



ROAST COMPETITION



PHOTOS BY LAURIN SPRABERRY, AMERICAN ANGUS ASS'N

► Missouri juniors won first place in the recipe and showmanship categories and claimed first place overall in the junior roast division. Pictured are (from left) **Andrea Larson**, Stella; **Callie Keaton**, Anderson; **Genesis Brannon**, Ellsinore; **Emily Sinning** and **Holly Sinning**, both of Norwood; and **Joshua Brannon**, Ellsinore. They prepared “Beef Brisket.”

Beef Brisket

4 lb. CAB® brisket

Rub:

- ½ cup brown sugar
- 3 Tbs. Lawry's® seasoned salt
- 2 Tbs. smoked paprika
- 1 Tbs. celery salt
- 1 Tbs. onion powder
- 1 Tbs. garlic salt
- 1 Tbs. chili powder
- ½ Tbs. dry mustard
- ½ Tbs. ginger

Marinade:

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 Tbs. meat tenderizer
- 2 Tbs. Lawry's seasoned salt
- ⅓ cup honey
- ⅓ cup liquid smoke

Marinate brisket in all marinade items but the honey overnight or longer in refrigerator. If needed, cut brisket to fit in slow cooker. Before placing in slow cooker, coat meat with honey and cover with rub.

Place brisket and marinade in slow cooker; add water to fill ¾ of the way to top of brisket and cook for 8-10 hours on low. Take out of slow cooker and let rest 30 minutes to an hour.

Slice the meat and serve.



► The Alabama and Florida team won third place overall in the intermediate roast division. Pictured are (from left) **Maggie Killen**, Lexington, Ala.; **Reid McGuire** and **Clayton McGuire**, both of Waverly, Ala.; **Cheyenne Ritter**, Lexington, Ala.; **Baleigh Moseley**, Montgomery, Ala.; and **Caroline Nichols**, Graceville, Fla. They prepared “Sweet Summertime BBQ Brisket.”

Sweet Summertime BBQ Brisket

5 lb. CAB® beef brisket

- 2 cups soy sauce
- 1 Tbs. Worcestershire sauce
- ½ cup brown sugar
- 1 Tbs. chopped garlic
- 2 cups puréed fresh peaches

Marinade:

- 1 quart orange juice concentrate
- 4 cups sweet pineapple sauce

Combine the ingredients to create a marinade. Fully cover a 5-pound brisket using half of the marinade. Reserve the other half for basting. Marinate brisket 12-72 hours in the refrigerator.

- Salt
- Freshly ground pepper
- 3 medium onions, chopped

Remove brisket from marinade and place in a Dutch oven. Salt and pepper generously. Cover meat with onion, adding 2 cups of the reserved marinade. Bake in a covered Dutch oven at 300° F for 6 hours, basting as needed with the remaining marinade.

Sauce:

- 3 Tbs. brown sugar
- 16-oz. bottle Heinz® ketchup
- 4 Tbs. Worcestershire sauce
- 1 Tbs. dry mustard
- ¼ cup olive oil
- 2 Tbs. balsamic vinegar
- 2 Tbs. lime juice
- salt and pepper

Combine the sauce ingredients, simmering uncovered for about 15 minutes. Remove and slice the brisket thinly. Return brisket to the Dutch oven, pouring the sauce over all. Raise the oven temperature to 350° and reheat, covered, for 30 minutes.

Rags to Riches CAB® Top Sirloin Roast

4 lb. CAB® top sirloin cap roast
2 tsp. Worcestershire sauce
Grill Mates® Montreal Steak seasoning, to taste

red pepper flakes, to taste
onion flakes, to taste
water

Place roast into slow cooker with enough water to cover the bottom of the roast. After roast is in slow cooker, pour 2 teaspoons Worcestershire sauce over the top of the roast.

Sprinkle steak seasoning, red pepper and onion flakes on top to taste.

Cook on low 6-8 hours until tender.

Serve with your favorite vegetables for a simple, yet elegant entrée.

CAB® Fiesta Lime Brisket with Creamy Avocado Sauce

3½ to 4-lb. CAB® beef brisket, trimmed
2 Tbs. chili powder
1 Tbs. garlic powder
1 Tbs. onion powder
1 Tbs. sugar
2 tsp. ground black pepper
¾ tsp. salt
2 tsp. dry mustard
1 tsp. oregano
1 tsp. cumin
1½ cups chicken bouillon

2 small fresh limes, cut into wedges (reserve 1 tsp. of lime juice for sauce)

Creamy Avocado Sauce:
½ cup ranch dressing
½ cup sour cream
1 ripe, medium-sized avocado, cut into small chunks
1 tsp. fresh lime juice
1-3 Tbs. milk (or water), as needed, to thin sauce

Preheat oven to 350° F.

Make a dry rub by combining chili, garlic and onion powders; sugar; black pepper; salt; dry mustard; oregano; and cumin. Season the raw brisket on both sides with the rub. Place in a roasting pan and roast, uncovered, for 1 hour.

Add chicken bouillon and enough water to yield about ½ inch of liquid in the roasting pan. Squeeze juice from lime wedges over the brisket (reserving 1 teaspoon lime juice for sauce); discard wedges. Lower oven temperature to 300°, cover pan tightly and continue cooking for 3 hours, or until fork-tender.

