

► The Kansas intermediate other beef team won showmanship in their age division.



## Creativity in the Kitchen

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

by *Claire Carlson*, public relations and communications intern

**D**uring the National Junior Angus Show (NJAS), pop culture characters were seen milling around the exhibition hall; stars from the television show *The Golden Girls* and Justin Bieber mingled with Olympian Shaun White and some students from Hogwarts School of Witchcraft and Wizardry. The juniors in these costumes competed in the All-American *Certified Angus Beef*® (CAB®) Cook-Off July 8 in Indianapolis, Ind.

The contest, sponsored by the American Angus Auxiliary and *Certified Angus Beef* LLC (CAB), is one of the most popular events at the NJAS. Participants prepare a CAB recipe and a skit that promotes the product 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 entertaining skit, they test their beef industry knowledge outside of the showing. The competition was fierce this year

with 32 teams, but light-hearted banter and loud laughter could be heard throughout the competition area.

“We are doing the CAB® Cook-Off, and you basically put a skit together with a bunch of kids from your state, and you use that to inform people about *Certified Angus Beef*®,” says Karisa Pfeiffer, Orlando, Okla.

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. 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.

### The Black Kettle Award

Established in memory of Paul St. Blanc, a long-time 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 Oklahoma junior team entered in the other beef category took home the Black Kettle Award. Winning team members are Alyson Friesen, Arnett; Madelyn Gerken, Cashion; Victoria Gerken, Cashion; Charley Johnson, Orlando; and Sydney Johnson, Orlando. The team wowed the judges with their race-car-themed skit.

A list of award-winning 2014 Cook-Off recipes follows.





► Kermit and Miss Piggy learned they would prefer CAB to pork and frog leg fajitas in the Oklahoma senior roast team's skit.



► Chef's Challenge participants have one hour to prepare their entries.



► It takes a few tools to create a tasty recipe.



► Even the tables are decorated to fit the skit's theme.



► The Missouri senior steak team highlighted Angus taste and texture with their recipe "AT&T Steak."

**Table 1: Winners of the 2014 Auxiliary-sponsored All-American CAB® Cook-Off**

Black Kettle winner			
Oklahoma junior other beef team — "CAB® Lettuce Wraps"			
Pat Grote LEAD scholarship winner			
Kansas intermediate steak team — "King of the Cowboys Steak"			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Kansas	Kansas	Kansas*
2.	Illinois	Illinois	Illinois
3.	Michigan	Michigan	Michigan
<i>Intermediate</i>			
1.	Kansas	Kansas	Kansas
2.	Iowa	Iowa	Iowa
3.	New York	New York	New York
<i>Senior</i>			
1.	Michigan	Michigan	Michigan
2.	Indiana	Indiana	Indiana
3.	Illinois	South Dakota	South Dakota
Roast division			
<i>Junior</i>			
1.	Iowa	Nebraska	Virginia*
2.	Virginia	Virginia	Nebraska
3.	Nebraska	Iowa	Iowa
<i>Intermediate</i>			
1.	Michigan	Michigan	Michigan
<i>Senior</i>			
1.	Oklahoma (tie)	Oklahoma	Oklahoma
1.	Missouri (tie)	Missouri	Missouri
3.	North Carolina	North Carolina	North Carolina
Other beef division			
<i>Junior</i>			
1.	Oklahoma	Oklahoma	Oklahoma*
2.	Kansas	Indiana	Indiana
3.	Indiana	Kansas	Kansas
<i>Intermediate</i>			
1.	Iowa	Kansas	Illinois
2.	Illinois	Illinois	Iowa
3.	Kansas	Iowa	Kansas
<i>Senior</i>			
1.	Kentucky	Kentucky	Kentucky

\*Denotes overall winner of the product division.





# ROAST COMPETITION



PHOTOS BY THE AMERICAN ANGUS ASSOCIATION

► Iowa juniors won first in recipe, third in showmanship and third overall in the junior roast division. Pictured are (from left) **Dakota DeVore**, Promise City; **Lexi Knapp**, Bloomfield; **Jacob Schermer**, Clarion; **Francesca DeVore**, Promise City; **Morgan Knapp**, Bloomfield; and **Jordan Johnson**, Fort Dodge. They prepared “CAB® Tri-Tip Roast Skewers.”

## CAB® Tri-Tip Roast Skewers

4 lb. CAB® tri-tip roast	4 fluid oz. lemon-lime flavored carbonated beverage
¼ cup soy sauce	2 lb. beef sirloin steak, cut into 1½-in. cubes
3 Tbs. light brown sugar	2 green bell peppers, cut into 2-in. pieces
3 Tbs. distilled white vinegar	½ lb. fresh mushrooms, stems removed
½ tsp. garlic powder	1 pint cherry tomatoes
½ tsp. seasoned salt	1 fresh pineapple (peeled, cored and cubed) skewers
½ tsp. garlic pepper seasoning	

1. In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning and lemon-lime flavored carbonated beverage. Reserve about ½ cup of this marinade for basting. Place steak in a large resealable plastic bag. Cover with the remaining marinade and seal. Refrigerate for 8 hours, or overnight.
2. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute, just to blanch. Drain, and set aside.
3. Preheat grill for high heat. Thread meat, green peppers, mushrooms, tomatoes and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
4. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.



► Illinois juniors competing in the junior roast division are (from left) **Paige Lemenager**, Hudson; **Emily Brooks**, Prophetstown; **Amelia Miller**, Gridley; **Lizzie Schafer**, Owaneco; **Emma Eathington**, Avon; and **Holly Marsh**, Union. They prepared “Stuffed Tri-Tip Medallions.”

## Stuffed Tri-Tip Medallions

3-4 lb. CAB® tri-tip roast	2 Tbs. garlic, minced
2-3 Tbs. olive oil	4 oz. fresh Parmesan cheese, grated
sea salt and black pepper, freshly ground	8 oz. mushrooms (Portobello or button), finely chopped
¼ cup fresh basil leaves, chopped	2 cups spinach leaves, chopped
	½ cup fresh basil leaves, chopped

### Stuffing:

1 jar (8 oz.) sun-dried tomatoes, chopped

Mix stuffing ingredients. Cut a pocket lengthwise in roast, lightly season inside of roast with salt and pepper, and fill with stuffing. Tie roast with butcher’s string. Rub roast with olive oil and season with salt, pepper and basil.

