



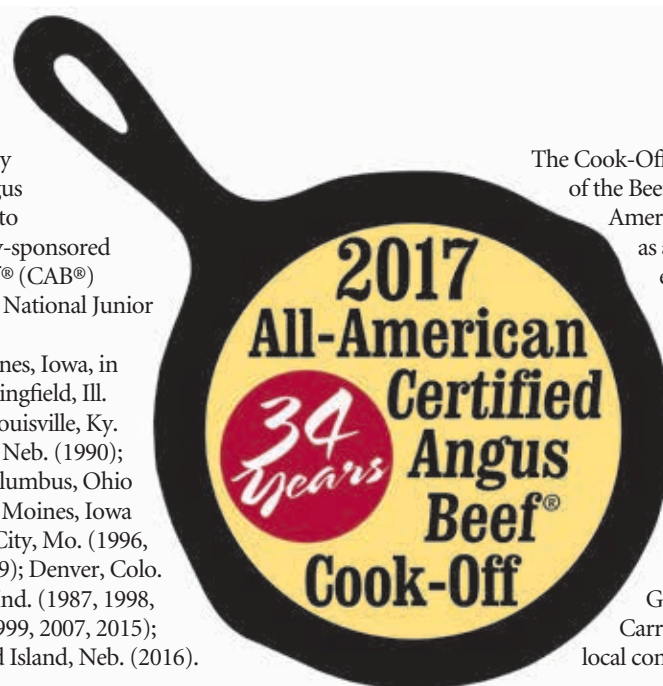
In conjunction with the

2017 NATIONAL JUNIOR ANGUS SHOW

Des Moines, Iowa • July 11, 2017

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 34th Auxiliary-sponsored All-American *Certified Angus Beef*[®] (CAB[®]) Cook-Off in conjunction with the National Junior Angus Show (NJAS).

Since the first event in Des Moines, Iowa, in 1983, cooks have competed in Springfield, Ill. (1986); Springfield, Mo. (1988); Louisville, Ky. (1989, 1995, 2003, 2012); Omaha, Neb. (1990); Milwaukee, Wis. (1991, 2002); Columbus, Ohio (1992); Wichita, Kan. (1993); Des Moines, Iowa (1994, 2000, 2008, 2017); Kansas City, Mo. (1996, 2004, 2013); Perry, Ga. (1997, 2009); Denver, Colo. (2001, 2005, 2010); Indianapolis, Ind. (1987, 1998, 2006, 2014); Tulsa, Okla. (1985, 1999, 2007, 2015); Harrisburg, Pa. (2011); and Grand Island, Neb. (2016).



The Cook-Off is conducted under the direction of the Beef Education Committee of the American Angus Auxiliary. It was started as an educational project, as well as for entertainment. Junior teams give skits on beef education to tie in with the theme of their entries. This year's meat categories include steaks, roasts and other beef items. Adults are encouraged to enter the seventh Chef's Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Mary Greiman, Garner, Iowa, and Jennifer Carrico, Redfield, Iowa, are serving as the local contacts for the event.

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Thanks to the following for donations and assistance to the contest

- ▶ **Members of the Paul St. Blanc family**, who established the Black Kettle Award in his memory, and friends who contributed to the fund to make the award (now given for the 18th time) possible.
- ▶ **Members of the Pat Grote family**, who are awarding registration fees to the Leaders Engaged in Angus Development (LEAD) conference to the intermediate steak team overall winner. The award is presented in memory of Pat Grote, an American Angus Auxiliary president and longtime supporter of the Cook-Off contest. This is the 13th time this award will be presented.
- ▶ **Hoover Angus Farm, Ellston, Iowa, and Livestock Plus Inc., Mike Sorensen, publisher, Greenfield, Iowa**, for sponsoring custom-designed T-shirts for each contestant.
- ▶ **Special thanks** to those who helped create and encourage the first Cook-Off in 1983 in Des Moines. We are especially grateful for the efforts of **Don Greiman, Ardyce O'Neill** and the **original event contestants**.
- ▶ **Friends of the Black Kettle**, the **Kentucky Angus Association** and **American Angus Auxiliary** for awards.
- ▶ **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- ▶ **Sysco – Iowa**, for sponsorship of the contest
- ▶ **Marilyn Conley**, CAB administrative assistant, for providing awards, products and encouragement.
- ▶ The **many volunteers** who helped provide assistance.
- ▶ The **American Angus Auxiliary** for assistance during the event and for awards.
- ▶ **Linda Evans** and the *Angus Journal* **editorial staff**, who helped produce this recipe booklet.
- ▶ The contestants, audience and many volunteers who make this contest possible each year.

