

# Cook-Off Spices Up NJAS

Forty-three teams vie for recipe, showmanship and division titles.

by *Shelby Axtell*



**G**reat food and creative costumes were cooked up at the 22nd Annual Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off at the 2005 National Junior Angus Show (NJAS) July 19 in Denver, Colo.

A total of 43 youth and adult teams competed in three meat competitions: deli, Quick-N-Easy™ and fresh meat. Category winners in recipe and showmanship, as well as an overall winner, were named for each age division. Age divisions included junior, ages 9-13; intermediate, ages 14-17; senior, ages 18-21; and adult.

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

►As the intermediate division winner of the fresh meat competition, Missouri's team was awarded the Pat Grote LEAD Award. Their skit to present "Summer Lovin' Steak Sandwich" featured song and dance from the movie *Grease*.

[PHOTOS BY SHAUNA ROSE HERMEL]



## Fresh meat winners

In the junior division of the fresh meat competition, Montana claimed overall honors after first topping the recipe and showmanship categories. Team members Cortney Bromenshenk, Allison Dubs, Kayleen Goggins, Calvin Kading, Tyler Nansel and Jena Wagner, all of Billings, prepared "Hoop-It-Up Prime Rib."

Missouri claimed overall honors in the intermediate division after first winning the showmanship category. Team members, including Garren Bellis, Orrick; Kathryn McDonald, Seneca; Victoria Rader, Marionville; Austin Sayre, Creighton; Taylor Short, Ava; and Austin Thummel, Sheridan, presented their "Summer Lovin' Steak Sandwich."

As the intermediate division winner of the fresh meat competition, the team also was awarded the Pat Grote LEAD Award. The award will pay the registration fee for each member of the winning team to attend the National Junior Angus Association (NJAA) Leaders Engaged in Angus Development (LEAD) Conference. This year's winners will be allowed to use the scholarship in 2005 or 2006.

Louisiana claimed top recipe honors in the fresh meat intermediate division. Team members Allison Gravois, Vacherie; Jess and Rene Roussel, both of Gramercy; Kayla St. Blanc, Folsom; Taryn Shaw, Jennings; and Stephen Bleakley, Gramercy, prepared "'C'est Bon Cher' Crawfish & Filet."



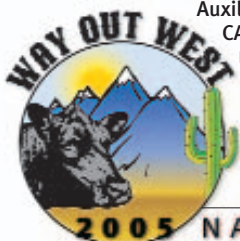
►The Kansas senior team in the Quick-N-Easy competition hammed it up to present "Neverland' CAB Prime Rib and Peachy Salad." Sweeping the competition, they also tied for the Black Kettle Award for the most points in the 2005 Auxiliary-sponsored CAB Cook-Off.

[PHOTOS BY JEN BISER]



►Indiana swept the fresh meat senior division, winning recipe, showmanship and overall honors and tying to win the Black Kettle Award. Their skit played off the television series *Green Acres* to present "Stuffed Beef Filets."

PHOTO BY SHAUNA ROSE HERMEL



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Indiana swept the fresh meat senior division, winning recipe, showmanship and overall honors. “Stuffed Beef Filets” were prepared by Casey Bruns, Union City; Ashlyn Carter, Upland; Lucas Neumayr, New Richmond; and Kara and Katelyn Wilson, both of Orleans. The team also tied to win the Black Kettle Award, which is given in memory of Paul St. Blanc to the highest-placing team or teams among all categories.

California won top honors in the adult fresh meat division. The team first topped the recipe and showmanship categories with their “Get'er Done Steaks.” Team members included Randy and Susan Perry, Prather; Brad and Mindy Schnoor, Chowchilla; and Cori Meyers, Madera.

The Indiana senior team won overall honors in the fresh meat competition.



### Quick-N-Easy winners

In the junior division of the Quick-N-Easy competition, overall honors were claimed by Kansas, which first won the recipe and showmanship categories. Team members included Jacinda Dickinson, Glasco; MacKenzie Flory, Baldwin City; Amanda Laas, Brookville; Peter and Johanna Lundgren, both of Ottawa; and Tanner Rayl, Hutchinson. The team prepared “CAB Smoked Sausage Chowder.”

Winning the showmanship and recipe categories, Michigan claimed the top honor in the intermediate division of the Quick-N-Easy competition. The team prepared “Mile High Prime Rib!” Team members included Erika Boehmer, Olivet; Julie Thelen, Saline; Patricia and Rachael Vaassen, both of Ann Arbor; and Benjamin Canfield, Clarksville.

The team from Kansas was the overall winner in the Quick-N-Easy senior division. Coye Crenshaw-Kleve, Manhattan; Dylan Evans, Lebo; Emily McCurry, Burrton; Clayton and Garrett Lampe, both of Scott City; and Kristen Lundgren, Ottawa, prepared “‘Neverland’ CAB Prime Rib and Peachy Salad.” They also won top honors in the recipe and showmanship categories and tied for the Black Kettle Award.

The Iowa Quick-N-Easy team claimed overall top honors in the adult division with their “Variations on a Theme Quick-N-Easy Prime Rib Slices.” Team members included father-daughter pairs Erle and Bridget Driscoll, Williamsburg; Rod and Sarah Stream, Chariton; and Norlin and Laura Mommsen, De Witt.

The Kansas senior team won overall honors in the Quick-N-Easy competition.

### Deli winners

Sweeping the junior division of the deli meat competition was the team from Indiana. Team members included Baron, Katarina, Steven and Zachary Rieker, from Columbus. The team prepared “Oscar’s Inside-Out Sandwich” to claim top honors overall and in the recipe and showmanship categories.

In the intermediate deli meat division, Kansas claimed the overall honor. The team of Brooke Bergkamp, Arlington; Megan Fink and Allison Jones, both of Manhattan; Ashley Laas, Brookville; David Lundgren, Ottawa; and Kelsey Erichsen, Alta Vista, prepared “Quick Hot Italian Beef Salad.” The team also claimed first in the recipe category.

Oklahoma received first in the showmanship category of the intermediate division deli meat competition. The team prepared “CAB Roast Beef Sandwiches.” Team members consisted of Cali Emberson, Nowata; Colton Henricks, Anadarko; Jacee May, Stillwater; Kassandra Pfeiffer, Orlando; Justin Strate, Enid; and Kayla Swanson, Ochelata.

Minnesota swept the senior division of the deli meat competition, winning first in the recipe and showmanship categories. Team members Chelsey Drysdale, Wabasha; Alison Johnston, Houston; Katelyn and Peter Scharpe, both of Arlington; and Kari and Krista Stai, both of New London, prepared “Really Big CAB Sandwich.”

The Indiana junior team won overall honors in the deli meat competition.

