



PHOTO BY BRIDGET BERAN

# Kitchen Competition

Angus juniors share the story of *Certified Angus Beef®* during cooking contest.

by Linda Robbins, assistant editor

**F**orty-five teams competed in the 33rd All-American *Certified Angus Beef®* (CAB®) Cook-Off July 5 in Grand Island, Neb. The contest, sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB), is one of the most popular events at the National Junior Angus Show (NJAS).

During the NJAS, historical figures, singing stars and pop-culture characters were seen milling around the exhibition hall. Characters from the movies *Anchorman* and *Inside Out* mingled with baseball players, Willie Nelson, cowboys, Judge Judy, Olympic competitors and Minnie Pearl.

Participants prepare a CAB recipe, and write and perform a skit that promotes the product in an educational and entertaining way to the judges, the audience at the cook-off and, ultimately, to consumers. 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 beef.

"Year after year, we are always impressed by our Angus youth participating in the cook-off," says Anne Lampe, co-chair of the competition. "The Angus breed and the CAB brand are fortunate to have such a strong future in the National Junior Angus Association members."

As teams vie to present the best recipe and most informative and entertaining skit, they test their beef industry and CAB knowledge. Teams use the 10 quality standards and other research and historical facts about CAB in their skits to showcase the brand to consumers.

Andrew Livingston, Nokomis, Ill., portrayed Patrick Henry in

his senior team's steak division skit. His team prepared Sweet Onion Marinated Steak for the judges.

"There's usually four or five in a group. You think of a meal, usually steak or roast, then you prepare the meal," Livingston explains. "You perform a skit in front of the judges and, when you get done, you serve them the food. They ask you questions about your skit, about yourself and CAB questions, as well."

In each age division — junior, ages 8-13; intermediate, ages 14-17; and senior, ages 18-21 — and beef category, teams are judged on their recipes and showmanship. Recipes are evaluated on taste and ease of preparation, while the showmanship criteria are presentation, costumes and creativity. Winners in each evaluation type, as well as an overall winner, are chosen.

"I love to get up and talk in front of people, though I still get nervous once in a while," Livingston adds. "I also get to talk to some of the CAB people, which is true to my heart because it's what I want to do when I get older. What I've learned about CAB and the connections I've made with the judges and the other kids doing the cook-off is something great and something to be proud of."

## The Black Kettle Award

Established in memory of Paul St. Blanc, a longtime friend and supporter of the cook-off, the Black Kettle Award is the highest prize a team can earn in the cook-off. It is presented to the highest-placing team across all age and beef divisions.



This year, the Kansas intermediate team entered in the steak category took home the Black Kettle Award. Winning team members include Alexandria Cozzitorto, Lawrence; Grady Dickerson, Paradise; Kady Figge, Onaga; Eva Hinrichsen, Westmoreland; Sara Pelton, Paradise; and Cale Hinrichsen, Westmoreland.

The Black Kettle recipe is included below. All other recipes can be found online in the digital edition of the *Angus Journal*. (Print subscribers can sign up for the digital edition at [www.angusjournal.com/login\\_sign\\_up.html](http://www.angusjournal.com/login_sign_up.html).)

