



PHOTOS BY KASEY BROWN



# NJAS Brings Out Creativity in the Kitchen

Angus Juniors share the story of *Certified Angus Beef*® during cooking competition.

by Laurin Spraberry, American Angus Association



PHOTO BY LYNSEY MEHARG

**F**rom Honey Moo Moo Steak Fondue to Killer Bacon-Cheese Dogs, the 30th Annual All-American *Certified Angus Beef*® (CAB®) Cook-Off was a fierce but enjoyable competition Sunday, July 7, during the 2013 National Junior Angus Show (NJAS) in Kansas City, Mo.

Sponsored by the American Angus Auxiliary, Scavuzzos and Certified Angus Beef LLC (CAB), 32 teams competed in one of the most popular events at the NJAS. Teams may consist of two to six juniors, and are divided by age and type of beef used in the recipe: steak, roast or other.

“This was our 30th year for the contest, and, essentially, the juniors prepare a meal and present a skit informing the audience what *Certified Angus Beef*® (CAB®) is all about,” says Cortney Hill-Dukehart Cates, American Angus Auxiliary president. “Not only are they getting to do something fun, but they’re also educating the consumer about a product that we’re trying to promote within the Angus breed.”

In each age division — junior, ages 9-13; intermediate, ages 14-17; and senior, ages 18-21 — and beef category, teams are judged on their recipes and showmanship skills. Recipes

► **Above:** The Nebraska junior steak team shares its “Honey Moo Moo Steak Fondue” with judges during Sunday’s Auxiliary-sponsored All-American *Certified Angus Beef*® Cook-Off.

► **Left:** Chelsey Figge, Caleb Flory and Grady Dickerson inform onlookers about the CAB brand while making “Killer Bacon-Cheese Dogs.”



PHOTO BY SHAUNA ROSE HERMEL

► **Above:** Chef's Challenge competitors kidded each other while waiting their turn to start cooking. Chef Charlie Boyd said he wasn't above sabotage, leaving us to speculate whether power outages were truly accidental.

► **Left:** Greg and Camden Slone of Danville, Ky., impressed Chef's Challenge judges with their use of this year's secret ingredients — *teres major*, hulled raw unsalted sunflower seeds and tomato paste.

are evaluated on taste and ease of preparation, while showmanship criteria are based on presentation, costumes and creativity. Winners are chosen in each evaluation type, as well as a winning team.

"I like the Cook-Off contest because it's silly and you can just have fun with it," says participant Keegan Cassady, Normal, Ill. "You and your teammates get to learn CAB qualifications, which are important to know to help promote the brand."

### The Black Kettle Award

Each year, in memory of Paul St. Blanc, the Black Kettle Award is given to the highest-placing team among all categories. St. Blanc competed in the first Cook-Off in 1983, and his children and grandchildren have also competed. After his death in 1999, his family and friends decided to honor his memory by awarding this title.

"The judges are looking for, number one, great-tasting dishes; and, number two, their creativity in presenting their dish," says Bryce Schumann, American Angus Association CEO. "So, it's the overall product and presentation that creates a champion."

This year, the Kansas intermediate team in the "other beef" category took home the Black Kettle Award. The team consisted of Alexandria Cozzitorto, Lawrence; Kady Figge, Onaga; Cale Hinrichsen and Eva Hinrichsen, both of Westmoreland; and Clay Pelton and Sarah Pelton, both of Paradise. The team members are veterans of the Cook-Off contest and wowed the judges with their *Gunsmoke*-themed skit and "Gourmet Hamburger Steak."

### Chef's Challenge

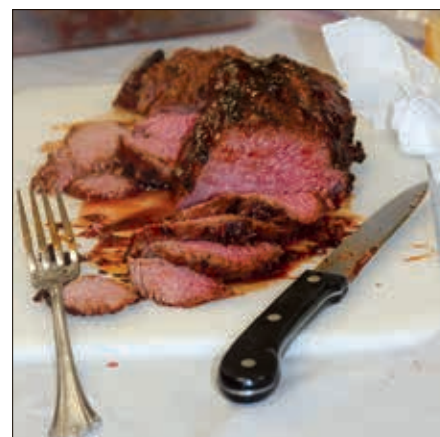
In conjunction with the Cook-Off is the

Chef's Challenge. It features two divisions — junior and adult. Participants tested their cooking skills by creating a meal in one hour using a specific CAB product and secret ingredients revealed 24 hours prior to the competition. This year, CAB *teres major*, tomato paste, and hulled raw unsalted sunflower seeds were the secret ingredients.

Tyler Ottensmeier, McLouth, Kan., won the junior division — ages 18-21 — with his CAB Prairie Pie. Abbi Boggess, Deer Lodge, Mont., placed second.

In the adult division, this year's winning team was Greg and Camden Slone from Danville, Ky. Joe and Ruth Myers from Harrodsburg, Ky., were second; and Rachel and Gretchen Frost from Tallula, Ill., were third.

Find the 2013 Cook-Off recipes and team photos beginning on page 158.



► Chef's Challenge competitors learned the evening before the competition that the *teres major* would be the beef cut they would present to the judges.

## Chefs Challenge Winning Recipe Junior Division

### CAB® Prairie Pie

CAB® *teres major*, precooked  
 premade pizza crust  
 sunflower seeds  
 cherry tomatoes, sliced  
 mozzarella cheese  
 parmesan cheese  
 blue cheese  
 pizza sauce (recipe follows)

#### Pizza sauce:

1 6-oz. can tomato paste  
 1½ cups water  
 ⅓ cup extra virgin olive oil  
 2 cloves garlic, minced  
 ½ Tbs. dried oregano  
 ½ Tbs. dried basil  
 ½ tsp. dried rosemary, crushed  
 salt and pepper to taste

Roast sunflower seeds in butter and sprinkle them on the premade pizza crust. Salt and pepper the *teres major* and grill, set aside when done. Combine pizza sauce ingredients. Spoon the pizza sauce on crust. Slice and place strips of the steak on the pizza, along with sliced cherry tomatoes. Add mozzarella cheese and cook pizza on grill. After cooking, add parmesan and blue cheese.