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**Table 1: Winners by category and age division for fresh meat, Quick-N-Easy and deli meat competitions**

<b>Fresh Meat Competition</b>			
Rank	Recipe	Showmanship	Overall
<i>Junior division:</i>			
First	Montana	Montana	Montana
Second	Oklahoma	Wisconsin	
Third	Wisconsin	Oklahoma	
<i>Intermediate division:</i>			
First	Louisiana	Missouri	Missouri
Second	California	Montana	
Third	Montana	South Dakota	
<i>Senior division:</i>			
First	Indiana	Indiana	Indiana*
Second	Illinois	Illinois	
Third	Missouri	Mississippi	
<i>Adult division:</i>			
First	California	California	California
Second	Illinois	Illinois	
Third	Virginia	Virginia	

<b>Quick-N-Easy™ Competition</b>			
Rank	Recipe	Showmanship	Overall
<i>Junior division:</i>			
First	Kansas	Kansas	Kansas
Second	Missouri	Montana	
Third	Montana	Missouri	
<i>Intermediate division:</i>			
First	Michigan	Michigan	Michigan
Second	Arkansas	Arkansas	
Third	Kansas	Kansas	
<i>Senior division:</i>			
First	Kansas	Kansas	Kansas*
Second	Virginia	Virginia	
<i>Adult division:</i>			
First	Iowa	Iowa	Iowa

<b>Deli Meat Competition</b>			
Rank	Recipe	Showmanship	Overall
<i>Junior division:</i>			
First	Indiana	Indiana	Indiana*
Second	Texas	Texas	
Third	Illinois	South Dakota	
<i>Intermediate division:</i>			
First	Kansas	Oklahoma	Kansas
Second	Oklahoma	Kansas	
Third	Texas	Texas	
<i>Senior division:</i>			
First	Minnesota	Minnesota	Minnesota
Second	Texas	Texas	

\*Denotes overall winners in product competition.

#### **Black Kettle Winners:**

Kansas senior Quick-N-Easy entry, “‘Neverland’ CAB Prime Rib and Peachy Salad”

Indiana senior fresh meat entry, “Stuffed Beef Filets”

#### **Pat Grote LEAD Award Winner:**

Missouri intermediate fresh meat entry, “Summer Lovin’ Steak Sandwich”



## FRESH MEAT COMPETITION



### Junior Division

#### California Fajitas

4 lb. CAB® top sirloin, cut into strips	2 yellow bell peppers
olive oil	2 green bell peppers
fajita seasoning	1 yellow onion (Maui sweet)
Eddie's secret seasoning	2 large tomatoes
1 bunch cilantro	3 Tbs. teriyaki
1 clove garlic	flour tortillas
2 red bell peppers	

Preheat wok to 350° F with 3 Tbs. of olive oil. Slice sirloin steak into 1-inch by 3-inch-long pieces. Place sliced meat in bowl and mix fajita seasoning, Eddie's secret seasoning, fresh garlic and cilantro thoroughly. Place meat in wok and sauté for 5 minutes, stirring frequently.

Slice bell peppers into 1-inch strips. Chop yellow onion and fresh tomato. After meat has sautéed for 5 minutes, turn wok down to 300°. Slowly add vegetables and 3 Tbs. of teriyaki. Cook for about 7-8 minutes and serve in fresh, warm tortillas.



► California team members in the fresh meat junior division are (from left) **Denni Silveira**, Sanger; **Sierra Meyers**, Madera; and **Ashley Judge**, San Luis Obispo.

#### Hoop-It-Up Prime Rib

8 lb. CAB® prime rib	1 Tbs. Worcestershire sauce
1 tsp. white pepper	1 tsp. Maggi seasoning
1 tsp. basil	1-2 Tbs. coarse Kosher salt
½ tsp. granulated garlic	

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

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

Carve and enjoy!



► Placing first in recipe, showmanship and overall in the fresh meat junior division is Montana. Team members are (from left) **Tyler Nansel**, **Calvin Kading**, **Kayleen Goggins**, **Jena Wagner**, **Cortney Bromenshenk** and **Allison Dubs**, all of Billings.

#### Taco Beef Nuggets with Tejano Dipping Sauce

<b>Ingredients:</b>	1 Tbs. water
1 lb. CAB® ground beef round	2 cups crushed nacho cheese-flavored tortilla chips
2 Tbs. taco seasoning mix	
1 can (4 oz.) chopped mild green chilies, drained	<b>Sauce:</b>
15½-in. cubes Co-Jack cheese (½-in. cubes)	6 Tbs. prepared thick taco sauce
1 egg white	3 Tbs. honey

Heat oven to 400° F. Combine ground beef, taco seasoning and green chilies in large bowl, mixing lightly but thoroughly. Divide beef mixture into 15 portions. Shape each portion around a cheese cube, completely covering cheese.

Beat egg white with water in shallow dish until blended. Place chips in second shallow dish. Dip each meatball into egg-white mixture, then into chips to coat completely. Press each meatball with palm into a flattened nugget shape, generously coating both sides of nugget with chips.

Spray large baking pan with nonstick cooking spray. Place nuggets in baking pan. Spray tops of nuggets generously with nonstick cooking spray. Bake in 400° oven 15-20 minutes to medium doneness (160°; no pink in meat and juices will show no pink color).

Meanwhile, combine sauce ingredients in small microwave-safe dish. Microwave on high for 30 seconds, or until warm. Serve nuggets with sauce.



► Placing second in recipe and third in showmanship in the fresh meat junior division is Oklahoma. Team members are (from left) **Jarred Strate**, Enid; **Dustin Cook**, Orlando; **Maegan Nunley**, Marlow; **Karisa Pfeiffer**, Orlando; and **Taylor Mouse**, Elk City.



# FRESH MEAT COMPETITION



## Junior Division CONTINUED

### Shredded 'CABeef' Sandwiches

- 1 3- to 4-lb. CAB® boneless chuck roast
- 1 can (8 oz.) beef broth
- 1 cup ketchup
- 1 cup brown sugar
- ¼ cup yellow mustard

Place roast in slow cooker. Add beef broth. Cook on low for 8 hours or overnight. Remove roast and place in refrigerator until just slightly warm. Tear or shred beef into pieces (liquid does not have to be removed). Return meat to slow cooker. Add ketchup, brown sugar and mustard. Cook on low heat until thoroughly warmed. Serve on your favorite style bun or hoagie roll.



► Placing second in showmanship and third in recipe in the fresh meat junior division is Wisconsin. Team members are (from left) **Calli Bayer**, Ringle; **Kelli Retallick**, Glen Haven; **Ty Bayer**, Ringle; and **Jared and Jessica Radcliffe**, both of Schofield.

## Intermediate Division

### Summer Lovin' Steak Sandwich

- 4 CAB® ribeye steaks, 1¼-in. thick
- 3-4 Tbs. cracked black pepper
- 4 cloves garlic, minced
- 4 tsp. dried thyme leaves

Combine last three ingredients and press evenly into both sides of CAB® steaks. Place steaks on grill over medium, ash-covered coals. Grill uncovered for 7-8 minutes on each side (total cooking time 14-16 minutes) or until done. Season with salt and pepper, if desired. Serve on a hoagie bun.

Makes 4 servings.



► Winning the Pat Grote LEAD Award, as well as showmanship and overall honors in the fresh meat intermediate division, is Missouri. Team members are (from left) **Austin Sayre**, Creighton; **Victoria Rader**, Marionville; **Taylor Short**, Ava; **Kathryn McDonald**, Seneca; **Garren Bellis**, Orrick; and **Austin Thummel**, Sheridan.



► Anne Patton Schubert, Taylorsville, Ky., organized this year's event with the help of many volunteers.



► Twelve judges, separated into teams of three, evaluated the Cook-Off skits Tuesday afternoon during the 2005 NJAS in Denver, Colo.



► The Virginia senior team in the Quick-N-Easy competition answers questions from the judges.