While brisket cooks, prepare Creamy Avocado Sauce by combining ranch dressing, sour cream, avocado pieces, lime juice and 1 tablespoon milk in blender. Mix until avocado is completely blended in, adding 1-2 tablespoons milk, as needed, to facilitate mixing and create a creamy consistency. Keep refrigerated until about 15-20 minutes prior to serving. When brisket is nearly done, heat sauce in microwave for about a minute; stir. Heat again — just long enough for the sauce to be hot. Stir.

Remove brisket from pan. Trim the fat, and slice brisket diagonally across the grain into thin slices. Top with Creamy Avocado Sauce.

Cranberry Brisket

2½ lb. CAB® brisket
½ tsp. salt
¼ tsp. pepper
1 (16-oz.) can whole-berry cranberry sauce

1 (8-oz.) can tomato sauce
½ cup chopped onion
1 Tbs. mustard

Rub brisket with salt and pepper. Place in a 5-quart slow cooker. Combine the remaining ingredients and pour over brisket. Cook on low for 8-10 hours until tender.



► Iowa juniors competing in the intermediate roast division are (front row) **Lexi Knapp**, Bloomfield; (back row, from left) **Morgan Knapp**, Bloomfield; **Tyler Steele**, Anita; **Baxter Knapp**, Bloomfield; and **Katie Friederichs**, Walcott. They prepared “Rags to Riches CAB Top Sirloin Roast.”



► Kansas juniors won second place overall in the intermediate roast division. Pictured are (from left) **Baylee Wulfkuhle**, Berryton; **Johanna Lundgren**, Ottawa; and **Madison Wulfkuhle** and **Kelsey Wulfkuhle**, both of Berryton. They prepared “CAB® Fiesta Lime Brisket with Creamy Avocado Sauce.”



► Nebraska juniors competing in the intermediate roast division are (from left) **Lane Egger** and **Caylie Egger**, both of Columbus; **Sydni Liemann** and **Taylor Liemann**, both of Princeton; **Michaela Clowser**, Milford; and **Torie Egger**, Columbus. They prepared “Cranberry Brisket.”

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ROAST COMPETITION



► The South Dakota team claimed first place in the recipe and showmanship categories and won first place overall in the intermediate roast division. Pictured are (from left) **Alex Roggen**, Brandon; **Chase Mogck** and **Christina Mogck**, both of Olivet; and **Brittany Bush** and **Tyler Bush**, both of Britton. They prepared “Marinated Beef Brisket.”



► The Louisiana team won first place in showmanship and second place overall in the senior roast division. Pictured are (from left) **Katelyn Corsentino**, Denham Springs; **Jacob Chicola**, Deville; and **Nancy Bickham**, Saint Francisville. They prepared “Outlaw Po-Boy.”



► Michigan juniors won third place in the senior roast division. Pictured are (from left) **Kendra Merriman**, Lowell; **Katrena Klopfenstein**, Galien; **Rachel Reid**, Eaton Rapids; **Kollin Johnson**, Quincy; **Katie Reid**, Eaton Rapids; and **Kavina Johnson**, Quincy. They prepared “Pot Roast and Old Yorkshire Pudding.”

Marinated Beef Brisket

4 lb. CAB® brisket	1 tsp. garlic, crushed
⅓ cup Worcestershire sauce	1 cup celery, chopped
2 oz. liquid smoke	1 bottle chili sauce
1 pkg. Lipton® Onion Soup Mix	

In shallow pan, pour Worcestershire sauce, liquid smoke and soup mix over meat and add rest of ingredients. Cover with heavy-duty tin foil and bake for 6 hours at 225° F. Slice and serve with barbecue sauce.

Serves 6

Outlaw Po-Boy

3-4 lb. CAB® brisket	3 Tbs. butter
1 Tbs. Cajun seasoning	1 Tbs. flour
1 Tbs. cracked black pepper	2 cups beef stock
2 Tbs. Louisiana Hot Sauce	2 loaves po-boy bread
1 sweet onion, sliced	

Preheat oven to 300° F. Sprinkle Cajun seasoning and black pepper over entire roast. In large Dutch oven (black iron pot), heat butter. Sear roast on medium-high heat on all sides. Remove pot from heat and add beef stock.

Spread Louisiana Hot Sauce and sliced onion on top of brisket. Cover and place in heated oven and cook for 3 hours.

Remove from oven and let stand for 30 minutes. Meanwhile, cut po-boy bread into two to three sections and slice in halves for sandwiches. Tear brisket apart and place desired amount between bread. Top with gravy from Dutch oven or serve as a dipping sauce.

Garnish with desired toppings.

Serves 4-6

Pot Roast and Old Yorkshire Pudding

1 CAB® chuck roast	garlic salt and pepper, to taste
1 envelope Lipton® Beefy-Onion Soup Mix	assorted roasting vegetables (onions,
1 can Campbell's® Cream of Mushroom Soup	potatoes, carrots, turnips/rutabaga,
½ cup water	parsnip)
1 split red cooking wine	olive oil

Salt and pepper both sides of roast and then sear both sides in Dutch oven on high heat.

Remove from heat; add ½ cup of water, cover meat with soup mix and add cooking wine. Cover and cook in 350° F oven for 2 hours.

Put meat out and debone (if necessary). Add vegetables, return meat to pan and put back in oven for another hour or until vegetables are done (knife should insert easily into vegetables).

Remove meat and vegetables; add can of cream-of-mushroom soup to meat juices in pan. Blend in soup.