Place roast on hot grill and sear all sides. Transfer roast onto foil and wrap. Return roast to grill and cook to 135° F, approximately 40-60 minutes, depending on grill temperature.

Let roast rest 10 minutes. Unwrap and slice into ¾-inch medallions to serve.



► Kentucky juniors competing in the junior roast division include (from left) **Ethan Bleivins**, Greenup; **Abigail Smoot**, Campbellsville; **Catherine Cowles**, Rockfield; and **Taylor Jeffries**, Canmer. They prepared “Momma Needs A Break Roast.”

## Momma Needs A Break Roast

2 lb. CAB® roast	1 stick butter
1 pkg. Hidden Valley® ranch dressing mix	5 potatoes, cut up
1 pkg. McCormick® au jus mix	1 pkg. small carrots
5 whole pepperoncini peppers	

Turn slow cooker on medium. Add roast. Sprinkle ranch dressing mix on top. Sprinkle au jus mix on top. Put a stick of butter on top. Place the pepperoncini peppers on top. Add carrots and potatoes to the slow cooker. Add a tiny bit of water.

Cook on medium for 4 hours or on slow for 8.

Serves: 6

## No Magic Needed Tri-tip Roast

3-lb. CAB® tri-tip roast                      Montreal Steak Seasoning, or your favorite seasoning

Preheat the grill. Place seasoned tri-tip roast on the grill.  
Turn occasionally until desired degree of doneness is reached.  
Slice and enjoy.

## Virginia Maple Tri-tip

4-lb. CAB® tri-tip roast, trimmed                      ¼ tsp. coriander  
1 cup Virginia maple syrup                              ¼ tsp. paprika  
½ cup brown sugar    dash of ground ginger  
¼ cup kosher salt    dash of garlic powder  
¾ tsp. chipotle chili powder

1. Thoroughly mix dry ingredients together in a large bowl.
2. Trim any fat from the tri-tip.
3. Butterfly the thicker end of the tri-tip to make the entire cut uniformly thick.
4. Smother the tri-tip in the Virginia maple syrup and drain the excess.
5. Cover the syrup-coated tri-tip with the previously mixed dry ingredients.
6. Place the tri-tip in a bowl or bag to marinate (minimum 2 hours, preferably 12, up to 24).
7. Preheat the grill to 500° F.
8. Remove the tri-tip and remove excess (clumps of) rub.
9. Sear both sides.
10. Reduce heat to 250° and cook to internal temperature of 125°.
11. Remove from heat and let stand for 20 minutes.
12. Cut the tri-tip in half (with the grain). Slice in ¼-inch slices against the grain. Capture the juices that the cut releases for bonus au jus.

## Tri-tip Roast with Michigan Cherry Sauce

2 lb. CAB® tri-tip roast                                      1 Tbs. kosher salt  
Dry rub    1 Tbs. ground black pepper  
   ½ Tbs. chili powder

**Dry rub ingredients:**  
1½ Tbs. garlic powder

Before grilling roast bring it to room temperature, which will take about 30 minutes. Work the dry rub into the meat about 15-20 minutes before grilling.

Heat grill to 350° F. Place roast on the grill and cook each side about 20 minutes. Use tongs to turn meat as to not let the juices escape. Let the meat cook until the inside temperature reads 140°-145° or desired degree of doneness.

Remove from grill and let rest for 10 minutes before cutting against the grain. Lightly drizzle Michigan Cherry Sauce over meat just before serving.

**Michigan Cherry Sauce:**                                      ½ tsp. ground black pepper  
3 Tbs. unsalted butter    ½ cup red wine vinegar  
¼ cup sliced shallots    ½ cup cherry jam  
¼ tsp. salt

In a skillet place 1 tablespoon of butter to melt on medium heat; add shallots. Let them cook until translucent, stirring occasionally. Add pepper, salt, vinegar and jam. Bring to a boil, stirring constantly. Reduce heat to low, and simmer 6 minutes or until sauce thickens slightly. Add remaining 2 tablespoon butter.



► Nebraska juniors won first place in showmanship, third in recipe and second overall in the junior roast division. Pictured are (from left) **Kacey Dethlefs**, North Platte; **Kyra Meyer**, Blue Hill; **Colton Hewgley**, North Platte; **Reagan Skow**, Palisade; and **Rachel Smith**, Osceola. They prepared “No Magic Needed Tri-tip Roast.”



► Virginia juniors won first place overall in the junior roast division after first placing second in recipe and second in showmanship. The team went on to win top honors in the entire roast competition. Pictured are (from left) **Suter Clark**, Greta; **Caleb Boden**, Clear Brook; **Gordon Clark**, Greta; **Mikayla St. Clair**, Berryville; and **Zach McCall**, Greenville. They prepared “Virginia Maple Tri-tip.”



► Michigan juniors won first in the recipe and showmanship and first place overall in the intermediate roast division. Pictured are (from left) **Austin Pillars**, Martin; **Kollin Johnson**, Quincy; **Katrena Klopfenstein**, Galein; **Bethany Maurer**, Olivet; and **Sterling Reichenbach**, Bath. They prepared “Tri-tip Roast with Michigan Cherry Sauce.”

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# ROAST COMPETITION



► Missouri juniors tied for first place in the recipe category, placed second in showmanship and won second overall in the senior roast division. Pictured are (from left) **Hannah Moyer**, Lamar; **Chris Kahlenbeck**, Union; **Brittany Eagleburg**, Buffalo; and **Sydney Thummel**, Sheridan. They prepared “CAB® Hungarian Goulash.”

## CAB® Hungarian Goulash

3 lb. CAB® tri-tip roast, cut in small pieces	1 small can tomato paste
4 Vidalia® onions, chopped	a bit of ketchup
3 medium potatoes, cubed	1½ tsp. Hungarian Hot Paprika
1 green pepper, chopped	a couple drops of Tabasco Sauce
4 cans beef bouillon soup	vegetable oil (to brown beef)

In kettle, first brown chopped beef in tablespoon of oil, then add onions, bouillon soup, green pepper, tomato paste, ketchup, Tabasco and paprika.

Bring goulash to a boil, then reduce heat. Cook for 2 more hours on low heat. Add cubed potatoes. Cook for another hour or until potatoes are tender.



► North Carolina juniors won third in recipe, third in showmanship and third overall in the senior roast division. Pictured are (from left) **Brooke**, **Mattie**, **LeAnn**, **Marcie** and **Catherine Harward**, all of Richfield. They prepared “CAB® Roast.”