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ROAST COMPETITION

Teri Tips

3- to 4-lb. CAB® coulotte (or culotte) roast, cut into 2-in. cubes
3/4 cup soy sauce
1/2 cup brown sugar
6 Tbs. sesame oil
1/4 cup white cooking wine
1 bunch green onions, chopped

- ▶ Mix soy sauce, sugar and oil. Place meat and marinade in a bag and seal. Place in refrigerator and marinate 4 hours.
- ▶ Remove meat from marinade and grill on hot grill 5-6 minutes.
- ▶ Pour marinade into pan and boil 5 minutes. Add meat, onions and wine. Heat through.
- ▶ Serve with crusty bread, grilled asparagus and fresh fruit.



▶ Illinois juniors placed third in the junior roast division, after placing third in both recipe and showmanship. Pictured are (from left) **Eli Parr**, Mason City; **Reese Anderson**, Chrisman; **Anne Dameron**, Towanda; **Ella Eathington**, Avon; **Adam Miller**, Gridley; and **Logan Mussman**, Grant Park. They prepared “Teri Tips.”

Mustard-glazed Sirloin Roast

2- to 2½-lb. CAB® coulotte roast
2 Tbs. coarse-grain Dijon-style mustard
2 Tbs. fresh parsley, chopped
4 cloves garlic, minced
1/2 tsp. coarse-grind black pepper
Mustard-pepper sauce:
1/4 cup apple juice

- ▶ Combine sauce ingredients in small bowl. Remove and reserve 1/4 cup for basting. Brush roast with remaining sauce.
- ▶ Place cut roast on grill and cook to desired doneness. Brush with reserved 1/4 cup sauce after 30 minutes.
- ▶ Remove roast when cooked appropriately. Transfer roast to carving board; tent loosely with aluminum foil.
- ▶ Let stand 10 to 15 minutes.
- ▶ Carve roast into slices. Season with salt and pepper, as desired.



▶ Missouri juniors placed second in the junior roast division, winning recipe and placing second in showmanship. Pictured are (from left) **Rhett Keaton**, Anderson; **Bailey Schuering**, Thompson; **Kyla Moore** and **Courtney Keaton**, both of Anderson; **Anna Eitel**, Novinger; and **Courtney Dehn**, Dearborn. They prepared “Mustard-glazed Sirloin Roast.”

Remy’s Fabulous French Dip

CAB® coulotte roast
CAB seasoning
1 can beef consommé
1-2 Tbs. Worcestershire sauce
1/4 cup (1/2 stick) butter
shallots, thinly sliced

- ▶ Rub roast with CAB seasoning.
- ▶ Place beef consommé and Worcestershire sauce in Lifetime Liquid Core® cooker. Add roast.
- ▶ Place 1/2 stick of butter on top of the roast and some thinly sliced shallots.
- ▶ Cook until tender and able to shred.
- ▶ Serve with the juice left from cooking as the *au jus*.
- ▶ Enjoy!



▶ Nebraska juniors won the junior roast division, placing second in recipe and winning showmanship. Pictured are (from left) **Tavin Uden**, Franklin; **Addison Cotton**, York; **Wyatt Smith**, Osceola; **Joshua Shaw**, Fairfield; **Jessalynn Hudson**, Belvidere; and **Kacey Dethlefs**, North Platte. They prepared “Remy’s Fabulous French Dip.”