### Black Kettle Award Winner & Overall Steak Recipe: Kansas Intermediate Team

#### Tantalizing Steak Tacos

4 CAB® ball tip steaks

CAB Signature seasoning

olive oil

4 Tbs. Worcestershire sauce

½ cup peanut butter

3 Tbs. soy sauce

2 Tbs. rice vinegar

2 Tbs. lime juice

1 Tbs. sriracha sauce (add more if you want it a little spicier)

small flour tortillas

1 large avocado, peeled, pitted and cut into thin slices

1 cup chopped tomatoes

shredded or crumbled mozzarella cheese

¼-½ cup cilantro leaves, chopped

- ▶ Place the steak in a resealable bag with the Worcestershire sauce to cover. Refrigerate for at least half an hour.
- ▶ Spread olive oil over the steak and sprinkle with CAB Signature seasoning. Cook steaks over a medium-hot grill for 5 minutes and turn once. Cook to medium rare or medium. Remove steak to a cutting board and allow to sit for 5 minutes before cutting into strips, against the grain.
- ▶ Prepare the sriracha peanut butter sauce by combining the peanut butter and 1 tablespoon at a time of the soy sauce, rice vinegar and lime juice. Add a little more of each to suit your taste and make sure you stir it thoroughly to get the best consistency. Stir in the sriracha sauce a little at a time.
- ▶ Warm the tortillas on the grill, set on the plate and place a few strips of steak on the tortilla. Top with a drizzle of sriracha peanut butter sauce, a couple of avocado slices, tomatoes and a sprinkle of cilantro.



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▶ Winning the Black Kettle Award in the All-American Certified Angus Beef® Cook-Off is the Kansas intermediate steak team. Pictured are (from left) Anne Lampe, Kansas Angus Ass'n secretary-manager, presenting; team members Grady Dickerson, Paradise; Cale Hinrichsen, Westmoreland; Sarah Pelton, Paradise; Eva Hinrichsen, Westmoreland; Alexandria Cozzitorto, Lawrence; and Kady Figge, Onaga; and Clayton Lampe and Garrett Lampe, both presenting.



**Table 1: Winners of the 2016 Auxiliary-sponsored All-American CAB® Cook-Off**

Black Kettle winner			
Kansas intermediate steak team — "Tantalizing Steak Tacos"			
Pat Grote LEAD scholarship winner			
Kansas intermediate steak team — "Tantalizing Steak Tacos"			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Illinois	Kansas	Illinois
2.	Wisconsin	Illinois	Kansas
3.	Kansas	Wisconsin	Wisconsin
<i>Intermediate</i>			
1.	Louisiana	Oklahoma	Kansas*
2.	Kansas	Kansas	Louisiana
3.	Nebraska	Louisiana	Oklahoma
<i>Senior</i>			
1.	Missouri	Illinois	Missouri
2.	Maryland	Missouri	Illinois
3.	Illinois	Maryland	Maryland
Roast division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Nebraska	Nebraska	Nebraska*
2.	Iowa	Iowa	Iowa
3.	Kansas	(tie) Kansas/ Kentucky	Kansas
<i>Intermediate</i>			
1.	Louisiana	Florida	Florida
2.	Florida	Louisiana	Louisiana
3.	Illinois	(tie) Illinois/ Kentucky	Illinois
<i>Senior</i>			
1.	South Dakota	Indiana	South Dakota
1.	Indiana	Nebraska	Indiana
3.	Oklahoma	South Dakota	Oklahoma
Other beef division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Michigan	Illinois	Illinois*
2.	Illinois	Missouri	Missouri
3.	Missouri	Iowa	Iowa
<i>Intermediate</i>			
1.	Illinois	South Dakota	South Dakota
2.	South Dakota	Virginia	Virginia
3.	Virginia	Kansas	Illinois
<i>Senior</i>			
1.	Kansas	Kansas	Kansas
2.	Virginia	Virginia	Virginia
3.	Kentucky	Kentucky	Kentucky

\*Denotes overall winner of the product division.

# The Chef's Challenge

The Chef's Challenge, hosted in conjunction with the cook-off, is modeled after Food Network's cooking competition *Iron Chef*. It features two age divisions: NJAA members ages 18 to 21, and adults 21 and older. Contestants are allowed to enter as individuals or in teams of two for the event, which is coordinated by the American Angus Auxiliary. The *Certified Angus Beef*® (CAB®) brand provides the cut of meat used in the competition. No more than 10 teams are allowed.

After the contest reveals the secret ingredients, the contestants have a limited time to create a recipe and shop for accompanying ingredients. The contest provides only the secret ingredients and grills. For the contest, the contestants have one hour to prepare and serve an original recipe using a specific CAB meat cut (this year's was CAB sirloin flap) and secret ingredients announced the day prior to the competition.

Adult division secret ingredients for this year were Dorothy Lynch® dressing, sweet corn on the cob, fresh lemons and ginger snap cookies.