## CAB® Roast

3-4 lb. CAB® roast	1 Tbs. Worcestershire sauce
1 cup beef broth	1 Tbs. soy sauce
4 cloves garlic	1 Tbs. honey
½ cup balsamic vinegar	½ tsp. red pepper flakes

1. Mix all ingredients in a bowl and stir well.
2. Place roast in slow cooker.
3. Pour ingredients over roast in slow cooker.
4. Put slow cooker on low. Cook 4-5 hours or until tender.

## Roast Beef Fajitas

3-4 lb. CAB® tri-tip roast	1 whole red bell pepper, sliced
½ cup olive oil	1 whole orange bell pepper, sliced
3 Tbs. Worcestershire sauce	1 whole green bell pepper, sliced
½ cup lime juice, fresh-squeezed	1 whole yellow bell pepper, sliced
3 cloves garlic, minced	oil, for frying
1 Tbs. cumin	flour tortillas, warmed
1 Tbs. chili powder	cheese (grated cheddar/jack or crumbled queso fresco)
½ tsp. red pepper flakes	salsa
1 tsp. salt	sour cream
½ tsp. black pepper	cilantro leaves
3 Tbs. sugar	raspberry chipotle sauce (optional)
2 whole medium onions, halved and sliced	

In a dish, mix together olive oil, Worcestershire, lime juice, garlic, cumin, chili powder, red pepper flakes, salt, pepper and sugar until combined. Pour half of the marinade into a separate dish. In one dish, place the roast, turning it over to coat. In the second dish, place all the veggies, turning to coat. Cover the dishes with plastic wrap and place in the fridge for at least 2 hours.

Place roast on grid over medium, ash-covered coals. Grill, uncovered, 35-45 minutes for medium rare to medium doneness, turning occasionally. Remove when instant-read thermometer registers 140° F for medium rare; 155° for medium. Tent loosely with aluminum foil; let stand 10 minutes. (Temperature will continue to rise to 145° for medium rare; 160° for medium.) Carve against the grain into 1-inch slices.

Prepare tortillas, salsa, sour cream and cilantro. Heat a heavy skillet over medium-high heat and drizzle in some oil. Add the veggies and cook them for a few minutes, until they're cooked but still slightly firm and have nice black/brown pieces. Remove to a plate and set aside.

Serve with all the fixings.



► Oklahoma juniors tied for first place in the recipe category, placed first in showmanship and claimed first-place overall in the senior roast division. Pictured are (from left) **Alisa Friesen**, Arnett; **Braden Henricks**, Anadarko; **Karisa Pfeiffer**, Orlando; **Sydnee Gerken**, Cashion; and **Jaryn Frey**, Kingfisher. They prepared “Roast Beef Fajitas.”



# STEAK COMPETITION

## Sweet and Spicy Grilled Steak

- 4 CAB® sirloin steaks, sliced thin
- 4 cups mixed salad greens, spinach or arugula
- 4 Roma tomatoes cut into wedges
- 2 cups fresh mushrooms, sliced

### Marinade:

- ¾ cup raspberry vinaigrette
- ¼ cup raspberry spreadable fruit
- 3 Tbs. fresh cilantro, chopped
- 1 chipotle chili pepper in adobo sauce, finely chopped

Mix marinade ingredients in sealable plastic bag. Add steak slices and marinate 4-6 hours. Soak bamboo skewers in water for 30 minutes. Arrange salad greens, tomatoes and mushrooms on plates and drizzle with raspberry vinaigrette. Remove steak slices from marinade and thread onto skewers. Grill steak 4-6 minutes over medium heat to desired doneness. Lay steak skewers on salad greens to serve.



► Illinois juniors won second in recipe, second in showmanship and second overall in the junior steak division. Pictured are (from left) **Matthew Decker**, Philo; **Austin Mussman**, Grant Park; **Emily Kiesewetter**, Farmington; and **Lauryn Mool**, Lexington. They prepared “Sweet and Spicy Grilled Steak.”

## King of the Cowboys Steak

- |                            |                        |
|----------------------------|------------------------|
| 4 CAB® top sirloin steaks  | 2 tsp. garlic powder   |
| ¼ cup kosher salt          | 1 tsp. ground coffee   |
| 2 tsp. ground black pepper | ½ tsp. ground thyme    |
| 1 tsp. paprika             | 4 Tbs. unsalted butter |
| 2 tsp. onion salt          |                        |

Mix dry ingredients together and rub over steaks. Place on grill over medium heat. Grill 8 minutes or to medium rare (130°-135° F). Remove from grill and place 1 tablespoon of butter on each steak. Enjoy!



► Kansas juniors won first place in the recipe and showmanship categories and first overall in the junior steak division, then went on to claim top honors in the entire steak competition. Pictured are (from left) **Alexandria Cozzitorto**, Lawrence; **Eva Hinrichsen**, Westmoreland; **Clay Pelton**, Paradise; **Kady Figge**, Onaga; and **Kelsey Theis**, Leavenworth. They prepared “King of the Cowboys Steak.”

## CAB® Hoagies

- |  |                                 |
|--|---------------------------------|
| 1 lb. CAB® sirloin steak, cut in thin strips | 1 small jar pimento, chopped    |
| 1 Tbs. olive oil                             | black pepper and salt           |
| 1 Tbs. soy sauce                             | 4 oz. mozzarella cheese, grated |
| 1 Tbs. Worcestershire sauce                  | water                           |
| 1 green pepper, diced                        | 4 hoagie buns                   |
| ½ onion, chopped                             | optional picante or hot sauce   |
| 5 oz. fresh mushrooms, sliced                |                                 |

Tenderize sirloin steak, cut into 1-inch pieces and sauté in olive oil until browned. Add soy sauce and Worcestershire sauce; cook for 5 minutes over low heat, stirring occasionally. Add green peppers and onions; continue to cook for 5 minutes over moderate heat. Add water as needed to keep moist. Add mushrooms and pimentos; continue to cook for 2 minutes. Season to taste with black pepper and salt. Remove from heat; stir in cheese. Serve on hoagie buns. Optional to add picante or hot sauce.

Serves: 4



► Michigan juniors won third in recipe, third in showmanship and third overall in the junior steak division. Pictured are (from left) **Jaycie Brown**, Pinckney; **Paige Zellmer**, Nashville; **Blake Pillars**, Martin; **Brady Zellmer**, Nashville; and **Kavina Johnson**, Quincy. They prepared “CAB® Hoagies.”

