderson**, Opelika.

All-American Angus Roast Beef Sandwiches

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|--|--|
| 2 lb. CAB® deli-style roast beef | All-American Blend: |
| 1 round loaf (24 oz.) French bread, cut in half horizontally | 2 Tbs. soul food seasoning |
| 1 large onion | 2 Tbs. Cavender's® salt-free all-purpose seasoning |
| 8 whole black olives, stuffed with pimentos | 1 Tbs. garlic powder |
| lettuce leaves | ½ tsp. cayenne pepper (optional) |
| 8 slices of American cheese | |

In a bowl, combine ingredients for All-American Blend. Sprinkle mixture over roast beef, covering entire portion. Place roast beef on bottom half of loaf. Top with American cheese, onion cut into rings, lettuce leaves and top of loaf.

Cut into wedges to serve. Garnish each wedge with a black olive.

Serve with fresh vegetables (radishes, green pepper, carrots and celery sticks), vegetable dip, pickles, chips and the drink of your choice.



► Arkansas team members in the intermediate deli meat division are (from left) **Madeline Shofner**, Centerton; **Jacy Alsup**, Gravette; **Andy Boecker**, Bentonville; **Ethan Holly**, Decatur; and **Matt Boecker**, Bentonville.

Arkansas Party Sub

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|---|------------------------------|
| 1 lb. CAB® deli-style roast beef, thinly sliced | 1 red onion, thinly sliced |
| 1 loaf round Hawaiian bread | 1 bell pepper, thinly sliced |
| American cheese, sliced | lettuce |
| 6-8 slices bacon, cooked | creamy Italian dressing |
| 1 tomato, thinly sliced | |

Slice Hawaiian bread in half. Spread creamy Italian dressing on both halves of the bread. Layer the CAB® deli-style roast beef, cheese, bacon, tomato, red onion, bell pepper and lettuce.

Cut into desired serving sizes.





Deli Meat Category

Intermediate Division CONTINUED

Poker Night Sandwich

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| 1 loaf (1 lb.) unsliced French bread (about 20 inches long) | 10 lettuce leaves |
| 8-10 oz. CAB® deli-style roast beef | 1 large tomato, sliced thinly |
| 8 oz. CAB® pastrami | 10 thinly sliced green or red sweet pepper rings |
| 10 slices Swiss cheese | 2 Tbs. soft butter or margarine |
| 5 slices Pepper Jack cheese, halved (or other favorite cheese) | 3-4 Tbs. mustard or brown mustard |
| | 2 tsp. prepared horseradish |

Cut bread into 22 slices, leaving slices attached at the bottom.

In a small bowl combine mustard, butter and horseradish. (This step may be omitted if you wish to serve a choice of condiments on the side.) Spread between every other slice of bread.

Between slices, spread the mustard mixture (or between every other slice), fill with meats, cheeses and vegetables.

Before serving, slice bread through plain slices.

Serve cold.

If you prefer a warm sandwich, fill with meats and cheeses first. Wrap loosely in foil and place in a low oven for 8-10 minutes, unwrap and add vegetables.

Serve with chips and dips or soup for a complete meal.



► Kansas team members in the intermediate deli meat division are (from left) **Clint Laflin**, Olsburg; **Cole Pearson**, Scott City; and **Clayton Lampe**, Scott City.

CAB® Roast Beef Wrap

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|-------------------------------------|---------------------------|
| 2 slices CAB® deli-style roast beef | 2 oz. herbed cream cheese |
| 1 small spring onion, chopped | ½ cup baby salad greens |
| ¼ cup tomato, chopped | 1 flour tortilla |

Spread tortilla with cream cheese. Layer deli meat, tomato, greens and onion. Roll tortilla and stick with toothpick.

Serves one person.



► Placing second in the recipe category and third overall in the intermediate deli meat division is Maryland. Team members are **Jessica Clarke**, Rocky Ridge; **Brittany Full**, Mount Airy; **Candace Howard**, Keymar; and **Bobby Velisek**, Gaithersburg.

Hawaiian Roll Sandwiches

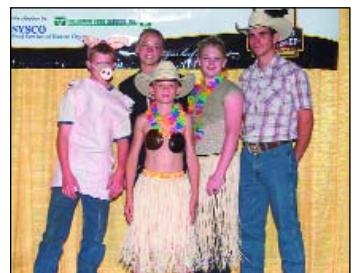
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|-----------------------------|--|
| 1 box Hawaiian rolls | 3 Tbs. mustard |
| 2 sticks butter, softened | 2 lb. CAB® deli-style roast beef, sliced |
| 2 Tbs. poppy seeds | ¾ lb. white cheese, sliced |
| 1 Tbs. Worcestershire sauce | |

Mix butter, poppy seeds, Worcestershire sauce and mustard together to make sauce.

Cut rolls into 2 sections. Spread sauce on inside of roll, add meat and cheese, then put on top layer. Put rolls back into container and cover with remaining sauce. Cover rolls in foil.

Bake at 400° F for 15 minutes.

Enjoy.



► Placing third in the showmanship category in the intermediate deli meat division is Missouri. Team members are (from left) **Dereck Washam**, Pierce City; **Kylee** and **Kable Ragsdale**, Paris; **Jessica Weigand**, Warrensburg; and **Jordan Hunter**, Fair Grove.



Deli Meat Category

Intermediate Division CONTINUED



► Placing first in recipe and showmanship categories and first overall in the intermediate deli meat division is Texas. Team members are (from left) **Katy Satree**, Montague; **Gretchen Ertredge**, Pilot Point; **Taylor McQueen**, Gilmer; **Jill Jagers**, Sulphur Bluff; **Kristal Rater**, Commerce; and **Kyle Kemp**, Decatur.