Serve gravy either over meat and vegetables or serve off to side.

Yorkshire pudding:

2 eggs	1½ cups flour
1 cup milk	3 Tbs. oil

Divide oil into muffin holder pan (unlined). Heat for 10 minutes at 400° F. Pour batter into muffin pan (should sizzle) and bake for 10 minutes at 375°. Turn down to 350° and bake until golden or about an additional 20 minutes.

Cattlemen's Chicken Fried Roast

3-4 lb. CAB® top sirloin cap (cut meat into steaks and tenderize)
1½ cup whole milk, plus up to 2 cups for gravy
2 whole large eggs
3 cups all-purpose flour

seasoned salt
¼ tsp. cayenne
lots of black pepper (lots)
canola oil, for frying
salt and pepper, for both meat and gravy

Begin with an assembly line of dishes for the meat: milk mixed with egg in one; flour mixed with spices in one; meat in one; then have one clean plate at the end to receive the breaded meat.

Work one piece of meat at a time. Season both sides with salt and pepper, then dip in the milk-egg mixture. Next, place the meat on the plate of seasoned flour. Turn to coat thoroughly. Place the meat back into the milk-egg mixture, turning to coat. Place back in the flour and turn to coat. (So: wet mixture/dry mixture/wet mixture/dry mixture.) Place breaded meat on the clean plate, then repeat with remaining meat.

Heat oil in a large skillet over medium heat. Drop in a few sprinkles of flour to make sure it's sufficiently hot. Cook meat, three pieces at a time, until edges start to look golden brown; around 2 to 2½ minutes on each side.

Remove to a paper-towel-lined plate and keep warm. Repeat until all meat is cooked.

Gravy:

After all meat is fried, pour off the grease into a heatproof bowl. Without cleaning the pan, return it to the stove over medium-low heat. Add ¼ cup grease back to the pan. Allow grease to heat up.

Sprinkle ½ cup flour evenly over the grease. Using a whisk, mix flour with grease, creating a golden-brown paste. Keep cooking until it reaches a deep golden brown color. If paste seems more oily than pasty, sprinkle in another tablespoon of flour and whisk.

Whisking constantly, pour in milk. Cook to thicken the gravy. Be prepared to add more milk if it becomes overly thick. Add salt and pepper and cook for 5-10 minutes, until gravy is smooth and thick. Be sure to taste to make sure gravy is sufficiently seasoned.

Serve meat next to a big side of mashed potatoes.

Ranch Roast

CAB® chuck roast

Place roast in slow cooker. Sprinkle with dry Hidden Valley® Ranch Dressing mix. Sprinkle with dry McCormick® Au Jus gravy mix. Top with a stick of butter. Arrange 5 pepperoncini or 3 banana peppers around butter on top of roast. Do not add water.

Cook on low for 7-8 hours.



► Oklahoma claimed first place in the recipe category and won first place overall in the senior roast division. Pictured are (from left) **Braden Henricks**, Anadarko; **Alisa Friesen**, Arnett; **Karisa Pfeiffer**, Orlando; and **Jarred Strate**, Fairmont. They prepared "Cattlemen's Chicken Fried Roast."



► Virginia juniors competing in the senior roast division are (from left) **Will Fiske**, Greenville; **Catie Hope**, **Mark Alexander** and **Morgan Alexander**, all of Berryville; and **Bobby Strecker**, Lexington. They prepared "Ranch Roast."



STEAK COMPETITION



► Illinois juniors competing in the junior steak division are (from left) **Eric Schafer**, Owanecco; **Emily Brooks**, Prophetstown; **Holly Marsh**, Union; **Lindsey Decker**, Philo; **Amelia Miller**, Gridley; and **Lizzie Schafer**, Owanecco. They prepared “Pesto Steak and Arugula Pizza.”

Pesto Steak and Arugula Pizza

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| 1½ lb. CAB® sirloin steak, 1¼-in. thick | 2 cups grape tomatoes, halved |
| 3 Tbs. basil pesto | 1 cup shredded Italian blend cheese |
| 3 Tbs. fresh lemon juice | 1½ cups arugula or baby spinach leaves |
| 2 prebaked whole-wheat pizza crusts, 12-in. diameter | salt |
| | ¼ tsp. crushed red pepper |

Combine pesto and lemon juice in small bowl. Evenly brush steak with 1-2 tablespoons of pesto mixture. Grill steak over medium fire for 12-15 minutes. Brush crusts with 2 tablespoons pesto mixture. Top with tomatoes and 1 cup of the cheese.

Heat in oven or on grill until heated through. Remove crust from heat. Thinly slice steak and season with salt. Top pizza evenly with arugula and steak. Sprinkle with remaining cheese and crushed red pepper. Let cheese melt before serving.



► Kansas juniors won third place overall in the junior steak division. Pictured are (from left) **Jayce Dickerson**, Paradise; **Grace Shive**, Mount Hope; **Bailey Osborn**, Murdock; **Sydnee Shive**, Mount Hope; **Ethan Dickerson**, Paradise; and **Tanner Hite**, Valley Center. They prepared “Avengers Flat-Iron Steak Lettuce Wraps.”