CANDID PHOTOS BY JEN BISER

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## FRESH MEAT COMPETITION



### Intermediate Division CONTINUED

#### Fresh Herb & Mushroom Tenderloin Steaks

##### For the beef:

4 6-oz. CAB® tenderloin steaks  
1 tsp. salt  
1 tsp. fresh thyme, chopped  
1 tsp. fresh rosemary, chopped  
½ tsp. pepper, freshly ground  
4 garlic cloves, minced  
cooking spray

##### For the gravy:

1 tsp. olive oil  
½ tsp. fresh thyme  
1 pkg. (8 oz.) presliced cremini mushrooms  
4 garlic cloves, minced  
½ cup chicken broth  
½ cup white wine  
1 Tbs. water  
1 tsp. cornstarch

Preheat oven to 450° F.

For the beef, combine salt, pepper, thyme, rosemary and 4 minced garlic cloves. Coat both sides of steaks with cooking spray. Rub steaks evenly with thyme mixture. Place steaks on rack of a broiler or roasting pan coated with cooking spray. Bake at 450° for 8 minutes on each side or until desired degree of doneness. Remove from oven and keep warm.

To prepare gravy, heat oil in a large nonstick skillet over medium-high heat. Add ½ tsp. of thyme, mushrooms and 4 garlic cloves. Cook 5 minutes, or until mushrooms are tender. Add broth and wine; then bring to a boil. Cook until reduced by half (about 4 minutes). Combine water and cornstarch in a small bowl, stirring with a whisk. Add cornstarch to pan, and bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly. Serve over steaks.



► Placing third in showmanship in the fresh meat intermediate division is South Dakota. Team members are (from left) **Heidi Graff**, Rutland; **Andrew Rogan**, Brandon; **Weston Geppert**, Mitchell; **Brian Graff**, Rutland; and **Sydney Geppert**, Mitchell.

#### CAB® Jerky

2 lb. CAB® ground beef  
4 Tbs. soy sauce  
4 Tbs. Worcestershire sauce  
2 Tbs. liquid smoke  
2 Tbs. ketchup

½ tsp. salt  
½ tsp. pepper  
½ onion salt  
½ garlic powder  
Dehydrator

Mix all ingredients in bowl and let marinate in refrigerator 1 hour. Remove a handful of mixture and place on counter with rolling pin. (Spray Pam® on rolling pin and counter for easy cleanup.) Roll mixture out flat approximately ⅛-inch thick. Place on dehydrator tray. Cook 8-10 hours on jerky setting or until it reaches texture you desire.



► Kentucky team members in the fresh meat intermediate division are **Blake Boyd**, Mays Lick; **Nikki Bugg**, Burgin; **Logan** and **Amanda Goggin**, both of Danville; **Ericka Waggener**, Harrodsburg; and **Nicole Wheatley**, Springfield.

#### California Kabobs

2½ lb. CAB® top sirloin  
1 lb. fresh zucchini  
½ cup soy sauce  
¼ cup cooking oil/olive oil  
1 Tbs. dark corn syrup

2 cups garlic, minced  
1 tsp. dry mustard  
1 tsp. dry ground ginger  
3 green peppers (cut in 1-in. squares)  
5 small firm tomatoes, quartered

In large bowl combine soy sauce, oil, corn syrup, fresh garlic, mustard and ginger. Thoroughly mix and refrigerate. Cut sirloin steak into 1½-inch pieces. Add to sauce and mix thoroughly. Refrigerate overnight.

Drain meat, saving sauce. Alternate meat and vegetables on skewer. Grill for 15-20 minutes, turning frequently. Baste kabobs while grilling.



► Placing second in the recipe category, California team members in the fresh meat intermediate division are (from left) **Rachel LaFranchi**, Calistoga; **Emmalee Casillas**, Auburn; **Cassie Silveira**, Sanger; **Kirbe Schnoor**, Chowchilla; and **Austin Perry**, Prather.



## FRESH MEAT COMPETITION



### Intermediate Division CONTINUED

#### Yankee-Doodle Sirloin Roast

4 lb. CAB® boneless sirloin tip roast	2 Tbs. finely chopped onion
½ cup teriyaki or soy sauce	3 garlic cloves, minced
¼ cup vegetable oil	1 tsp. Worcestershire sauce
½ cup beef broth	½ tsp. hot pepper sauce
2 Tbs. brown sugar	

In large resealable plastic bag, combine the first eight ingredients; add roast. Seal bag and turn to coat. Refrigerate overnight.

Drain and discard marinade. Grill roast, covered, over indirect medium heat for 2-2½ hours or until meat reaches desired doneness (for rare, a meat thermometer should read 140° F; medium, 160°; and well-done, 170°). Or place roast on rack in a shallow roasting pan. Bake, uncovered, at 350° for 2-2½ hours.

Let stand for 10-15 minutes before slicing.  
Yields 12-14 servings.



► Texas team members in the fresh meat intermediate division are (from left) **Kyle Carpenter**, Glen Rose; **Taylor McQueen**, Gilmer; **Jacie Gibson**, Cooper; **Stephanie Lastovica**, Salado; and **Jill** and **Jentry Jagers**, both of Sulphur Bluff.

#### Branded Big Sky BBQ Beef

5 lb. CAB® chuck roast	1 Tbs. spicy mustard
2 Tbs. onion powder	½ cup Worcestershire sauce
½ Tbs. garlic powder	½ cup brown sugar
½ cup vinegar	½ Tbs. salt
1 tsp. pepper	2 cans tomato soup

Place roast in pan whole. Mix sauce and ingredients and pour over roast. Cover and bake for 5 hours. Remove meat after 4-5 hours. Shred meat with a fork. Skim fat if there is any on top of sauce. Can thicken sauce with flour. Add water if needed. Serve on buns.



► Placing second in showmanship and third in the recipe category of the fresh meat intermediate division is Montana. Team members are (from left) **Travis Winters**, Joliet; **Jenessa Monson**, Absarokee; **Mick Mosher** and **Lorissa Harris**, both of Shepherd; and **Katrina Dubs** and **Emily Kading**, both of Billings.

#### 'C'est Bon Cher' Crawfish & Filet

4 CAB® filets cut 1¼-in. thick	1 tsp. sea salt
<b>Crawfish Sauce</b>	1 pinch gumbo file
¼ cup butter	1 pinch paprika
1 onion, finely chopped	1 Tbs. LSU National Champion Tiger Sauce
2 Tbs. garlic, finely minced	2 Tbs. Louisiana® Hot Sauce
1 medium bay leaf	1 can cream of shrimp soup
1 lb. Louisiana crawfish tails	⅓ cup pimento cheese
2 Tbs. Creole seasoning	⅓ cup heavy cream

For crawfish sauce, sauté in butter the onion, garlic and bay leaf until the onion is translucent. Add crawfish tails, and simmer over medium heat. Then season with Creole seasoning, sea salt, gumbo file, paprika, Tiger sauce and hot sauce. Add soup, pimento cheese, and heavy cream until blended into a sauce.

Grill filets to desired doneness. Spoon hot crawfish sauce on top of steaks after taking them off the grill.



► Placing first in the recipe category of the fresh meat intermediate division is Louisiana. Team members are (from left) **Allison Gravois**, Vacherie; **Kayla St. Blanc**, Folsom; **Taryn Shaw**, Jennings; and **Rene** and **Jess Roussel** and **Stephen Bleakley**, all of Gramercy.