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# STEAK COMPETITION



► Iowa juniors placed second in recipe, showmanship and overall in the intermediate steak division. Pictured are (from left) **Haley Greiman**, Perry; **Cade Bracker**, Underwood; **Tyler Steele**, Anita; **Olivia Johnson**, Prole; and **Katie Friederichs**, Walcott. They prepared “Aberdeen’s Angels CAB® Top Sirloin Steak.”

## Aberdeen’s Angels CAB® Top Sirloin Steak

- |                           |                                 |
|---------------------------|---------------------------------|
| 4 CAB® top sirloin steaks | ½ cup soy sauce                 |
| 4 Tbs. lemon juice        | 1½ in. ginger root, thin sliced |
| 1 lemon, thinly sliced    | 4 star anise, crushed           |
| 4 garlic cloves, crushed  | fresh ground pepper             |
| 1 cup olive oil           |                                 |

Combine all ingredients and marinate 12-18 hours before grilling.



► Kansas juniors won first place in the recipe and showmanship categories and first-place overall in the intermediate steak division, earning them the Grote LEAD Award. Pictured are (from left) **Cale Hinrichsen**, Westmoreland; **Sarah Pelton**, Paradise; **Megan Green**, Leavenworth; **Chelsey Figge**, Onaga; and **Caleb Flory**, Baldwin City. They prepared “Steaks with Mushrooms, Blue Cheese and Frizzled Shallots.”

## Steaks with Mushrooms, Blue Cheese and Frizzled Shallots

- |   |  |
|---|--|
| 4 CAB® sirloin tip center steaks                      | ½ tsp. pepper, divided                     |
| 4 slices thick-sliced bacon, cut into ½-in. pieces    | 8 oz. mushrooms, stems removed, diced      |
| 1 Tbs. all-purpose flour                              | 2 Tbs. water                               |
| 2 small shallots, thinly sliced, separated into rings | ¼ cup whipping cream                       |
| 1 tsp. salt, divided                                  | ½ cup crumbled blue cheese                 |
|   | ¼ cup fresh parsley leaves, finely chopped |

Cook bacon in nonstick skillet over medium heat until crisp. Remove bacon with slotted spoon to paper towels, reserving 2-3 tablespoons drippings in skillet. Set aside.

Meanwhile, combine flour, ½ teaspoon salt and ¼ teaspoon pepper in small bowl. Add shallots; toss to coat. Heat bacon drippings over medium-high heat until hot. Add shallots. Cook 2-3 minutes or until well browned, stirring occasionally. Remove from skillet with slotted spoon to paper towels. Set aside.

Cook steaks over medium heat on the grill (8-10 minutes) to medium rare. While steaks are grilling, add mushrooms and water to skillet. Cook and stir 3-5 minutes or until mushrooms are tender. Add cream. Cook 1-2 minutes or until cream is almost absorbed. Stir in cheese and bacon. Remove steaks from the grill. Spoon mushroom mixture over steaks. Top with shallots. Sprinkle with parsley.



► New York juniors placed third in recipe, showmanship and overall in the intermediate steak division. Pictured are (from left) **Sara Fessner**, Bloomfield; **Jayne Bannister**, Kent; **Anna King** and **Matthew Kelley**, both of Cobleskill; **Katherine Hopkins**, Akron; and **Kelsey Libroch**, Gasport. They prepared “Steak Flatbread.”

## Steak Flatbread

- |  |  |
|--|--|
| 1 to 1¼ lb. CAB® top sirloin filets, cut 1-in. thick, tied | ¼ lb. fresh mozzarella cheese, cut into ½-in. pieces (¾ cup) |
| 1½ tsp. lemon pepper                                       | 2 Tbs. fresh basil, chopped                                  |
| 2 cups packed fresh baby spinach                           | 1½ tsp. balsamic vinegar                                     |
|  | 4 naan breads (Indian flatbread) or pita breads              |

Press lemon pepper evenly onto steaks. Place steaks on grid over medium, ash-covered coals. Grill, covered, 12-17 minutes (over medium heat on preheated gas grill, 12-16 minutes) for medium rare (145° F) to medium (160°) doneness, turning occasionally.

Meanwhile, combine spinach, cheese and basil in large bowl. Drizzle with balsamic vinegar; toss to coat and set aside.

Remove steak from grill and let stand 5 minutes. Place naan on grill; grill, covered, 1-3 minutes or until lightly browned, turning once.

Carve steaks into slices. Top naan evenly with spinach mixture and steak slices.

## Bacon & Blue Cheese Steak

3 CAB® sirloin steaks  
2 Tbs. crumbled blue cheese  
2 Tbs. real bacon bits

1 slice red onion per steak  
olive oil  
salt and pepper

1. Remove steak from the fridge, rub with olive oil and season generously with salt and pepper. Allow steak to rest at room temperature for 30-45 minutes.
2. While your steak is resting, if you don't have cooked bacon, fry up a couple of slices in a pan on medium heat.
3. In a bowl, mix your bacon bits and blue cheese together.
4. Lightly brush your onion with olive oil.
5. When your steak is almost done resting, heat your barbecue to medium-high heat.
6. After heating for about 10 minutes, place your steak on the grill, along with the slice of red onion.
7. Cook steak and red onion for about 3-5 minutes per side, or until your desired doneness.
8. In the last couple of minutes, place some of the blue-cheese-and-bacon crumble on top of the steak, allowing it to melt slightly.
9. Remove from barbecue, allow to rest for 10 minutes, and serve with the rest of your blue-cheese-and-bacon crumble.

Prep time: 45 minutes  
Cook time: 10 minutes  
Total time: 55 minutes  
Serves: 3



► Florida juniors competing in the senior steak division are (standing, from left) **Gabriela Hernandez** and **Victoria Hernandez**, both of Wellington; **Brandais Austrino**, Dade City; **Josie Chandler**, Polk City; and **Felipe Soto**, Okeechobee, in the car. They prepared “Bacon & Blue Cheese Steak.”

## CAB® Sirloin Steak with Red Chimichurri Sauce

4 CAB® sirloin steaks  
2 Tbs. olive oil

**Marinade:**  
2 tsp. granulated garlic  
1 tsp. crushed red pepper  
¼ cup red wine vinegar  
1 tsp. smoked paprika

Mix marinade ingredients and pour over steaks in noncorrosive container. Marinate for 4-6 hours.