Avengers Flat-iron Steak Lettuce Wraps

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| 2 CAB® flat-iron steaks | romaine lettuce leaves |
| 2 avocados, sliced | salt and pepper to taste |
| 2 cups sliced mushrooms | butter |

Let steaks come to room temperature. Sprinkle each side of the steaks with salt and pepper. Cook steaks for 5-6 minutes per side, or until desired degree of doneness. Remove steaks from grill and let rest for 5 minutes before slicing thinly across the grain.

Sauté mushrooms in butter while steaks rest, stirring regularly. Add salt and pepper, if desired.

Assemble the wraps by laying one rinsed lettuce leaf down. Add a few slices each of the flat-iron steak, avocado and mushrooms. Roll up and enjoy.



► The North Carolina team claimed first place in showmanship and won second place overall in the junior steak division. Pictured are (from left) **Lynae Bowman**, Germantown; **Mary Wood**, Willow Springs; **Marcie Harward** and **Mattie Harward**, both of Richfield; **Justin Wood**, Willow Spring; and **Thomas Smith**, Pleasant Garden. They prepared “All-American CAB® Flat-Iron Steak.”

All-American CAB® Flat-iron Steak

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| Wash your hands thoroughly with soap and warm water. In a small mixing bowl, combine the following with a whisk: | ¼ cup honey |
| | 3 cloves minced garlic |
| ½ cup extra-virgin olive oil | 1 Tbs. ginger |
| ¼ cup soy sauce | 1 tsp. black pepper |

Take your CAB flat-iron steaks out of the refrigerator or cooler and place in a plastic marinade pan or a gallon-size plastic bag.

Pour the marinade mix over the steaks.

Cover and refrigerate for 4-6 hours; flipping or turning at least once.

Light your grill and preheat to 350° F. Place the steaks on the grill for 10 minutes. Turn the steaks over using tongs and grill for approximately another 10 minutes (depending on how done you want your steaks and how much they weigh). Check them with a meat thermometer to determine doneness, which, according to the CAB website is: rare, 140°; medium rare, 145°; medium, 160°; well, 170°.

Place the thermometer into the center of the steak. Remove them from the heat when they are 5°-10° lower than the desired doneness. They will continue to cook a little after you remove them. Place the steaks on a serving platter. Cover with foil and allow them to rest for at least 5 minutes before serving.

Honey Moo Moo Steak Fondue

3 lb. CAB® top sirloin steak
Grill Mates® Montreal Steak seasoning or your favorite seasoning

1 stick butter
24-oz. bottle peanut oil

Cut steak into bite-size cubes, season to taste with Montreal seasoning or your favorite seasoning, and divide into serving bowls. In electric fondue, combine butter and peanut oil and heat to approximately 375° F. Guests pierce meat with fondue forks, cook meat as desired in the pot, dip into various sauces and enjoy.

For each sauce, mix all ingredients in a small bowl and serve.

Planked Steak

4 CAB® New York strip steaks, 1¼-in. thick
3-4 untreated cedar planks (can purchase at home-supply store)
4 tsp. green jalapeño sauce
1 green bell pepper, sliced
1 onion, sliced
½ tsp. salt
¼ tsp. cayenne pepper

Rub:
1 Tbs. paprika
¾ Tbs. freshly ground black pepper
1 Tbs. granulated garlic
¾ Tbs. salt
¼ Tbs. dried thyme
½ Tbs. cayenne pepper
½ Tbs. onion powder
¼ Tbs. dried oregano

Mix rub ingredients and generously rub both sides of steaks; let sit for 10 minutes. Soak cedar planks in water 2-3 minutes. Put planks on grill and slightly char one side, about 3-5 minutes. Remove planks from grill and lightly rub charred side with olive oil. Place steaks on charred side of planks. Place vegetables on other plank. Grill over medium fire 10-12 minutes until desired doneness. (Do not turn meat over.) Have spray bottle of water handy in case planks start to flame. Remove from fire. Serve steaks with pepper/onion mix and 1 teaspoon of jalapeño sauce.

Flat-iron Steak With Spicy Coffee Rub

2 CAB® flat-iron steaks
4 Tbs. steak seasoning

2 Tbs. chili powder
2 Tbs. finely ground espresso beans

1. Combine steak seasoning, chili powder and coffee in a small bowl. Season steaks with approximately 1 tablespoon per side.
2. Heat grill to high. Oil the grill grate using an oiled rag.
3. Grill steak to medium-rare doneness (internal temperature of 130°-135° F).
4. Remove steak from the grill; allow meat to rest approximately 5 minutes before serving.



► Nebraska juniors won first place in recipe and first place overall in the junior steak division. Pictured are (front row, from left) **Kasey Dethlefs**, North Platte, and **Rachel Smith**, Osceola; (back row, from left) **Kyra Meyer**, Blue Hill; **Caitlin Havelka**, Anselmo; and **Reagan Skow**, Palisade. They prepared “Honey Moo Moo Steak Fondue.”



► Illinois juniors competing in the intermediate steak division are (from left) **Troy Rawlings**, New Holland; **Sierra Day**, Cerro Gordo; **Laramie Chaffin**, Roodhouse; **Keegan Cassidy**, Normal; **Kagney Collins**, Flanagan; and **Andrew Livingston**, Nokomis. They prepared “Planked Steak.”



► Kansas juniors claimed first place in the showmanship category and won second place overall in the intermediate steak division. Pictured are (from left) **Reid Shipman**, Manhattan; **Tyler Blythe**, White City; **Anna Carpenter**, Wamego; **Eric Blythe**, White City; **Quanah Gardiner**, Ashland; and **Laura Carpenter**, Wamego. They prepared “Flat-iron Steak With Spicy Coffee Rub.”