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## FRESH MEAT COMPETITION



### Intermediate Division CONTINUED

#### Forrest Gump's Lime-Grilled Steak and Shrimp Kabobs

4 CAB® 6-oz. center-cut sirloin steaks  
 2 lb. unpeeled jumbo fresh shrimp  
 ¾ cup butter or margarine, melted  
 ¼ cup fresh lime juice  
 4 whole limes

Cut sirloin into 2-inch cubes. Peel shrimp, leaving tails intact; devein, if desired. Combine butter and lime juice in small saucepan. Dip steak and shrimp in butter mixture. Thread cube of steak, neck and tail of each shrimp, and a wedge of lime on six 14-inch skewers so shrimp will lie flat.

Grill, covered, over medium-hot coals (350°-400° F) for 3-4 minutes on each side until shrimp turn pink and steak cubes are done to your preference.

Bring any remaining butter mixture to a boil over high heat. Remove from heat and serve with kabobs.

Yields 4-6 servings.



► Mississippi team members in the fresh meat intermediate division are **Clint** (left) and **Emma Collins**, both of Morton.

### Senior Division

#### Margarita Steak

2 lb. CAB® filets, cut 1¼- to 1½-in. thick  
 1¼ cup (10 oz. can) non-alcoholic frozen margarita mix  
 2 tsp. salt  
 1 Tbs. black pepper  
 2 Tbs. minced garlic

Combine marinade ingredients. Place steaks and marinade in sealable bag or covered container and let set overnight.

Remove steaks from marinade and grill over medium fire 6-8 minutes per side.

Serve with corn on the cob and fresh salad greens and tomatoes. This marinade works well for other CAB® cuts or for kabobs.



► Placing second in recipe and showmanship in the fresh meat senior division is Illinois. Team members are (from left) **Tera Moritz**, Piper City; **Jessica Huffman**, Mahomet; **Chelsea Frost**, Tallula; **Kyle Cassady**, Ancona; **Justin Moritz**, Piper City; and **Chris Cassady**, Ancona.

#### Mini Burgers

2 lb. CAB® ground chuck  
 2 lb. Velveeta® cheese  
 ½ cup Hellmann's® Dijonnaise™ Honey Mustard  
 ½ cup frozen onions, chopped  
 ½ cup frozen green peppers, chopped  
 3 24-count packs of mini dinner rolls  
 ½ cup melted butter  
 3 Tbs. Hellmann's® Honey Dijonnaise™ Mustard  
 ½ tsp. salt  
 ½ tsp. black pepper

Bring ½ gallon of water in pot to a rolling boil. Place ground chuck, onions, green peppers, salt and black pepper into boiling water.

While meat is cooking, place cubed Velveeta cheese and mustard in microwave bowl, microwave until creamy.

When meat is done; strain in colander well. Add meat to Velveeta cheese mixture. Mix together well.

Take pan of dinner rolls, slice top off, place one-third of mixture in each pan. Replace top. Mix together ½ cup of melted butter and 3 Tbs. of mustard and pour over rolls. Cover with aluminum foil. Place in 350° F oven for 20 minutes.



► Placing third in showmanship in the fresh meat senior division is Mississippi. Team members are (from left) **Zach Brower**, Water Valley; **Britt Magee** and **Blake Byrd**, both of Mendenhall; **Jon Paul Whitlock**, Iuka; **Colbi Parker**, Bruce; and **Trey Gunn**, Tiptersville.



# FRESH MEAT COMPETITION



## Senior Division CONTINUED

### Oklahoma Prime Rib of Beef

1 5-lb. CAB® prime rib  
 6-8 cloves of garlic, pressed or smashed  
 coarse ground black pepper  
 Kosher salt

Preheat oven to 475° F. Remove the net wrapping from the prime rib.

Using fillet knife, separate the fat slab from the meat without cutting it completely from the roast. Fold fat back from meat and place garlic liberally on the top of the meat. Fold the fat slab back over the garlic, and replace the net wrapping. Rub the salt and pepper liberally and completely over all sides of the roast. Leave the meat out, at room temperature, until oven is ready. Place a meat thermometer in the end of the roast so that it is in the middle-most part of the meat.

Place roast on a rack in a roasting pan that is at least 2 inches deep and large enough for the roast to have ample room surrounding it when placed in the pan.

Place roast in the oven for 40 minutes at 475°. Reduce heat to 350°, and cook for approximately 2 hours. When temperature reaches 130° on the meat thermometer, remove from oven. Let the roast rest for 20 minutes. Remove from the rack in the pan and place on a cutting board. Slice meat to desired thickness.

Remove drippings from pan, stir and place in a bowl. Spoon the drippings over the meat when served.



► Oklahoma team members in the fresh meat senior division are (from left) **Kelsey Pfeiffer**, Orlando; **Jared Bedwell**, Isabella; **Jordan Davis**, Foss; **Emily Switzer**, Leedey; **Allison Bond**, Inola; and **Shay Klusmeyer**, Perry.

### Lemon Kansas City Strips

2/3 cup olive oil  
 4 tsp. grated lemon rind  
 1/2 cup fresh lemon juice  
 2 tsp. salt  
 1/2 tsp. dried crushed red pepper  
 4-6 CAB® Kansas City strip steaks

**Lemon Dipping Sauce:**  
 2 containers (16 oz. each) light sour cream  
 2 Tbs. prepared horseradish  
 2 tsp. fresh lemon juice  
 1 tsp. salt

Combine first five ingredients in a shallow dish or zip-top plastic freezer bag; add steak. Cover or seal, and chill 8 hours, turning occasionally. Remove steak from marinade, discarding marinade.

Grill steaks, covered with grill lid, over medium-high heat (350°-400° F) 4-5 minutes on each side or to desired degree of doneness. Serve with Lemon Dipping Sauce, and garnish with flat-leaf parsley if desired.

Sauce: Combine all ingredients; cover and chill at least 1 hour.



► Placing third in the recipe category in the fresh meat senior division is Missouri. Team members are (from left) **Rachel McGilvray**, Mendon; **Mal-lory Trospen**, Hamilton; **Rachel Bartholomew**, Archie; and **Chelsea Moffitt**, Kirksville.



PHOTO BY SHAUNA ROSE HERMEL

► Prissy frets over how to cook up “Yankee-Doodle Sirloin Roast” as the intermediate team from Texas competes in the fresh meat competition. Teams of two or more perform a skit before three judges to explain the benefits of CAB product.



► In addition to performing a skit and preparing the recipe for judges to sample, teams decorate a table to set the mood for the judges as they evaluate the entry.

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# FRESH MEAT COMPETITION



## Senior Division CONTINUED

### Stuffed Beef Filets

6 8-oz. CAB® filets, sliced 1¾- to 2-in. thick  
 6 slices thin bacon  
 3-4 sprigs cilantro, chopped  
 ¼ cup mushrooms, chopped  
 2 Tbs. sun-dried tomatoes, chopped  
 2 Tbs. sweet red onion, chopped  
 3 Tbs. butter or margarine  
 Lemon Kick Rub  
 Cream Cheese Stuffing

### Lemon Kick Rub

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

### Cream Cheese Stuffing

1 pkg. (4 oz.) cream cheese, softened  
 ⅛ cup Parmesan cheese, shredded  
 ½ tsp. garlic salt  
 2 Tbs. cilantro, finely chopped  
 2 Tbs. sun-dried tomatoes, chopped  
 2 Tbs. mushrooms, chopped  
 1 Tbs. sweet red onion, finely chopped

Lightly sprinkle both sides of each filet with Lemon Kick Rub and gently rub seasoning into the meat. Cut an incision into the edge of each filet, cutting into the center, and stuff with 1½ Tbs. of Cream Cheese Stuffing. Wrap each filet with a slice of bacon and secure with toothpick. Grill to desired doneness.