**Chimichurri sauce:**  
½ cup chopped onion  
½ cup fresh cilantro  
½ cup olive oil

½ cup red wine vinegar  
3 Tbs. garlic, minced  
1 Tbs. smoked paprika  
1 tsp. crushed red pepper

Combine Chimichurri sauce ingredients in food processor and process (some herb pieces should still be visible). This may be stored in refrigerator up to a week; let stand at room temperature for 30 minutes before serving.

Remove steaks from marinade. Grill 5-7 minutes per side to 135° F. Remove from heat. Cover with foil tent and let rest 5 minutes. Plate steaks and serve with Chimichurri sauce drizzled over steaks.



► Illinois juniors claimed the third-place recipe in the senior steak division. Pictured are (from left) **Caitlyn McClure**, Saint Francisville; **Gabrielle Lemenager**, Clifton; **Andrew Livingston**, Nokomis; **Treavor Taylor**, Colfax; and **Brooke Haas**, Downs. They prepared “CAB® Sirloin Steak with Red Chimichurri Sauce.” Not pictured is **Eric Schafer**, Owaneco.





# STEAK COMPETITION



► Indiana juniors placed second in recipe, showmanship and overall in the senior steak division. Pictured are (from left) **Maddi Butler**, Vincennes; **Samantha Smith**, Lebanon; **Rachel Sutherlin**, Greencastle; and **Sarah Innis**, Milroy. They prepared “Sirloin Steak with Blue Cheese Mushroom Sauce.”

## Sirloin Steak with Blue Cheese Mushroom Sauce

4 CAB® sirloin steaks	1 tsp. thyme, chopped
salt and pepper to taste	8 oz. mushrooms, sliced
2 Tbs. butter	½ cup beef broth
1 small onion	½ cup blue cheese crumbles
2 cloves garlic, sliced	

1. Season steaks with salt and pepper.
2. Grill steaks 2-4 minutes per side for rare to medium.
3. Let steaks rest in aluminum foil.
4. At the same time of grilling, melt butter in a pan.
5. Add onion and sauté at medium heat about 5 minutes.
6. Add garlic and thyme.
7. Add mushrooms and season with salt, if needed.
8. Add beef broth and deglaze until ½ original size.
9. Remove from heat and add cheese; pour over steaks.
10. Enjoy!



► Michigan juniors won first in the recipe and showmanship categories and first place overall in the senior steak division. Pictured are (from left) **Katie Reid** and **Rachel Reid**, both of Eaton Rapids; and **Kendra Merriman** and **DeeAnne Merriman**, both of Lowell. They prepared “Tio’s Ultimate Fajitas.”

## Tio’s Ultimate Fajitas

4 CAB® top sirloin steaks
2 red bell peppers, thinly sliced
1 large onion, thinly sliced
Lime juice, olive oil (optional)
12 flour tortillas, warm
guacamole
salsa
shredded cheese

### Marinade (Mojo):

1 cup orange juice
6 limes, quartered
4 Tbs. olive oil
2 garlic cloves, roughly chopped
3 chipotle chilies, in adobo sauce
3 Tbs. roughly chopped fresh oregano (preferably Mexican oregano)
1 tsp. ground cumin
1 tsp. salt
salt and pepper

In a small 2-cup measuring cup, combine all the marinade ingredients. Using a blender, purée the marinade until smooth. Place in sealable plastic bag and add the steak. Refrigerate the beef for 2-4 hours to tenderize and flavor the beef.

Drain the marinade from the beef. Lightly oil the grill or grill pan. Season liberally with salt and freshly ground black pepper. Grill the steak over medium-high heat and cook for 4 minutes on each side. Transfer to a cutting board and let rest. Depending on the size of your grill pan, you may need to cook in batches.

Once the beef is off the grill pan and resting, add the bell peppers and onions tossed with lime juice and olive oil, if using. Grill the mixture for 7-8 minutes until the vegetables are just barely limp.

Thinly slice the steak against the grain on a diagonal.

### To serve:

Spread some guacamole on the tortilla, top with a few slices of steak, peppers and onions, and salsa. Roll up the tortilla to enclose the filling. May also be served with sour cream and shredded cheese.

## AT&T Steak

4 CAB® top sirloin steaks

Prepare steaks by sprinkling with truffle salt and black pepper. Grill to desired doneness. Serve with Truffle sauce.

### Truffle sauce:

1 stick butter, at room temperature	1 tsp. garlic, chopped
¼ cup black truffle oil	salt and pepper to taste
1 cup chicken broth	½ cup heavy cream
1 Tbs. shallots, minced	1 small black truffle

In a mixing bowl, mix the butter and truffle oil together. Place the butter on plastic wrap, form a log and wrap tightly. Refrigerate until firm.

In a saucepan, combine chicken broth, shallots and garlic. Season with salt and pepper. Bring the liquid to a boil and cook for 3 minutes. Stir in the cream and cook for 1 minute.

Cut the butter into 1-inch pieces. Reduce heat to medium-low and whisk in the butter, 1 piece at a time. Reduce heat to low and keep the sauce warm.

Garnish with shaved truffles.



► Missouri juniors competing in the senior steak division are (from left) **Ella Jordan**, Saint Joseph; **Alexis Koelling**, Laddonia; **Blaine Miller** and **Ava Miller**, both of Plattsburg; and **Cameron Ward**, Plattsburg. They prepared "AT&T Steak."

## Jazzy Sirloin Strips

¼ cup canola oil  
2 Tbs. Worcestershire sauce  
1 garlic clove, minced  
½ tsp. onion powder  
½ tsp. salt  
¼ tsp. pepper  
1 lb. CAB® sirloin steaks (1-in. thick)  
4 bacon strips  
Lemon pepper seasoning

### Glaze:

½ cup barbecue sauce  
½ cup A.1.® sauce  
½ cup honey  
1 Tbs. molasses

In a large resealable plastic bag, combine the first six ingredients. Cut steak into four wide strips; add to the marinade. Seal bag and turn to coat; refrigerate for 2-3 hours or overnight, turning once. Drain and discard marinade.

Wrap a bacon strip around each steak piece; secure with a toothpick. Sprinkle with lemon pepper. Grill steaks covered over medium-low heat or broil 4 inches from the heat for 10-15 minutes, turning occasionally, until meat reaches desired doneness.