STEAK COMPETITION



► Kentucky juniors competing in the intermediate steak division are (from left) **Kendra Kostbade**, Henderson; **Leslie Craig**, Harrodsburg; **Alexis Rich**, Nicholasville; and **Catherine Cowles**, Rockfield. They prepared “Kentucky Aberdeen Kabobs.”

Kentucky Aberdeen Kabobs

2½ lb. CAB® sirloin steak, cut into 1-in. cubes
 pineapple (cut into chunks)
 cherry tomatoes
 green, red and yellow peppers
 mushrooms
 onions

Marinade:
 ¼ cup soy sauce
 ¼ cup oil
 2½ Tbs. brown sugar
 1½ Tbs. sugar
 1 Tbs. vinegar
 1 Tbs. ground ginger
 1 Tbs. garlic salt

Mix, cover meat and let stand for at least 2 hours. Add meat and vegetables to skewers. Grill just until meat is done.

*You might want to make a second batch of marinade to brush on while grilling.



► The Louisiana team won third place overall in the intermediate steak division. Pictured are (from left) **Faith Guice**, Downsville; **Isaac McFarland**, Keithville; **Lee Hymel**, Vacherie; **Cheyenne Jones**, Franklinton; and **Trevor Sonnier**, Pineville. They prepared “Blackened Kansas City Strip With Creamy Horseradish Sauce.”

Blackened Kansas City Strip With Creamy Horseradish Sauce

4 CAB® Kansas City strips (10 oz.-14 oz.)
 ½ cup olive oil

8 tsp. blackened seasoning
 1 cup creamy horseradish sauce

Procedure:

1. Heat cast-iron skillet until very hot, in a well-ventilated area.
2. Brush steaks with olive oil.
3. Coat each side of the steaks with 1 teaspoon of blackened seasoning.
4. Place steaks in the iron skillet, flipping steaks halfway through cooking (to cook a 1.25-inch-thick steak medium rare, cook about 4 minutes on first side and 3 minutes on other side)
5. Spoon 2 tablespoons of creamy horseradish sauce on each plate for dipping.
6. Place KC Strips on plate, and enjoy.

Blackened seasoning:

2 Tbs. sea salt or Kosher salt
 ¼ cup paprika
 1 Tbs. cayenne pepper
 1 Tbs. dry oregano
 1 Tbs. thyme

1 Tbs. fennel seed
 1 Tbs. black pepper
 1 Tbs. white pepper
 1 Tbs. granulated garlic
 1 Tbs. onion powder

Procedure:

Combine all and mix well.
 Yields: 1 cup

Creamy horseradish sauce:

½ cup mayonnaise
 ¼ cup sour cream
 3 Tbs. prepared horseradish

1 Tbs. fresh lemon juice
 1 Tbs. green onions, finely minced
 ½ tsp. sea salt

Procedure:

Combine all and mix well.
 Yields: 1 cup

Double-smoked Top Sirloin Bites

4 CAB® sirloin steaks, 1¼-in. thick

Jim Baldrige's Secret Seasoning

Dry rub steaks with Baldrige Seasoning. Do not overseason at this time. Place on 350° F smoker and sear on both sides. Lower heat to 220°-250°. Cook until rare. Take from smoker and cut into bite-size cubes. Place in aluminum pan and re-season to taste. Smoke to medium. Add small amount of water to pan and cover pan with aluminum foil and continue to cook until super tender.

CAB® Marinated Strip Steaks

½ cup barbecue sauce
3 Tbs. olive oil
3 Tbs. Worcestershire sauce
2 Tbs. steak sauce

1 Tbs. soy sauce
2 tsp. steak seasoning
1 garlic clove, minced
4 CAB® strip steaks

In a large resealable plastic bag, combine first seven ingredients. Add the steaks; seal the bag and turn to coat. Refrigerate for 4 hours or overnight.

Drain and discard marinade. Grill steaks, covered, over medium-hot heat for 5-7 minutes on each side or until meat reaches desired doneness.

Lip Smackin' Steaks

4 CAB® top sirloin steaks, grilled to desired temperature

Lip smackin' sauce:

4 Tbs. soy sauce
2 Tbs. lemon juice
4 Tbs. butter

Bring to a boil and simmer until thickened. Pour evenly over the four steaks.



►Nebraska juniors competing in the intermediate steak division are (from left) **Aliesha Dethlefs**, North Platte; **Michelle Keyes**, Springfield; **Justine Nelson**, Lincoln; and **Emily Dethlefs**, North Platte. They prepared "Double-smoked Top Sirloin Bites."



►The Oklahoma team claimed first place in the recipe category and won first place overall in the intermediate steak division. Pictured are (front row, from left) **Charley Johnson** and **Sydney Johnson**, both of Orlando; (back row, from left) **Madelyn Gerken** and **Sydnee Gerken**, both of Cashion; **Jaryn Frey**, Kingfisher; and **Victoria Gerken**, Cashion. They prepared "CAB® Marinated Strip Steaks."

CHEF'S CHALLENGE — Junior division



► **Left: Tyler Ottensmeier**, McLouth, Kan., placed first in the youth division of the Chef's Challenge. His winning recipe was "CAB® Prairie Pie."

► **Right: Abbi Boggess**, Deer Lodge, Mont., placed second in the youth division of the Chef's Challenge.