Sauté cilantro, mushrooms, tomatoes and onion in butter and spoon over steaks just before serving. Steaks may be stuffed, wrapped and refrigerated several hours before grilling.

Rub: Combine all ingredients in shaker.

Stuffing: Thoroughly mix all ingredients. Refrigerate until ready to use. This recipe will stuff 6-8 beef filets.



► Tying for the Black Kettle Award, as well as winning the recipe, showmanship and overall categories in the fresh meat senior division and overall winner in the fresh meat competition, is Indiana. Team members are (from left) **Katelyn Wilson**, Orleans; **Ashlyn Carter**, Upland; **Kara Wilson**, Orleans; **Casey Bruns**, Union City; and **Lucas Neumayr**, New Richmond.

### Kentucky Burgers

2 lb. CAB® ground beef  
 1 Tbs. Lawry's® seasoned salt  
 1 Tbs. Lawry's® garlic pepper

2 Tbs. Jim Baldridge's Secret Seasoning  
 2 Tbs. Dale's seasoning

Mix ingredients together well. Pat out into patties and grill.  
 Makes about 8 patties.



► Kentucky team members in the fresh meat senior division are **Joshua Jackson**, Salvisa; **Lauren Moss**, Lancaster; **Charles Toll**, Lawrenceburg; **Bradley** and **Jillian Warren**, both of Lebanon; and **Katrina Womack**, Pembroke.



► Jon Paul Whitlock plays Goldilocks for Mississippi's senior team in the fresh meat competition.



► The three musketeers come to the rescue as the Texas intermediate team in the deli competition presents "All for One Pasta Salad."



# FRESH MEAT COMPETITION



## Adult Division

### Get 'er Done Steaks

4 CAB® filet mignon filets, cut 1½-in. thick  
 ½ cup dry cooking wine  
 2 Tbs. green onions, chopped  
 ½ cup water  
 ½ cup heavy cream  
 2 Tbs. capers

2½ tsp. prepared mustard  
 1 tsp. salt  
 ½ tsp. black pepper, coarsely ground  
 1 beef flavor bouillon cube or envelope  
 watercress for garnish

Season steaks with seasoning used, patting in the seasoning. Grill one side 3 minutes, then flip to other side and grill approximately 3 minutes.

During that time, mix in skillet dry cooking wine, green onions, water, heavy cream, butter and capers. Sauté for 6-7 minutes.

Remove steaks from grill, place in skillet and sauté 2 minutes per side. Then place back on grill 2 minutes per side. While on grill baste with remaining sauté sauce.



► Placing first in recipe, showmanship and overall in the fresh meat adult division is California. Team members are (from left) **Mindy and Brad Schnoor**, Chowchilla; **Cori Meyers**, Madera; and **Susan and Randy Perry**, Prather.

### Parmesan Steak

2 lb. CAB® sirloin steak 1¾-in. thick  
 ¼ cup balsamic vinegar  
 2 Tbs. olive oil  
 1 Tbs. garlic, minced or crushed

2 Tbs. fresh basil leaves, minced, or 1 Tbs. dried basil leaves  
 1 tsp. black pepper  
 ¼ cup plus 1 Tbs. grated Parmesan cheese

Combine the marinade ingredients, reserving the 1 Tbs. Parmesan cheese. Cut steak into 8 serving-size pieces. Place marinade and steak in sealable bag or covered container. Marinate overnight in the refrigerator.

Remove steak from marinade and grill over medium fire 6-8 minutes per side, turning only once. Place on platter and sprinkle with reserved cheese. Garnish with fresh basil leaves.

Serve with rice pilaf or garlic bread sticks, fresh garden salad and fruit.



► Placing second in recipe and showmanship in the fresh meat adult division is Illinois. Team members are (from left) **Rachel and Chelsea Frost**, both of Tallula; **Sherry Adcock**, Moweaqua; **Carrie Keeney**, Good Hope; **Cindy Anderson**, Chrisman; and **Sally Moritz**, Piper City.

### Blue-Collar Beef Jerky

2 lb. CAB® round steak  
 ½ cup soy sauce  
 ½ cup Worcestershire sauce  
 1½ tsp. salt  
 ½ tsp. black pepper

2 Tbs. brown sugar  
 1 Tbs. garlic powder  
 ½ tsp. onion powder  
 4 tsp. liquid smoke

Slice steak into ¼-inch to ½-inch strips. Mix all ingredients in plastic container. Place strips in marinade and let stand in refrigerator for 4 hours.

Dry in dehydrator or oven to desired consistency.



► Placing third in recipe and showmanship in the fresh meat adult division is Virginia. Team members are (sitting) **Albert Epperly**, Moneta; (standing, from left) **Jeff Powers**, Moneta; **Dennis Eastin**, Gretna; and **Mike Wieben**, Waterford.



## QUICK-N-EASY COMPETITION

### Junior Division



#### CAB® Smoked Sausage Chowder

- |  |                              |
|--|------------------------------|
| 1 lb. fully-cooked CAB® smoked beef sausage, thinly sliced | 1 cup water                  |
| 1 pkg. (5 oz.) cheesy scalloped potatoes                   | 2 cups milk                  |
| 2 cups frozen corn   | 2 Tbs. chopped fresh parsley |
| 1 can (14½ oz.) onion-flavored beef broth, ready to serve  | ¼ tsp. pepper                |
|  | fresh parsley sprigs         |

Heat Dutch oven over medium-high heat until hot. Add sausage. Cook and stir 5 minutes or until browned. Pour off drippings.

Add potatoes from package, corn, broth and water; bring to boil. Reduce heat; whisk in sauce mix until blended. Cover and simmer over low heat 12 minutes or until potatoes are tender, stirring occasionally.

Stir in milk; cook, uncovered, over medium heat 1 minute or just until heated through. (Do not boil.) Remove from heat. Stir in chopped parsley and pepper. Garnish with parsley sprigs.

Yields 4 servings (about 1¾ cups each)



► Placing first in recipe, showmanship and overall in the Quick-N-Easy junior division is Kansas. Team members are (from left) **Tanner Rayl**, Hutchinson; **MacKenzie Flory**, Baldwin City; **Jacinda Dickinson**, Glasco; **Amanda Laas**, Brookville; and **Peter** and **Johanna Lundgren**, both of Ottawa.

#### School Days Alfredo Surprise

- 4 CAB® Quick-N-Easy™ Prime Rib Slices
- 1 lb. uncooked fettuccine noodles
- 1 jar (16 Oz.) classic Alfredo sauce
- 1 cup ground parmesan cheese

Cook pasta in large pot according to directions on package. Slice prime rib into thin strips and warm in a medium skillet. Drain pasta and return to pot after reducing heat to simmer. Add warmed strips. Pour Alfredo sauce over pasta and meat. Toss gently to mix. Add salt and pepper to taste.

Transfer to a large serving platter and sprinkle with parmesan cheese. Serve with fresh green salad and bread for a tasty meal the whole family, or classroom, will love.

Yields 8 servings.



► Virginia team members in the Quick-N-Easy junior division are (front row, from left) **Callie Eastin**, Gretna; **Luke** and **Mackenza Muncy**, both of Midland; (back row, from left) **Dale Eastin**, Gretna; **Joy Powers**, Moneta; and **Casey Johnson**, Nokesville.