ROAST COMPETITION



►Arkansas placed second in the intermediate roast division, winning recipe and placing second in showmanship. Pictured are (from left) **Allyson Sellers**, Vilonia; **Hailey Roye**, Fayetteville; and **Nicholas Pohlman**, Prairie Grove. They prepared “Santa Maria Barbecue.”

Santa Maria Barbecue

2½- to 4-lb. well-marbled CAB® coulotte roast (also known as a tri-tip or triangle steak)

1 Tbs. garlic powder
1 Tbs. onion powder
1 tsp. cayenne pepper
Santa Maria rub (enough for a 4-lb. roast):
1 Tbs. kosher salt
1 Tbs. finely ground black pepper
1 Tbs. dried oregano
1 tsp. dry rosemary (or fresh, finely minced)
½ tsp. dry sage

- Mix the rub ingredients together in a bowl. Place the roast in a roasting pan or a baking pan with edges (this will help keep the rub from getting all over the floor). Sprinkle the rub on all sides of the meat and massage the rub into it. Cover and let sit at room temperature for an hour.
- Prepare your grill for hot direct heat on one side and indirect heat on the other. (By the way, if you are working with a wood-fired grill, Santa Maria barbecue traditionally uses red oak wood.) Sear the roast on all sides, 3-4 minutes per side. Carefully watch the roast during this process as one side of the roast is typically quite fatty, and as the fat heats up it can drip down and cause flare-ups. Keep moving the roast away from the flame if flare-ups occur.
- Once the roast is seared on all sides, move it away from direct heat and place it fat-side up on the grill rack. If you are using a gas grill with a top rack, we recommend placing the roast on that rack, with an aluminum tray on the bottom rack underneath to catch the fat drippings. If you are grilling on charcoal or wood, you may want to turn the roast over every few minutes for more even heating. Try to maintain a grill temperature of 250°-300° F.
- Cover the grill and cook until the temperature of the interior of the roast reaches 120° for a rare roast, 130° for medium-rare and 140° for medium. At this point the meat will take anywhere from 20 minutes to 40 minutes to cook, depending on how hot your grill is, how done you want it, and the size of the cut. Note that the interior temperature will continue to rise at least 5° after you take the roast off the heat.
- Once the roast reaches temperature, remove it from the grill and let it rest, loosely tented with foil, for 10 minutes. Slice against the grain and serve. Serve with pinto beans, tossed green salad, salsa fresca and garlic bread.



►Illinois juniors placed third in the intermediate roast division, also placing third in recipe and showmanship. Pictured are (from left) **Sheridan Hank**, Aledo; **Katelyn Eathington**, Avon; **Matthew Decker**, Philo; **Holly Marsh**, Union; and **Lindsey Decker**, Philo. They prepared “Molasses Coulotte Roast With Mango Tomato Chutney.”

Molasses Coulotte Roast with Mango Tomato Chutney

3- to 4-lb. CAB® coulotte roast

¾ cup molasses	½ cup balsamic vinegar
	4 Tbs. sweet chili sauce

- Place roast and marinade in large bag and seal. Massage marinade into roast and let marinate 3-4 hours in refrigerator.
- Remove roast and let sit at room temperature 30 minutes.
- Sear on hot grill. Lower temperature and cook roast 30 minutes more to 130° F.
- Wrap in double layer of foil and let sit 20 minutes.

Chutney:

4 cups mango, diced	½ cup molasses
1½ cups tomatoes, diced	1 tsp. garlic, minced
1 cup brown sugar	2 tsp. lime juice
1 cup balsamic vinegar	2 tsp. cilantro, chopped
1 cup onion, chopped	

- Mix chutney ingredients and cook 30 minutes.
- Slice roast and serve with chutney.
- Roasted red potatoes and grilled asparagus complete this CAB feast.