►South Dakota juniors competing in the intermediate steak division are (from left) **Sawyer Styles**, Brentford; **Kylee Geppert**, Mitchell; **Ty Mogck**, Olivet; and **Madison Styles**, Brentford. They prepared "Lip Smackin' Steaks."

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STEAK COMPETITION



► The Illinois team won second place overall in the senior steak division. Pictured are (from left) **Gabrielle Lemenager**, Clifton; **Caitlin McClure**, Saint Francisville; **Lucas Wall**, Hopedale; **Treavor Taylor**, Colfax; **Kayla Wideman**, Good Hope; and **Brooke Haas**, Downs. They prepared “Lime-Cilantro Kabobs.”

Lime-Cilantro Kabobs

2 lb. CAB® sirloin steak, 1¼-in. thick	½ cup lime juice
1 Tbs. granulated garlic	¼ cup olive oil
1 Tbs. onion powder	½ cup chopped fresh cilantro
1 tsp. salt	1 fresh pineapple, peeled and cut into cubes
½ tsp. cayenne powder	2 green peppers, cut into 1½-in. pieces
1½ Tbs. liquid smoke	

Cube steak into 1½-inch pieces. Mix other ingredients for marinade. Place steak and marinade in Ziploc® bag and marinate 4-6 hours.

Remove steak from marinade and thread onto skewers, alternating with fresh pineapple chunks and green pepper pieces. Grill about 12 minutes for medium. Serve with rice pilaf and fresh green salad.



OTHER BEEF COMPETITION



► The Alabama/Florida team won third place overall in the junior other beef division. Pictured are (from left) **Layton Adams**, Union Springs, Ala.; **Katie Smith**, Cullman, Ala.; **Wyatt Walker**, Lexington, Ala.; **Charlie Nichols**, Graceville, Fla.; and **Aspen Adams**, Union Springs, Ala. They prepared “Marshall Dillon Breakfast.”

Marshall Dillon Breakfast

3 lb. CAB® ground chuck	1 tsp. pepper
1 loaf sourdough bread	1 tsp. garlic powder
eggs (1 per sandwich)	1 tsp. onion powder
1 stick butter	1 tsp. paprika
1 tsp. salt	1 tsp. cayenne pepper

Prepare burger patties for grill and sprinkle liberally with dry ingredients. Butter bread and cut a hole in each piece with a biscuit cutter.

Use griddle to toast bread, breaking an egg in each hole, frying the egg with the bread toasting. Salt and pepper egg. Grill burgers and serve between two pieces of the egg toast.

Optional condiments — homemade salsa or mayonnaise.

Serve with homemade hash browns and ice-cold milk. Enjoy.

Tarheel Teriyaki Steaks

3 CAB® top sirloin steaks
1 cup Kikkoman® teriyaki sauce
2 Tbs. brown sugar
1 Tbs. honey

2 garlic cloves, minced
1 tsp. fresh ginger, minced
½ cup mirin rice cooking wine

Place steaks in a glass bowl with a lid. Mix the teriyaki sauce, brown sugar, honey, garlic, ginger and mirin rice cooking wine together well. Pour the marinade over the steaks in the bowl (making sure to cover the steaks well) and place the lid on the bowl. Marinate the steaks overnight in the refrigerator.

Remove the steaks from the refrigerator about 20 minutes before cooking. Preheat the grill to medium-high heat. Remove steaks (do not keep the marinade), and grill to desired doneness. For medium steaks 1.25-inch thick, cook 7 minutes on the first side, then turn steaks using tongs and cook 5 minutes on the second side.

Remove steaks from the grill and allow steaks to rest 5-10 minutes before slicing and serving.



►North Carolina juniors won first place in recipe and showmanship and first place overall in the senior steak division. Pictured are (from left) **Cara Smith**, Pleasant Garden; and **LeAnn Harward** and **Brooke Harward**, both of Richfield. They prepared “Tarheel Teriyaki Steaks.”

Miss Kay’s Spaghetti and Meatballs

Meat sauce:
1 to 1¼ lb. CAB® ground chuck
¼ cup butter
2½ cups onion, chopped
1¾ cups celery, chopped
2 Tbs. minced garlic

3 (12-oz.) cans tomato paste
3 (10½-oz.) cans tomato puree
1 Tbs. black pepper
1 Tbs. salt
2 Tbs. sugar
7-10 cups water

Sauté onion, celery and garlic in butter until clear. Add ground beef and cook until brown. Add salt, pepper, sugar, tomato paste, purée, and 7 cups of water. Bring to a boil. Reduce heat and simmer on very low or in a slow cooker for at least 4 hours, stirring occasionally.

Meatballs:
1 lb. CAB® ground sirloin
3 ¾-in.-thick slices Italian bread with crust (3×5 in.)
milk
2 Tbs. packed grated Parmesan cheese

1 large egg
1 Tbs. fresh parsley, minced
1 large garlic clove, minced
1 tsp. salt
½ tsp. ground black pepper
2 Tbs. olive oil

Place bread in medium bowl; cover with milk. Let stand until bread is soft, about 10 minutes. Place meat in large bowl. Mix in 2 tablespoons cheese and next five ingredients. Squeeze bread almost dry; discard milk. Blend bread into meat mixture. Using 1 rounded tablespoon for each shape, form mixture into 24 meatballs.