#### Cowboy Stew

- |                              |                           |
|------------------------------|---------------------------|
| 2 CAB® pot roasts, precooked | 1 Tbs. chili powder       |
| 6 slices of bacon            | 1 can pinto beans         |
| 1 cup sliced onions          | 1 small can green chilies |
| 1 clove garlic, crushed      | 1 can creamed corn        |
| 1 tsp. salt                  | 1 can of tomatoes         |
| ¼ tsp. pepper                | 4 red potatoes            |

Boil tomatoes with chili powder. Fry bacon, sauté onion in drippings. Add garlic and seasonings. Cut pot roast into cubes and simmer together 10 minutes. Combine potatoes, corn, tomatoes, chilies and beans with meat. Serve steaming hot with biscuits.



► Placing third in recipe and second in showmanship in the Quick-N-Easy junior division is Montana. Team members are (from left) **Kyla Olson**, Saint Ignatius; **Raquel Boyd**, Alder; **Shane Hooker**, Luther; **Machaela Goggins**, Billings; and **Abby Mytty**, Florence.



# QUICK-N-EASY COMPETITION



## Junior Division CONTINUED

### CAB® Frankfurters with Coca Cola® BBQ Sauce

CAB® Frankfurters  
buns  
Coca Cola® BBQ Sauce

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

Mix all ingredients. Bring to a boil over medium heat, then reduce temperature and simmer for 45 minutes, reducing by 25%. Makes a thick sauce. Can be refrigerated for up to two weeks. Yields 3¼ cups.

Grill CAB® Frankfurters to desired doneness. Meanwhile, brush buns with butter and toast to golden brown on the grill. Drizzle warm Coca Cola BBQ sauce over frankfurters and serve.

Variations and serving suggestions:

- 1) Include a slice or two of cooked bacon with the frankfurter.
- 2) Slit frankfurters lengthwise before cooking and grill with slit side down, first. Turn and stuff the frankfurter with your favorite cheese (Co-Jack, Cheddar, American, etc.). Continue grilling until frankfurter is done and cheese is melted.
- 3) Grill sliced onions and top either variation 1 or 2.

Coleslaw, BBQ pasta salad or pico de gallo complete a delicious meal.



► Placing second in recipe and third in showmanship in the Quick-N-Easy junior division is Missouri. Team members are (from left) **Forrest Thompson**, Mount Vernon; **Hannah Bartholomew**, Archie; **McKenzie Adam**, Long Lane; **Caleb Sayre**, Creighton; **Sam Wallace**, Stotts City; and **Chase Thummel**, Sheridan.

## Intermediate Division

### Mile High Prime Rib!

1 pkg. CAB® Quick-N-Easy™ Prime Rib  
¼ cup soft butter  
2 Tbs. blue cheese, crumbled

2 tsp. green onion, chopped  
½ tsp. fresh lemon juice  
salt and pepper to taste

Prepare prime rib according to package directions. Mix remaining ingredients together and chill until firm (at least 2 hours). Remove prime rib from microwave, place on serving plate and top each portion with 1 Tbs. of chilled mixture.



► Placing first in recipe, showmanship and overall in the Quick-N-Easy intermediate division is Michigan. Team members are (from left) **Benjamin Canfield**, Clarksville; **Patricia Vaassen**, Ann Arbor; **Erika Boehmer**, Olivet; **Rachael Vaassen**, Ann Arbor; and **Julie Thelen**, Saline.

### Barbecue Beef Twister Style

1 lb. CAB® Quick-n-Easy™ Pot Roast  
½ tsp. vegetable oil  
1 medium onion, diced  
½ cup green bell pepper, chopped  
½ cup yellow bell pepper, chopped

½ cup red bell pepper, chopped  
1 can whole-kernel corn, drained  
½ cup prepared BBQ sauce  
4 10-in. flour tortillas

Sauté onion and peppers in oil until tender (about 3 minutes). Add drained corn. Using two forks, shred roast. Discard gravy. Add roast and BBQ sauce; heat until warm. Divide mixture evenly among tortillas, wrap and serve.

Yields 4 servings.



► Placing second in recipe and showmanship in the Quick-N-Easy intermediate division is Arkansas. Team members are (front) **Sarah Connolly**, Rogers; (back row, from left) **Elizabeth Williams**, Van Buren; **Haley Rieff**, Bentonville; **Brittanee** and **Jade Vaught**, both of Horatio; and **Ethan Holly**, Decatur.

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# QUICK-N-EASY COMPETITION

Intermediate Division CONTINUED



## Pool Party CAB® Sausage

2 lb. CAB® smoked sausage  
1 cup orange juice  
½ cup honey

2 tsp. dry mustard  
1 tsp. ground ginger

Place sausage in a zipper-sealed bag or covered container. Combine all ingredients and pour over sausage. Place in refrigerator and marinate for about 2 hours. Grill or microwave sausage until hot. Heat remaining marinade until boiling. Serve as a dipping sauce with sausage.

Serving suggestions: Serve with bed of white rice, fruit kabobs, or steamed or grilled vegetables.



► Placing third in recipe and showmanship in the Quick-N-Easy intermediate division is Kansas. Team members are (from left) **Kenny Hopper**, Leonardville; **Kyleigh Santee**, Langdon; **Courtney Rump**, Galva; **Tess Ludwick**, Ottawa; **Parker Rayl**, Hutchinson; and **Chelsea Dickinson**, Glasco.

## Grilled Beef Quesadillas

1 pkg. (2 lb.) fully-cooked boneless CAB® Quick-N-Easy™ Pot Roast with Gravy  
1½ cup prepared thick and chunky salsa  
¼ cup fresh cilantro, chopped  
3 Tbs. fresh lime juice

1 cup canned black beans, rinsed and drained  
½ cup frozen whole-kernel corn, defrosted  
8 medium flour tortillas, (8- to 10-in. diameter)  
3 cups (12 oz.) Colby-Jack cheese, shredded

In medium bowl, combine salsa, cilantro and lime juice. In a second bowl, combine ½ cup salsa mixture, beans and corn. Set aside remaining salsa mixture.

Remove beef pot roast from package. Tear into shreds with two forks. Discard gravy.

Sprinkle cheese evenly on one side of each tortilla; sprinkle each with shredded beef. Top each with approximately ¼ cup of the bean mixture. Fold tortillas in half.

Place quesadillas on grill over medium heat. Grill, uncovered, 4-5 minutes or until golden brown; turn once.

Serve with reserved salsa mixture. Makes 8 quesadillas.



► Texas team members in the Quick-N-Easy intermediate division are (from left) **Mattie Lastovica**, Fredericksburg; **Megan Ahearn**, Wills Point; **Mollie Lastovica**, Fredericksburg; **Katy Satee**, Montague; and **Gretchen Etredge**, Pilot Point.



PHOTO BY SHAJIMA ROSE HERMEL

► Beef has enough “iron” explains Missouri’s senior division team in the fresh meat competition as they give beef an *Oprah*-style makeover.



► Granny cooks up some “vittles” with the Kansas junior team in the Quick-N-Easy competition.



# QUICK-N-EASY COMPETITION



## Senior Division

### “Neverland” CAB® Prime Rib and Peachy Salad

4 6-oz. portions of Precooked CAB® Quick-n-Easy™ Prime Rib  
 5 peaches, washed  
 ¼ cup lemon juice, divided

1 cup low-fat lemon yogurt  
 ¼ cup thinly sliced green onion  
 ½ tsp. poppy seed  
 mixed salad greens

Vegetables for completing the meal include green bean bundles, corn medley and three-cheese bread.