Combine the glaze ingredients, brush over steaks. Grill until glaze is heated.



► South Dakota juniors placed third in showmanship and overall in the senior steak division. Pictured are (from left) **Tyler Bush**, Britton; **Alex Rogen**, Brandon; **Sawyer Styles** and **Madison Styles**, both of Brentford; and (kneeling) **Kylee Geppert**, Mitchell. They prepared "Jazzy Sirloin Strips."





# OTHER BEEF COMPETITION



► Arkansas juniors competing in the junior other beef division are (from left) **Nicholas Pohlman**, Prairie Grove, and **Hailey Roye**, Fayetteville. They prepared “CAB® Chili Cheese Dogs.”

## CAB® Chili Cheese Dogs

### Meat sauce:

2 lb. CAB® ground chuck	2 cans (27 oz.) Bush’s® chili beans
1 can (46 oz.) tomato juice	up to 1 tsp. cayenne pepper
1 can (28 oz.) diced tomatoes	1 cup diced onions
1 tsp. salt	1 tsp. cumin
1 tsp. black pepper	1 cup diced celery
up to ½ tsp. white pepper	shredded cheese of choice

In a large pot, brown CAB® ground chuck until done. Drain off any grease. Add onions and celery and cook for 10 minutes. Add diced tomatoes, tomato juice and chili beans and simmer for 10 minutes. Add in salt, black pepper and cumin. In small amounts, add cayenne pepper and white pepper; be careful, as both will increase the intensity (heat) of the chili.

Allow 10-15 minutes of simmer time in between addition of the last two seasonings. Once the chili is of the intensity of personal preference, allow to simmer for 30-45 minutes over low heat.

Allow 15 minutes of prep time for the Usinger’s CAB® frankfurters. Grill frankfurters according to package instructions.

Assembly: On a plate, place bun and insert frankfurter. Ladle a generous amount of chili on top of frankfurter and top with shredded cheese of choice. Serve with kettle chips on the side.



► Indiana juniors placed third in recipe, second in showmanship and second overall in the junior other beef division. Pictured are (from left) **Nick Innis**, Milroy; **Karson Patton**, Frankfort; and **Jordyn Wickard**, Greenfield. They prepared “Homemade White Castle®-style Burgers.”

## Homemade White Castle®-style Burgers

2 lb. CAB® ground chuck	Hawaiian rolls
½ cup milk	American cheese
¾ cup water	sliced pickles
1½ pkg. Mrs. Grass® Onion Soup	

1. Mix onion soup with ground chuck and milk.
2. Pat into a thin layer across the bottom of a cold electric skillet.
3. Turn skillet to 350° F.
4. Pour enough water over the meat to cover lightly.
5. Put lid on skillet and cook 20 minutes.
6. Turn off skillet, cut meat into 2-inch squares.
7. Slice Hawaiian rolls in half, making a mini bun.
8. Place meat, cheese and pickle onto each bun.
9. Enjoy!

## CAB® Meatloaf Cupcakes

1½ lb. CAB® ground chuck  
2 eggs  
¾ cup milk  
⅔ cup saltine crackers, crushed  
½ cup onion, chopped  
½ cup green pepper, chopped  
1 tsp. salt

½ tsp. ground pepper  
½ to ¾ tsp. poultry seasoning  
5 slices bacon, cut 2-in. to 3-in. long  
½ cup ketchup  
3 Tbs. brown sugar  
4 cups mashed potatoes

- Preheat oven to 350° F.
- Mix ground beef, eggs, milk, crackers, onion, green pepper, salt, ground pepper and poultry seasoning together in a bowl.
- Stir ketchup and brown sugar together in a bowl. Spoon a small amount of the ketchup mixture into the bottom of each muffin cup.
- Fill muffin cups with the meat mixture, top with another small amount of the ketchup mixture, then top with a piece of bacon.
- Bake for about 20-25 minutes or until no longer pink in the center. Drain fat, if any, from muffin cups.
- Top each cupcake with your favorite mashed potato recipe.
- Garnish with your choice of chives, cheese or whatever sounds yummy. Use your imagination and be creative!

## Sloppy Andy

2 lb. CAB® ground chuck  
2 Tbs. apple cider vinegar  
2 Tbs. brown sugar  
2 Tbs. Worcestershire sauce  
2 Tbs. French's® mustard

1 cup ketchup  
3 Tbs. dried onion  
4 hamburger buns  
sharp cheddar cheese, shredded

In large skillet, brown ground beef; drain excess fat. Add vinegar, brown sugar, Worcestershire sauce, mustard, ketchup and dried onions. Simmer until onions are soft, about 15-20 minutes. Serve on hamburger buns with cheddar cheese.

## CAB® Lettuce Wraps

1½ lb. CAB® ground beef, lean  
3 Tbs. chopped onions  
1 tsp. minced garlic  
½ tsp. black pepper  
1 cup water chestnuts, chopped  
⅔ cup mushrooms (optional)  
chow mein noodles (optional)  
1 head lettuce, romaine

**Special sauce:**  
¼ cup brown sugar  
¼ cup soy sauce  
2 tsp. ginger  
2 tsp. water  
1 tsp. cornstarch

1. Brown ground beef with garlic, onion and black pepper until meat is no longer pink.
2. Add chopped water chestnuts and mushrooms (if using), and cook until water chestnuts are warm and mushrooms are tender.
3. Prepare the stir-fry sauce by mixing the soy sauce, brown sugar, water, cornstarch and ginger together in a small bowl.
4. Add the stir-fry sauce to the pan and sauté the mixture for a couple of minutes; then serve it in the lettuce “wrap” with chow mein noodles for extra crunch.



► Kansas juniors placed second in recipe, third in showmanship and third overall in the junior other beef division. Pictured are (from left) **Nicholas Siemens**, Towanda; **Baylee Wulfkuhle**, Berryton; **Kelly Newton**, Elk City; **Tanner Hite**, Valley Center; and **Bailey Osborn**, Murdock. They prepared “CAB® Meatloaf Cupcakes.”



► Michigan juniors competing in the junior other beef competition are (from left) **Steven Soule**, Brown City; **Matthew MacMaster**, Harrisville; and **John Reid**, Eaton Rapids. They prepared “Sloppy Andy.”



► Oklahoma 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) **Alyson Friesen**, Arnett; **Sydney Johnson**, Orlando; **Victoria Gerken**, Cashion; **Charley Johnson**, Orlando; and **Madelyn Gerken**, Cashion. They prepared “CAB® Lettuce Wraps.”