Heat oil in heavy, large skillet over medium heat. Add meatballs; sauté until brown and cooked through, turning often to hold shape, about 15 minutes. Add meatballs and drippings in skillet to pot of tomato sauce. Simmer to blend flavors, about 10 minutes. Serve over a bed of pasta.



►The Arkansas team won second place overall in the junior other beef division. Pictured are (from left) **Nicholas Pohlman**, Prairie Grove, and **Hailey Roye**, Fayetteville. They prepared “Miss Kay’s Spaghetti and Meatballs.”

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OTHER BEEF COMPETITION



► Kansas juniors won the Black Kettle Award after winning first place in the recipe and showmanship categories and first place overall in the junior other beef division. Pictured are (from left) Anne Lampe, presenting; **Cale Hinrichsen**, Westmoreland; **Sarah Pelton**, Paradise; **Eva Hinrichsen**, Westmoreland; **Alexandria Cozzitorto**, Lawrence; **Clay Pelton**, Paradise; **Kady Figge**, Onaga; and Melanie Kiani, presenting. They prepared “Gourmet Hamburger Steak.”

Gourmet Hamburger Steak

- | | |
|-------------------------|----------------------------|
| 2 lb. CAB® ground chuck | 2 tsp. garlic |
| 2 eggs | ½ cup Italian bread crumbs |
| 2 tsp. chili powder | ¼ cup Parmesan cheese |
| 2 tsp. seasoned salt | choice of gravy or sauce |
| 1 tsp. black pepper | |

Mix all ingredients together and form into patties. Grill over medium heat until done. Top with choice of gravy or sauce.



► Kansas juniors claimed first place in the recipe category and won first place overall in the intermediate other beef. Pictured is (front row) **Chelsey Figge**, Onaga; (back row, from left) **Grady Dickerson**, Paradise, and **Caleb Florry**, Baldwin City. They prepared “Killer Bacon-Cheese Dogs.”

Killer Bacon-Cheese Dogs

- | | |
|-----------------------|---|
| 6 CAB® hot dogs | ½ cup “Kansas Secret Sauce” (see below) |
| 6 slices bacon | 6 hot dog buns |
| 6 slices Swiss cheese | toppings of your choice |

1. Preheat an outdoor grill for medium-high heat. Lightly oil grate, and set 4 inches from the heat.
2. Place the bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain on paper towels.
3. Place hot dogs on grill; cook until browned, 5-8 minutes, turning once, or until done to suit your taste. Lightly grill hot dog buns.

To assemble sandwiches, place a slice of cheese and bacon on each roll. Add a hot dog; top each with 1 tablespoon barbecue sauce, or desired amount, and toppings of your choice.

Kansas Secret Sauce:

- | | |
|-------------------------------|---------------------------------|
| 2 CAB® hot dogs, diced | ¾ tsp. paprika |
| 4 oz. ground beef | ¼ cup sweet onion, diced |
| 4 oz. ground pork | ½ tsp. chili powder |
| 1 Tbs. vegetable oil | ½ clove garlic, peeled & minced |
| ¾ tsp. salt | ¾ tsp. cinnamon |
| ⅓ (10.75-oz.) can tomato soup | ½ tsp. browning sauce |
| 2½ cups water | ½ cup fine dry bread crumbs |
| | ⅓ tsp. ground black pepper |

1. Heat vegetable oil in a large, deep skillet over medium-high heat. Place ground beef, ground pork, hot dogs and sweet onion in the skillet. Cook until meat is evenly brown and onion is soft. Drain and lower heat.
2. Mix in garlic, browning sauce, ground black pepper, salt, tomato soup, water, paprika, chili powder, cinnamon and dry bread crumbs. Slowly simmer until thick, about 25 minutes.

The Perfect Burger

3 lb. CAB® ground chuck
1 Tbs. Worcestershire sauce (per pound)
1 tsp. liquid smoke (per pound)
cheese (optional)

1½ Tbs. canola oil
1 tsp. garlic powder (per pound)
salt and pepper, to taste
buns

Mix chuck, Worcestershire sauce, garlic powder and liquid smoke. Divide meat into equal portions.

Form a ¾-pound burger and make a deep depression in the center with your thumb.

Brush with canola oil, then season with salt and pepper. Cook on grill.

Add sliced tomato, Vidalia® onion, lettuce and condiments as desired.

Texas Tortellini

3 lb. CAB® ground chuck
2 pkgs. cream cheese
2 pkgs. Mozzarella cheese

1 pkg. 3-cheese fresh tortellini
1 jar Prego® Spaghetti Sauce

Preheat oven to 400° F. Brown and season ground beef to taste. Heat spaghetti sauce on medium and let simmer while you are browning ground beef. Soften cream cheese in the microwave.

Prepare tortellini according to directions on package.

Put the ground beef and cream cheese in an oven-safe glass dish and stir together, then add spaghetti sauce.

Gently stir in the tortellini. Top with mozzarella cheese.

Bake in the oven on 400° for 20 minutes or until cheese on top is melted. Cover it loosely with foil like a tent for venting.

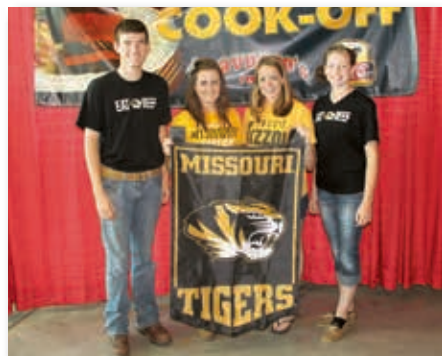
Let it cool a bit and serve.