► Wisconsin team members in the intermediate deli meat division are **Kayla Downing**, Waukesha; **Bethany Kohl**, Waterloo; and **Kelsi Retallick**, Glen Haven.

Roast Beef Tortilla Stack

3 pkgs. (8 oz. each) cream cheese, softened
 2/3 cup mayonnaise
 1/4 cup Italian salad dressing
 1 medium green pepper, finely chopped

3 green onions, finely chopped
 1 can (2 1/4 oz.) chopped ripe olives, drained
 8 10-inch flour tortillas
 2 lb. CAB® deli-style roast beef

In a large mixing bowl, beat the cream cheese, mayonnaise and Italian dressing until smooth. Stir in green peppers, onions and olives. Spread about 1/2 cup over one tortilla. Top with one-seventh of roast beef. Repeat six times. Top with remaining tortilla.

Cover and chill overnight.

Cut into wedges.

Yields 16 servings.



Roast Beef Club Sandwich

1 lb. CAB® deli-style roast beef, thinly sliced
 1 long loaf French bread, cut into four equal servings and sliced in half
 olive oil, as needed
 1 small wedge blue cheese
 1 pkg. fresh chives

fresh ground black pepper, as needed
 1 container garlic-flavored mayonnaise
 1-lb. pkg. bacon, crisply fried
 1 yellow tomato, thinly sliced
 1 medium red onion, thinly sliced

Preheat oven to 350° F.

Brush French bread with olive oil and toast cut side. Remove from oven and cool slightly, spread blue cheese on one-half of each sandwich. Sprinkle blue cheese with chopped chives and fresh ground pepper. Spread garlic-flavored mayonnaise on remaining slices.

To assemble sandwich, arrange 4 oz. of roast beef on blue cheese side of sandwich. Continue with 4 oz. bacon, 2-3 yellow tomato slices, and a slice of red onion.

Slice each portion in half and serve with seasonal fresh fruit or your favorite salad.

Serves 4.



Senior Division

► California team members in the senior deli meat division are **Justin Barrett**, Gonzales; **Emmalee Casillas**, Auburn; and **Ryan Nelson**, Wilton.

California Red, White and Blues

1 lb. CAB® corned beef, sliced as if for sandwiches
 24 oz. whipped cream cheese
 1 bunch of chives, chopped
 white pepper to taste

pinch of garlic salt
 hot pepper flakes for variation
 chopped bacon for variation
 1 large jar of dill pickles, chilled and very cold

Mix cream cheese with chopped chives and seasoning. Spread on slice of corned beef. Roll on very cold (small dimension) dill pickle. Slice and spear with toothpick. Garnish with olives.





Deli Meat Category

Senior Division CONTINUED

Beefy Cheese Tortilla Roll Ups

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|---|---|
| 4 10-inch tortillas, wheat, white or spinach | 1 cup shredded cheddar cheese |
| 1 carton (8 oz.) garden vegetable cream cheese spread | 1 cucumber, sliced thin |
| 1 cup shredded lettuce | 1 lb. CAB® deli-style roast beef, thinly sliced |

Spread one side of each tortilla with cream cheese; layer with beef; top with lettuce, cheese and cucumber. Roll up tightly and chill ½ hour.

Cut into halves or quarters to serve.



► Placing second in recipe and showmanship categories and second overall in the senior deli meat division is Iowa. Team members are (from left) **Jason Schroeder**, Clarence; **Abby Janssen**, Bloomfield; **Dustin Carter**, Schaller; **Katie Schoenrock**, Le Mars; **Drew Schroeder**, Clarence; and **Matt Wical**, Grundy Center.

Emergency Deli Roast Beef with Au Jus

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|------------------------------------|------------------------------------|
| 4 pkgs. CAB® deli-style roast beef | Au Jus Recipe: |
| grated Swiss cheese | 1 can (14 oz.) beef broth |
| sliced sweet onion | 1½ Tbs. soy sauce |
| | 1 small clove garlic, finely diced |
| | ½ cup water |
| | 1 Tbs. dried onion soup mix |

Before show, stop and pick up CAB® deli-style roast beef.

In Crock-Pot®, mix up au jus (double, triple as needed). Place deli meat in Crock-Pot in au jus. Heat through.

In toaster oven, toast bread. Place deli meat on one side. Cover with grated Swiss cheese and sliced onions. Place under broiler till cheese is melted. Top with second bread.

Serve with side of au jus for dipping.



► Placing first in recipe and showmanship categories and first overall in the senior deli meat division is Michigan. Team members are (standing, from left) **Ricka Boehmer**, Williams-ton; **Rachael Vaassen**, Ann Arbor; **Renee** and **Julie Thelen**, Saline; **Heather Canfield**, Clarksville; and (in front) **Wren Schroeder**, Deckerville.

Beef and Cheese Stack-Up

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|---|---|
| 8 10-inch flour tortillas | 2 cups (8 oz.) Monterey Jack cheese, shredded |
| 2 cartons (8 oz.) onion and chive cream cheese spread | 2 lb. CAB® deli-style roast beef, thinly sliced |
| 2 cups shredded carrots | shredded lettuce |

Spread about ¼ cup cream cheese spread over one tortilla; top with ¼ cup carrots, ¼ cup Monterey Jack cheese. Top with one-seventh of the roast beef and shredded lettuce. Repeat six times. Top with remaining tortilla. Cover and chill overnight.

Cut into wedges.

Yields 16 servings.



► Placing third in recipe and showmanship categories and third overall in the senior deli meat division is Texas. Team members are (from left) **Jennifer Smith**, Marshall, and **Tammy Ettredge**, Pilot Point.