To make peach bowls, cut ½ inch off top of four peaches. Using a spoon, scoop out pulp and pit, leaving thin wall, creating shallow bowl. Drizzle 2 tsp. of lemon juice inside peaches. Slice the remaining peach into thin slices and toss with 2 tsp. lemon juice.

For dressing, combine yogurt, green onion and poppy seed in a small bowl. If necessary, stir in 1-2 tsp. additional lemon juice to reach drizzling consistency.

To assemble, fill peaches with peach sauce, peach slices and greens (optional). May add sliced beef as well. Place peach bowls on top of salad greens. Drizzle with dressing.

Take thawed, precooked prime rib and quickly char-grill 1-2 minutes per side to give grilled flavor. Serve immediately with peach dipping sauce.



► Winning overall honors in the Quick-N-Easy competition and tying for the Black Kettle Award is the senior team from Kansas. The team won the recipe, showmanship and overall categories of the Quick-N-Easy senior division. Team members are (from left) **Coye Crenshaw-Kleve**, Manhattan; **Garrett and Clayton Lampe**, both of Scott City; **Emily McCurry**, Burton; **Kristen Lundgren**, Ottawa; and **Dylan Evans**, Lebo.

### No Fear Champion’s Caesar Salad

4 CAB® Quick-N-Easy™ Prime Rib slices  
 1 pkg. of Caesar salad croutons

Grill steaks. Slice across grain in ¼-in slices. Put prepared salad in bowl. Place steak on top of salad. Garnish with cheese and croutons. Top with Caesar dressing.



► Placing second in recipe and showmanship in the Quick-N-Easy senior division is Virginia. Team members are (from left) **Will Earhart**, Verona; **Amanda Lickey**, Middleburg; **Kati Hereford**, Hamilton; **Chelsea Wieben**, Waterford; and **Bethany Johnson**, Nokesville.

## Adult Division

### Variations on A Theme

CAB® Quick-N-Easy™ Prime Rib slices

#### Irish to the Core

Prepare prime rib according to package instructions. Add parsley potatoes and native Irish Whiskey flavoring of a non-alcoholic nature.

#### Down the Rhine

Prepare prime rib according to package instructions. During cooking use Amana horseradish jelly as a glaze. Add hot German potato salad, sauerkraut and dark German beer flavoring of a non-alcoholic nature.

#### Over the Border

Prepare prime rib according to package instructions. Add taco seasoning and water. Allow to simmer. Serve with chips, salsa, refried beans, cheese and tequila flavoring of a non-alcoholic nature.



► Winning the Quick-N-Easy adult division is the father-daughter team from Iowa. Team members are (from left) **Sarah and Rod Stream**, Chariton; **Laura and Norlin Mommsen**, De Witt; and **Bridget and Erle Driscoll**, Williamsburg.

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## DELI MEAT COMPETITION

### Junior Division



#### Texas Hold 'em and Roll 'em Roast Beef Sandwiches

- 1 loaf dark bread (or bread of choice)
- 2 lb. CAB® deli-style roast beef, thinly sliced
- 1 container cream cheese and chive spread
- 1 jar of pickled okra (or dill pickle wedges)

Using one piece of dark pumpernickel, rye or choice of bread, remove crust and roll each piece flat with rolling pin. Spread with softened cream cheese and chive mixture. Then add several pieces of thin-sliced roast beef. Add another layer of cream cheese spread. Lay a whole pickled okra (can use wedge of dill pickle) in the middle and roll. Insert toothpick to hold.



► Placing second in recipe and showmanship in the deli meat junior division is Texas. Team members are (from left) **Wade Wells**, Hamilton; **Clayton Stevenson**, Brenham; **Tyler Bond Jones**, Bleiberville; and **Tylee Jo and Brazos Williams**, both of Lockney.

#### Survivor Deli Beef Wraps

- |   |                             |
|---|-----------------------------|
| 2 lb. CAB® deli-style roast beef, thinly sliced | 2 Tbs. butter or margarine  |
| 1 lb. thinly sliced provolone cheese            | 1/3 cup sour cream          |
| 4 large flour tortillas                         | 1/4 cup horseradish mustard |
| 1-lb. pkg. cabbage slaw                         |                             |

Melt butter or margarine in skillet and sauté cabbage slaw approximately 5 minutes, just until tender crisp. Mix sour cream and mustard and spread on flour tortillas. Place roast beef slices on tortillas. Top with cheese slices. Divide cabbage evenly among tortillas, placing in center of tortilla. Roll up and slice each tortilla in half. Place in microwave-safe dish and cook on high power 5-7 minutes, until heated through and cheese is melted.

Serve warm with a fresh green vegetable or salad and fruit for a quick and easy meal. Deli Beef Wraps are also good leftovers, served cold or hot.



► Placing third in the recipe category in the deli meat junior division is Illinois. Team members are (from left) **Jennifer Ewing**, Rushville; **Emily Harrell**, Roseville; **Kayla Widerman**, Good Hope; and **Gabrielle Lemenager**, Clifton.

#### Oscar's Inside-Out Sandwich

- |   |                                  |
|---|----------------------------------|
| 1 whole head of iceberg lettuce                           | 2 slices of ready-to-serve bacon |
| 1 soft tortilla shell                                     | ranch dressing                   |
| 1/3 lb. CAB® deli-style roast beef, sliced thin or shaved | sour cream                       |
| 1 thin sliced Baby Swiss cheese                           | shredded cheddar cheese          |
| 1 medium tomato, sliced thin                              | black olives, sliced             |

Place a whole head of lettuce on cutting board, stem side up. Cut a 1 1/4-in.-thick slice off the right side of the lettuce. Then cut a second slice off the left side. Remove the center of each slice, leaving a bowl-shaped layer of 4-5 tightly nested leaves. Cover and refrigerate the remaining lettuce for another use.

Fill one of the lettuce sections with 1/4 of the soft tortilla shell, the roast beef, slice of Swiss cheese, tomato slices, and bacon slices, and drizzle with ranch dressing. Cover with remaining lettuce section to form sandwich. Place two dollops of sour cream on top of the lettuce. Place an olive slice on the front of each dollop, and sprinkle the dollop of sour cream with shredded cheese. You may cut crosswise in half to serve.

Makes 1 serving. Repeat for additional sandwiches. Excellent served with extra dressing on the side for dipping, chips and a cookie.



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



# DELI MEAT COMPETITION



## Junior Division CONTINUED

### Mexican Beef Roll-Ups

- |   |   |
|---|---|
| 3¼ Tbs. sour cream                                | 6 oz. CAB® deli-style roast beef, cooked and sliced |
| 1 Tbs. plus 2 tsp. mayonnaise                     | 4 large lettuce leaves                              |
| 1¼ Tbs. hot salsa (additional needed for serving) | toothpicks  |
| 4 8-in. warm tortillas                            |   |

Combine sour cream, dressing and salsa in bowl. Spread over tortillas. Arrange roast beef and a leaf of lettuce over sauce. Roll up tortillas and secure with a toothpick. Cut tortilla rolls in half and serve with additional salsa.



► Placing third in showmanship in the deli meat junior division is South Dakota. Team members are (from left) **Kelsey Repenning** and **Kylee Gepfert**, both of Mitchell; **Christina Mogck**, Olivet; **Quentin Wells**, Mitchell; and **Alex Rogen**, Brandon.