The Blue Mill Tavern Loose-meat Sandwich

2 lb. CAB® ground chuck
1 Tbs. fat, like lard
2 tsp. salt, just enough to lightly cover
bottom of your skillet
1 onion, chopped fine

1 Tbs. prepared yellow mustard
1 Tbs. vinegar
1 Tbs. sugar
water, to cover
salt and pepper, to taste

1. Get out a cast-iron skillet — they are the best for loose meats — or other kind if you have no iron skillet.
2. Melt fat over medium heat and lightly salt bottom of skillet.
3. Break ground beef up in skillet and start crumbling it with the back of a wooden spoon — this is very important — the meat must end up being cooked up into small crumbles.
4. Add chopped onion while browning meat.
5. Keep working with the back of spoon to break up meat.
6. When meat is browned, drain off any fat and return meat to skillet.
7. Add mustard, vinegar, sugar and just enough water to barely cover meat in the pan.
8. Cook, at a simmer, until water is all cooked out — between 15 and 20 minutes.
9. Adjust salt and pepper to taste.
10. Heat your hamburger buns. They're traditionally steamed for loose meats. We like ours toasted lightly. Do it the way you like it.
11. When buns are warm, put yellow mustard on them and add some dill pickle slices.



► The Missouri team won first place in the showmanship category and second place overall in the intermediate other beef division. Pictured are (from left) **Chris Kahlenbeck**, Union; **Reba Colin**, Butler; **Hannah Moyer**, Lamar; and **Brittany Eagleburger**, Buffalo. They prepared "The Perfect Burger."



► Texas juniors won third place overall in the intermediate other beef division. Pictured are (from left) **Dylan Denny**, Lubbock; **Kaydee Free**, Salado; **Lexi Stevenson**, North Richland Hills; **Brit Lockaby**, Tahoka; **Cooper Free**, Salado; and **Kate Williams**, Idalou. They prepared "Texas Tortellini."



► The Indiana team won second place overall in the senior other beef division. Pictured are (from left) **Caleb Smith**, Whitestown; **Maddi Butler**, Vincennes; **Nick Innis**, Milroy; and **Kyrsten Retherford**, Indianapolis. They prepared "The Blue Mill Tavern Loose-meat Sandwich."

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OTHER BEEF COMPETITION



► Maryland juniors claimed first place in the recipe and showmanship categories and won first place overall in the senior other beef division. Pictured are (from left) **Tyler Donnelly**, Emmitsburg, and **Maggie Lanham**, Buckeystown. They prepared “Juicy Lucy-Maryland Style.”

Juicy Lucy — Maryland Style

3 lb. CAB® ground beef	kosher salt
3 oz. spinach, frozen and crumbled	black pepper
1 Tbs. Worcestershire sauce	Old Bay® Seasoning
1 tsp. garlic powder	fresh crabmeat
4 oz. Fontina cheese	

Combine beef, spinach, Worcestershire, salt, pepper and Old Bay. Chill meat so it's easier to make patties.

Measure out 4-ounce balls of beef mixture.

Roll into a ball then flatten into a thin patty on top of wax paper, about ¼-inch high and roughly 5 inches in diameter. On half of the patties place 1 ounce of cheese.

On each cheese-topped patty, flip a second patty to cover cheese. Pinch the edges together, forming a swell in the middle. Cover with wax paper and refrigerate at least 10 minutes.

Grill chilled patties 5 minutes on first side, then flip and grill to desired doneness.

Place crabmeat and additional cheese on top of burger. Melt cheese and serve on a bun with your favorite condiments.



► Mississippi juniors won third place overall in the senior other beef division. Pictured are (from left) **Anna Pearson**, Florence; **Ashton Gandy**, Potts Camp; **Hayden Neal**, Forest; **Baylee Green**, Conehatta; **Cheyenne Ladner**, Picayune; and **Rickey Cooper**, Florence. They prepared “Mississippi CAB® Muffins.”

Mississippi CAB® Muffins

2 lb. CAB® ground beef	¼ tsp. Italian seasoning
½ pkg. dry onion soup mix	½ tsp. Cajun seasoning
2 eggs	

Mix ground beef, onion soup mix, eggs and seasonings together in a large bowl. Roll into balls and place in individual muffin tin pan.

Bake at 350° F for 20-30 minutes. Take out of tin and drain on paper towels.

While these are draining, make sauce recipe below. Mix together and bring to a boil. Serve hot over meatloaf muffin.

Sauce:

½ cup pineapple preserves	¼ tsp. mustard
½ cup hot pepper jelly	¼ tsp. nutmeg

* This is a good low-carb recipe with 4 carbs per muffin. Sauce has 8 carbs per tablespoon.

CHEF'S CHALLENGE — Adult division



► **Left: Greg Slone** (left) and **Camden Slone** (right), both of Danville, Ky., placed first in the adult division of the Chef's Challenge.

► Not pictured are **Joe and Ruth Myers**, Harrodsburg, Ky., second-place winners in the adult division of the Chef's Challenge.

► **Right: Gretchen Frost** (left) and **Rachel Frost** (right), both of Tallula, Ill., placed third in the adult division of the Chef's Challenge.