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# OTHER BEEF COMPETITION



► Pennsylvania juniors competing in the junior other beef competition are (from left) **Madison Weaver** and **Hayden Weaver**, both from Ephrata; **Clay Myers**, Wellsville; and **Laini Dean**, New Castle. They prepared “CAB® Game-day Chili.”

## CAB® Game-day Chili

2 lb. CAB® ground chuck	1 Tbs. garlic (on burger when fried)
3 cans tomato soup	½ onion, chopped
3 cans kidney beans	¼ cup hot sauce (more or less to taste)
1 Tbs. chili powder	dash salt and pepper

Brown ground chuck in Dutch oven over medium-high heat until beef is no longer pink. Add garlic and onion to beef. Cook onion until tender, stirring frequently. Drain beef mixture and return to Dutch oven (do not rinse).

Add remaining ingredients and simmer for 45 minutes. Hot sauce amount can be adjusted or eliminated according to taste. Recipe also does well simmering in a slow cooker on game day. Serve with shredded cheddar cheese and tortilla chips.



► Iowa placed first in recipe, third in showmanship and second overall in the intermediate other beef division. Pictured are (from left) **Nicholas Prevo**, Pulaski; **Kale Kieseewetter**, Letts; **Baxter Knapp**, Bloomfield; and **Tim Mardesen**, Oxford. They prepared “Grant’s Famous Breakfast Sandwich.”

## Grant’s Famous Breakfast Sandwich

2 lb. CAB® ground chuck	1 tsp. black pepper
10 slices peppered bacon	1 tsp. kosher salt
½ cup dark brown sugar	¼ tsp. cayenne pepper
3 Tbs. maple syrup	5 slices sharp cheddar
1 tsp. fennel seeds	5 eggs
1 tsp. granulated garlic	3 Tbs. soft butter
1 tsp. granulated onion	1 Tbs. mustard
1 tsp. ground sage	5 English muffins

Place bacon in microwave, then mix 2 tablespoons syrup and brown sugar together and coat the bacon. Microwave bacon until crisp.

Next mix beef and seasonings and form 5 patties. Grill patties and top with cheese during last minute so cheese will melt.

Cook eggs over easy. Mix 1 tablespoon syrup, mustard and butter to put on the toasted muffins. Assemble each muffin with mustard spread, patty, bacon, egg and muffin top.



► Virginia juniors competing in the intermediate other beef division are (from left) **Helena St. Clair** and **Catie Hope**, both of Berryville; **Amanda Bowman**, Riner; **Mark Alexander**, Berryville; and **Gordon McIntire**, White Post. They prepared “Italian Stuffed Green Peppers.”

## Italian Stuffed Green Peppers

2 lb. CAB® ground chuck	1 tsp. fresh oregano, minced
4-6 nice green peppers	1 tsp. salt
2 cups mozzarella cheese, cubed	½ tsp. pepper
1 cup uncooked converted rice	1 cup beef broth
1 small onion	1 can (28 oz.) crushed tomatoes
2 garlic cloves, minced	½ cup Parmesan cheese, grated

Cut off tops of peppers and remove seeds. Set aside. In a large bowl combine the hamburger, mozzarella, rice, onion, garlic, oregano, salt and pepper. Spoon the meat mixture into peppers. Transfer to a 5- or 6-quart slow cooker. Pour broth over peppers, top with tomatoes.

Cover and cook on low for 6 to 8 hours or until a meat thermometer reaches 160° F and peppers are tender. Sprinkle with Parmesan cheese. Enjoy!

## CAB® Horseshoes

2 lb. CAB® ground beef  
1 egg  
¼ cup fresh sharp cheddar cheese, shredded  
¼ cup white cheddar cheese, shredded  
¼ cup Parmesan cheese, shredded  
1 tsp. salt  
1 tsp. black pepper

1 tsp. granulated garlic  
2 lb. thin-cut French fries  
oil to cook fries

8 slices sourdough bread, toasted  
chopped green onions for garnish

### Cheese sauce:

Melt ½ cup unsalted butter and stir in ½ cup flour until smooth. Whisk in 1 teaspoon salt, ¼ teaspoon dry mustard, ¼ teaspoon cayenne pepper, and 2 cups room-temperature whole milk. Cook until thick and remove from heat. Stir in 1 tablespoon Worcestershire sauce and 6 ounces Old English™ sharp cheddar cheese and 3 ounces white cheddar cheese until melted. Whisk in ¾ cup room-temperature nonalcoholic beer and return to heat. Bring to simmer.

Prepare cheese sauce and keep warm (a slow cooker works well). Mix ground beef, egg, cheeses and seasonings and form 8 patties. Grill over medium heat until desired doneness, about 10 minutes. Remove from heat and cover with foil. Meanwhile, cook fries and toast bread (on grill).

To assemble horseshoes, lay toast on plate and put beef burger on top. Lay fries around burger and a few on top of burger. Spoon cheese sauce over burger and fries. Garnish with chopped green onions.



► Illinois juniors won first-place overall in the intermediate other beef division after placing second in recipe and showmanship. Pictured are (standing, from left) **Lindsey Decker**, Philo; **Keegan Cassady**, Normal; **Erica Harrell**, Rossville; **Laramie Chaffin**, Roodhouse; (seated, from left) **Sierra Day**, Cerro Gordo; and **Katelyn Eathington**, Avon. They prepared “CAB® Horseshoes.”

## The Swedish Chef's CAB® Swedish Meatballs with Lingonberries

1½ lb. CAB® ground beef  
2 slices fresh white bread  
¼ cup milk  
3 Tbs. clarified butter, divided  
½ cup finely chopped onion  
a pinch plus 1 tsp. kosher salt  
2 large egg yolks

½ tsp. black pepper  
¼ tsp. ground allspice  
¼ tsp. freshly grated nutmeg  
¼ cup all-purpose flour  
3 cups beef broth  
¼ cup heavy cream

Tear the bread into pieces and place in a small mixing bowl along with the milk. Set aside.

Melt 1 tablespoon of the butter. Add the onion and a pinch of salt and heat until the onions are soft. Remove from the heat and set aside.

Combine the bread and milk mixture, ground beef, egg yolks, 1 teaspoon of kosher salt, black pepper, allspice, nutmeg and onions. Mix well. Shape into 1-ounce meatballs.