## Intermediate Division

### CAB® Roast Beef Sandwiches

- |  |  |
|--|--|
| 16 slices of CAB® deli-style roast beef (about 12 oz.) | 1 pkg. Knorr® vegetable soup, dip and recipe mix   |
| 1 pkg. frozen chopped spinach, thawed and drained      | 1 can (8 oz.) water chestnuts, drained and chopped |
| 1 container (16 oz.) sour cream                        | 3 green onions, chopped                            |
| 1 cup mayonnaise                                       | 4 sweet bread buns or croissants                   |

In medium bowl stir spinach, sour cream, mayonnaise, soup mix, water chestnuts and green onions until well-mixed. Cover and chill 2 hours to blend flavors. Stir well.

Place buns on cutting board or other flat surface. Spread spinach mixture on bread. Place 4 roast beef slices in an even layer on top of the spinach mixture. Repeat to make a total of 4 sandwiches. Cut in half.



► Placing first in showmanship and second in recipe in the deli meat intermediate division is Oklahoma. Team members are (from left) **Colton Henricks**, Anadarko; **Justin Strate**, Enid; **Jacey May**, Stillwater; **Kassandra Pfeiffer**, Orlando; **Kayla Swanson**, Ochelata; and **Cali Emberson**, Nowata.

### All for One Pasta Salad

- |  |  |
|--|--|
| 1 lb. of uncooked cheese tortellini            | 2 ribs of celery, finely chopped         |
| ½ lb. CAB® deli-style roast beef, sliced thick | 4 green onions, finely chopped           |
| ½ lb. CAB® deli-style pastrami, sliced thick   | 1 jar of large, ripe pitted black olives |
| fresh grated Parmesan cheese                   | cherry tomatoes                          |
| 1 bottle of Italian dressing                   |  |

Prepare tortellini per directions on package; cool. Add cooled tortellini to celery, onions, olives and tomatoes. Mix with Italian dressing and refrigerate overnight. Before serving, cut slices of roast beef and pastrami into strips. Add to tortellini mixture. Sprinkle with fresh grated Parmesan cheese.



► Placing third in recipe and showmanship in the deli meat intermediate division is Texas. Team members are (from left) **Kyle Kemp**, Paradise; **Zach Wells**, Hamilton; **Carissa Jones**, Sunray; and **Kevin Gleason**, Midlothian.

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## DELI MEAT COMPETITION

Intermediate Division CONTINUED



### Beef-Mushroom Stuffed Potatoes

4 large baking potatoes	1 lb. CAB® deli-style roast beef
3 Tbs. margarine	¼ cup milk
¼ lb. mushrooms, chopped, or 1 can (2 oz.), chopped and drained	1 Tbs. grated onion
	⅛ tsp. pepper

Scrub potatoes. Prick with fork and bake in 425° F oven 55-60 minutes, or until soft. Cut slice off top of each potato and carefully scoop out pulp.

In skillet melt 1 Tbs. margarine. Add mushrooms and cook 5 minutes, until tender. In large bowl combine potato pulp, mushrooms, remaining 2 Tbs. margarine, roast beef, milk, onion and pepper. Spoon potato mixture back into shells. Place on baking sheet and bake in 350° oven for 30 minutes, or until thoroughly heated.

Yields 4 main-dish servings.



► Wisconsin team members in the deli meat intermediate division are (from left) **Kaley Bockhop**, Belmont; **Courtney Jentz**, Fennimore; and **Kelsi Retallick**, Glen Haven.

### Quick Hot Italian Beef Salad

¾ lb. CAB® deli-style roast beef, cut into strips	½ cup Italian salad dressing
6 cups packaged mixed salad greens	1 Tbs. grated Parmesan cheese
2 tsp. olive oil	1 cup grated Monterey Jack cheese
1 medium red sweet pepper, cut into bite size strips	coarsely ground black pepper

Arrange salad greens on plates.

In large skillet heat oil. Add the pepper and cook for 1-2 minutes or until nearly crisp tender. Add beef and salad dressing. Cook and stir until heated through.

Spoon beef mixture over the salad greens. Sprinkle with Parmesan and Monterey Jack cheeses and a little pepper.



► Placing first in recipe, second in showmanship and overall in the deli meat intermediate division is Kansas. Team members are (from left) **Kelsey Erichsen**, Alta Vista; **Allison Jones**, Manhattan; **Ashley Laas**, Brookville; **David Lundgren**, Ottawa; **Brooke Bergkamp**, Arlington; and **Megan Fink**, Manhattan.

### American Reuben

CAB® deli-style roast beef  
cole slaw  
American cheese  
Thousand Island dressing  
rye bread

Add each item to make sandwich and enjoy!



► Virginia team members in the deli meat intermediate division are (from left) **Mandy Richardson**, Louisa; **Emily Murray**, Leesburg; **Garrett Johnston**, Staunton; and **Will Epperly**, Moneta.



## DELI MEAT COMPETITION

### Senior Division



#### Really Big CAB® Sandwich

1 unsliced round loaf of bread (8 inches)  
 1 lb. CAB® deli-style roast beef  
 6 bacon strips, cooked  
 Swiss cheese, sliced  
 1 tomato, sliced  
 1 small onion, sliced

1 small green pepper, sliced  
 2 Tbs. mayonnaise  
 2 Tbs. prepared horseradish  
 ¼ cup butter or margarine, melted  
 1 Tbs. sesame seeds  
 ½ tsp. onion salt

Sauté peppers and onions together; set aside. Slice bread horizontally into five equal layers. Spread bottom slice with thin layer of horseradish and top with roast beef. Add Swiss cheese. Cover with next slice of bread. Spread with mayonnaise and top with cooked bacon and tomato. Place the third layer of bread, and repeat first layer of horseradish, roast beef and Swiss cheese. Cover with next layer of bread. Add peppers and onions. Cover with remaining slice of bread.

Combine butter, sesame seeds and onion salt; brush over top and sides of loaf. Place on a baking sheet. Loosely tent with heavy-duty foil. Bake at 400° F for 15-20 minutes or until heated through. Carefully slice into wedges.

Yields 6 servings.



► Placing first in recipe, showmanship and overall in the deli meat senior division is Minnesota. Team members are (from left) **Katelyn Scharpe**, Arlington; **Krista Stai**, New London; **Chelsey Drysdale**, Wabasha; **Peter Scharpe**, Arlington; **Alison Johnston**, Houston; and **Kari Stai**, New London.

#### Hot Corned Beef Buns

1 lb. CAB® deli-style corned beef, chopped  
 1 cup (4 oz.) cheddar cheese, shredded  
 ¾ cup mayonnaise  
 2 Tbs. minced onion

1 Tbs. dill or sweet pickle relish  
 2 Tbs. butter, softened  
 6 sandwich buns

In a bowl, combine the corned beef, cheese, mayonnaise, onion and relish. Spread butter over cut side of buns. Spoon corned beef mixture over bottom halves. Replace tops. Wrap each in foil and place on baking sheet. Warm in a 400° F oven for 15 minutes or until heated through.

Yields 6 servings.



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



► The Cook-Off is the only competition at the NJAS in which adults also compete. Three father-daughter duos formed the Iowa adult team in the Quick-N-Easy competition.



► The Minnesota senior team prepares for the deli meat competition. The team won the senior division, sweeping the recipe and showmanship categories.

PHOTO BY SHAUNA ROSE HERMEL



► Arkansas' intermediate team in the Quick-N-Easy competition "follows the ribeye road."