## Chelsey's CAB® Steak Tacos with Spicy Dip and Crunchy Corn on the Cob

### Tacos:

CAB® sirloin flap	fresh spinach
soft tortillas, warmed	siracha sauce, to taste
pico de gallo	fresh lemon juice
½ cup black beans, rinsed	sour cream, approximately
½ cup corn	½ cup for garnish
1 cup pepper jack cheese, grated	salt and pepper

Season sirloin flap with salt, pepper and lemon juice and grill to 140° F or to desired doneness. While grilling, add black beans and corn to pico de gallo and set aside. Remove steak from grill, place cheese on top and let rest. Slice the sirloin into 1-inch slices.

To assemble tacos place spinach, pico de gallo mixture, steak and cheese in tortillas. Garnish as desired with siracha, sour cream, spicy Greek dip and fresh lemon. Serve with Spicy Greek Dip and Crunchy Corn on the Cob.

### Spicy Greek dip:

plain Greek yogurt, 1 small tub	¼ tsp. lemon juice
2 Tbs. Dorothy Lynch® Dressing	1 Tbs. siracha sauce (or to taste)

Mix all together and serve with tortilla chips or drizzle on tacos.

### Crunchy corn on the cob:

4 ears fresh corn on the cob, silk removed  
animal crackers, 4 oz. or approx. 15-20 crackers, finely crushed  
olive oil  
parmesan cheese, grated

Grill corn in husks approximately 10 minutes or until corn is tender. Remove from grill and wrap corn in a clean towel; let rest. Remove corn from husk, cut into pieces, if desired. Place corn and olive oil into a large zipper-sealed bag and shake to coat; add crushed animal crackers and shake to coat; remove from bag; sprinkle with parmesan. Serve hot.

Junior division secret ingredients were Dorothy Lynch® dressing, sweet corn on the cob, fresh lemons and animal crackers.

The timed event is a test of skill and creativity. Winners are selected based on use of the secret ingredients, display and taste.

The 2016 NJAA Division Winner for 2016 is Chelsey Figge, Onaga, Kan. The team of Allison Dubs, Billings, Mont., and Louis Dubs, Billings, Mont., won the adult division.

Both recipes follow.

## CAB Sirloin Flap & Spaetzle with Dorothy Lynch® Corn Marmalade

2-3 lb. CAB® sirloin flap, cut into steaks

### Rub:

1 cup crushed ginger snap cookies	1 tsp. kosher salt
¼ tsp. garlic powder	½ tsp. brown sugar
1 tsp. crushed peppercorns	

Combine rub ingredients. Rub generously on steaks.

### Dorothy Lynch Corn Marmalade:

1 cup Dorothy Lynch® dressing	3 cups fresh corn
3 Tbs. red wine vinegar	fresh thyme
1 fresh lemon, juiced	1½ cups shallots, sliced
2 Tbs. unsalted butter	garlic powder
2 Tbs. olive oil	salt and pepper to taste

Sauté 1 cup shallots in butter 3-5 minutes. Add 1 tablespoon red wine vinegar, Dorothy Lynch and lemon juice. Simmer for 15 minutes or until thickened. While simmering, prepare corn mixture by combining remaining shallots, olive oil, 2 tablespoons red wine vinegar, thyme, garlic powder, and salt and pepper. Heat together until warm.

### Dorothy Lynch Crème Fraîche Drizzle:

½ cup Dorothy Lynch® dressing
½ cup crème fraîche

Combine and place in a piping bag or prepare to drizzle with spoon.

### Homemade Spaetzle\*:

1 cup sour cream	1½ tsp. kosher salt
½ cup milk	1 tsp. cracked peppercorns
2 eggs	2 cups flour

Blend sour cream, milk, eggs, salt and pepper in a blender until smooth. Move to large bowl and fold in flour. Bring a large pot of water with salt to boil. Use a spaetzle maker to drop pieces of the dough into boiling water. After pieces rise to surface, boil for 30 seconds. Remove spaetzle with slotted spoon and place in a bowl of ice water for 5 minutes. Drain.