Heat the remaining butter in the electric skillet set to 250° F. Add the meatballs and sauté until golden brown on all sides, about 7-10 minutes. Cover and continue to cook through. Remove the meatballs to slow cooker.

Once all of the meatballs are cooked, decrease the heat in the skillet to low and add the flour to the pan or skillet. Whisk until lightly browned, approximately 1 to 2 minutes. Gradually add the beef stock and whisk until sauce begins to thicken. Add the cream and continue to cook until the gravy reaches the desired consistency. Add gravy to the slow cooker (on low) and serve with mashed potatoes and lingonberries (if available, very traditional!).



► Kansas juniors won first in showmanship, third in recipe and third overall in the intermediate other beef division. Pictured are (from left) **Madison Wulfkuhle**, Berryton; **Laura Carpenter**, Wamego; **Kelsey Wulfkuhle**, Berryton; and **Anna Carpenter** and **Mia Hastings**, both of Wamego. They prepared “The Swedish Chef's CAB® Swedish Meatballs with Lingonberries.”





# OTHER BEEF COMPETITION



► Kentucky juniors placed first in recipe and showmanship and claimed first overall in the senior other beef division. Pictured are (from left) **Ali Higgs**, Frankfort; **Leslie Craig**, Harrodsburg; **Corbin Cowles**, Rockfield; **Ben Conner**, Hodgenville; and **Logan Boyd**, Mayslick. They prepared “Kentucky’s Final Verdict: Home Run.”

## Kentucky’s Final Verdict: Home Run

1 lb. CAB® ground chuck	1 egg
¼ cup plain bread crumbs	½ cup cheddar cheese, shredded
3 Tbs. ketchup	4 slices center-cut bacon, cut crosswise in half
1 tsp. onion salt	
½ tsp. pepper	

Heat grill for 5 minutes. Position drip tray to catch drippings. Meanwhile, in large bowl, mix all ingredients except bacon. On work surface, pat mixture into a 7-inch square. Then cut into 4 squares.

When grill is heated, place beef squares on grill. Top each square with 2½ pieces of bacon. Close grill. Cook 6-10 minutes or until squares are thoroughly cooked and no longer pink in the center and bacon is browned.

Serves: 4

## First-place Chef’s Challenge Recipe



► **Kristen Short**, Trenton, Fla., placed first in the adult division of the Chef’s Challenge at the 2014 Cook-Off.

## Grilled Tri-Tip with Warm Kale Salad

CAB® tri-tip roast, whole or cut into steaks    pepper  
salt

Liberal salt both sides of steaks or roast and let sit until it comes to room temperature. Place on high heat 2-3 minutes per side, then move to medium heat. If cooking roast, let cook 10-15 minutes per side. If cooking steaks, let cook 5-7 minutes per side. Check center of meat with meat thermometer. Medium should read 135° F-140° F. Meat can be pulled at 130°-135° since it will continue cooking slightly after being pulled off. Let meat sit for a minimum of 5 minutes before slicing. Slice against the grain.

### Tri-tip sauce:

3 Tbs. thyme leaves	1 tsp. coarse kosher salt or coarse sea salt
2 garlic cloves, peeled	2 Tbs. lemon juice
1½ tsp. dried oregano	½ cup extra virgin olive oil

Place all ingredients except olive oil in blender; blend until slightly chunky. Slowly add olive oil while blending until sauce reaches thin steak sauce consistency. Drizzle over tri-tip or serve as a dipping sauce.

### Warm Kale Salad

Fresh kale, washed	Assorted berries (used fresh blueberries and dried cranberries)
2-3 ripe persimmons	Sliced almonds

Add enough olive oil to a pan to coat the bottom (I used cast iron). Add kale and cook until just wilted. Pull kale off heat and add to salad bowl. Peel and dice persimmons. Add to kale, along with preferred berries and sliced almonds. Toss with dressing and serve.

### Honey Lemon Dressing

1 Tbs. and 2 tsp. fresh lemon juice	½ tsp. fresh chopped thyme
1 tsp. lemon zest	¼ cup extra virgin olive oil
1 Tbs. honey	salt and pepper to taste

Place all ingredients in bowl except olive oil and whisk together. Slowly add olive oil until the dressing takes on a vinaigrette consistency. Add salt and pepper to taste. Toss with salad and serve.



► Karen and Barry Santee, Hutchinson, Kan., won second in the Chef's Challenge with their "Pepper and Thyme Encrusted Tri-tip with Fresh Kale Salad."



► The secret ingredients of this year's Chef's Challenge were tri-tips and persimmons.



► Kristen Short, Trenton, Fla., cuts her persimmons, which she used in a warm kale salad.

## Second-place Chef's Challenge Recipe



► Barry and Karen Santee, Hutchinson, Kan., placed second in the adult division of the Chef's Challenge.

### Pepper & Thyme Encrusted Tri-tip with Fresh Kale Salad

3- to 5-lb. CAB® tri-tip  
2 cloves garlic, minced  
2 Tbs. thyme, finely chopped  
½ cup butter, softened

cracked peppercorns  
kosher salt  
Dijon mustard

Trim excess fat from tri-tip. Lightly coat with Dijon mustard, which serves as a binder with dry rub ingredients. Liberally cover tri-tip with cracked peppercorns, kosher salt and thyme.

Combine garlic, butter and some of the chopped thyme in a small dish and mix together.

Sear tri-tip on grill for 5-10 minutes on each side on high heat. Remove from grill, brush with butter mixture and wrap in aluminum foil.

Return to grill, cooking for approximately 30-45 minutes, turning every 10 minutes or so, until internal temperature reads 135° F (medium rare).

Remove from grill and let rest for 10-15 minutes prior to slicing and serving.

#### Summertime Kale Salad:

1 bundle kale, chopped and deveined  
1 apple, cored and diced  
3 Clementines, peeled and sectioned

2 persimmons, peeled and diced (save ½ of one persimmon for dressing)  
¼ cup pine nuts, roasted and chopped

Toss above ingredients together in a large bowl.

#### Dressing:

¼ cup rice vinegar  
1 Tbs. orange juice  
1 tsp. ground cumin  
1 tsp. Dijon mustard  
1 tsp. orange zest, grated

¼ tsp. red pepper flakes  
½ cup olive oil  
½ persimmon, puréed  
salt and pepper to taste

Whisk together and pour over salad and toss to cover.