\*(If you do not have a spaetzle maker, you may cut dough into small pieces with a sharp knife.)

### To prepare:

Season steaks with rub. Grill or cook in a hot skillet until 135°-140° F for medium rare. Remove from heat and let rest for 5 minutes.

Slice steaks into strips. Serve over spaetzle and Dorothy Lynch marmalade corn mixture. Top with Dorothy Lynch crème fraîche drizzle.

► Receiving the Grote LEAD Conference Award for winning the intermediate steak division are (from left) Kansas juniors **Grady Dickerson**, **Sarah Pelton**, **Cale Hinrichsen**, **Eva Hinrichsen**, **Kady Figge** and **Alexandria Cozzitorto**. Also pictured is Shally Rogen, American Angus Auxiliary president, presenting.



► Winning first in the junior division of the Chef's Challenge is **Chelsey Figge**, Onaga, Kan.



► Placing second in the junior division of the Chef's Challenge is **Haley Throne**, Lexington, Ga.

► Winning the adult division of the Chef's Challenge are (from left) **Louis Dubs** and **Allison Dubs**, both of Billings, Mont.



► Placing second in the adult division of the Chef's Challenge are (from left) **Jake McCall**, Greenville, Va., and **Timothy Clark**, Gretna, Va.



► Placing third in the adult division of the Chef's Challenge are (from left) **Julie Throne** and **Katherine Throne**, both of Lexington, Ga.



## Seasoned for Success

Angus youth tantalize judges' taste buds during the *Certified Angus Beef®* Cook-Off.

Story & photo by **Bridget Beran**, editorial intern

The smells of *Certified Angus Beef®* (CAB®) steaks and roasts filled the Expo Hall at the National Junior Angus Show (NJAS) as Angus juniors cooked up delicious treats and clever skits for the CAB cook-off.

While the food was center of the plate, the focus of the contest was on the junior members and their skits. From shipwrecked castaways to news crews, National Junior Angus Association (NJAA) members got creative in how they presented their recipes to the judges.

The team from Kansas channeled the movie *Anchorman* to urge judges to enjoy CAB and "Stay Classy, Grand Island." Team member Cale Hinrichsen, Westmoreland, says they chose their theme because they had all wanted to bring humor into the competition.

"We like to compete in the cook-off contest because it's a lot of fun to dress up. I really enjoy working on the skits," Hinrichsen says.

Taylor Duckett, New Liberty, and her team from Iowa, reminded judges, "You aren't yourself when you're hungry" in a CAB-remix of a *Brady Bunch* Snickers® commercial.

"Since we saw the Snickers commercial, we thought it would be a great fit since CAB is a great filling part of a meal," Duckett explains. "The cook-off contest is a lot of fun, and it

lets your personality come out. It lets you have fun while promoting CAB."

Beyond the amusement of the skits, it also teaches Angus juniors important cooking skills, as well as educating them about the CAB program.

"It's very interesting to learn how that dish is prepared because cold cereal doesn't always

cut it in college," Hinrichsen says. "Learning to cook here at the cook-off contest is very beneficial, no matter where we go throughout life."

With CAB at the center of the competition, the knowledge gained about the CAB program is a highlight for participants. For Ty Mogck, Olivet, S.D., and his team, whose skit played on the television show *Gilligan's Island*, it was imperative they be prepared on all things CAB-related.

"You have to study because the judges will ask you a lot of the information about CAB," Mogck says.

For Duckett, the contest presented her with an opportunity to brush up on her CAB knowledge, especially the 10 quality standards that meat must reach to qualify for CAB. This knowledge is important for these young producers as they prepare to become the future advocates of the beef industry.

"It makes me a better advocate because when someone asks, 'Why should I buy CAB, why should I pay more?' We can advocate and tell them that what they're paying for is a higher-quality cut of beef. It's superior, and this is why we do our best to raise our animals as best as possible, to meet the standard of CAB," Hinrichsen says.



► After being shipwrecked, South Dakota juniors came across a box of CAB roast in their skit inspired by *Gilligan's Island*.