ROAST COMPETITION

Family-style French Dip

3-lb. CAB® coulotte roast
 French-style rolls
 provolone cheese
 1 Tbs. olive oil

Ingredients for slow cooker:

½ cup reduced-sodium soy sauce
 1 cup Coca-Cola® (not diet)
 2 10-oz. cans beef broth

¾ cup dry minced onions
 1 Tbs. beef bouillon
 1 tsp. garlic powder
 ½ tsp. onion powder
 ½ tsp. dried oregano
 ½ tsp. kosher salt
 ½ tsp. fresh cracked pepper
 ¼ tsp. dried thyme
 1 bay leaf

1. Heat olive oil over medium-high heat in skillet. Sear roast on all sides until browned.
2. While meat is browning, add all slow-cooker ingredients to slow cooker.
3. Cook on low for 4 hours.
4. Remove roast from slow cooker and transfer to cutting board. Thinly slice roast against the grain. Return sliced meat to slow cooker and continue cooking 1-2 hours.
5. When ready to serve, remove meat from slow cooker and cover with aluminum foil. Strain fat from broth.
6. Split rolls and place on baking tray. Top each half with meat, followed by a slice of cheese.
7. Bake at 350° F for 5 minutes or until cheese is melted. Serve with reserved *au jus* for dipping.



►Winning the overall roast division, North Carolina won the intermediate roast division, placing second in recipe and winning showmanship. Pictured are (from left) **Thomas Smith**, Pleasant Garden; **Marcie Harward**, Richfield; **Taylor Glover**, Pikeville; **Mattie Harward**, Richfield; **Cara Smith**, Pleasant Garden; and **Justin Wood**, Willow Spring. They prepared "Family-style French Dip."

Black Kettle Award Winners

ANGUS BEEF CHART

CHUCK

BONELESS TOP BLADE STEAK

Braise, Panfry

ARM POT ROAST

Braise

BONELESS CHUCK POT ROAST

Braise

CROSS RIB POT ROAST

Braise

MOCK TENDER

Braise

7-BONE POT ROAST

Braise

BLADE ROAST

Braise

UNDER BLADE POT ROAST

Braise, Roast

SHORT RIBS

Braise, Cook in Liquid

FLANKEN-STYLE RIBS

Braise, Cook in Liquid

BRISKET & FORE SHANK

SHANK CROSS CUT

Braise, Cook in Liquid

BRISKET, WHOLE

Braise, Cook in Liquid

CORNED BRISKET, POINT HALF

Braise, Cook in Liquid

BRISKET, FLAT HALF

Braise

RIB

RIB STEAK, SMALL END

Broil, Panbroil, Panfry

RIBEYE ROAST

Roast

RIBEYE STEAK

Broil, Panbroil, Panfry

BACK RIBS

Braise, Cook in Liquid, Roast

SHORT LOIN

PORTERHOUSE STEAK

Broil, Panbroil, Panfry

TENDERLOIN ROAST

Roast, Broil

TENDERLOIN STEAK

Broil, Panbroil, Panfry

SHORT PLATE & FLANK

FLANK STEAK

Broil, Braise, Panfry

FLANK STEAK ROLLS

Braise, Broil, Panbroil, Panfry

SKIRT STEAK (FAJITA MEAT)

Braise, Broil, Panbroil, Panfry

SIRLOIN

SIRLOIN STEAK, ROUND BONE

Broil, Panbroil, Panfry

TOP SIRLOIN STEAK

Broil, Panbroil, Panfry

ROUND

TOP ROUND STEAK

Broil, Panbroil, Panfry

BONELESS RUMP ROAST

Roast, Braise

BOTTOM ROUND ROAST

Braise, Roast

TIP ROAST, CAP OFF

Roast, Braise

EYE ROUND ROAST

Braise, Roast

TIP STEAK

Broil, Panbroil, Panfry

OTHER CUTS

GROUND BEEF

Broil, Panfry, Panbroil, Roast

CUBED STEAK

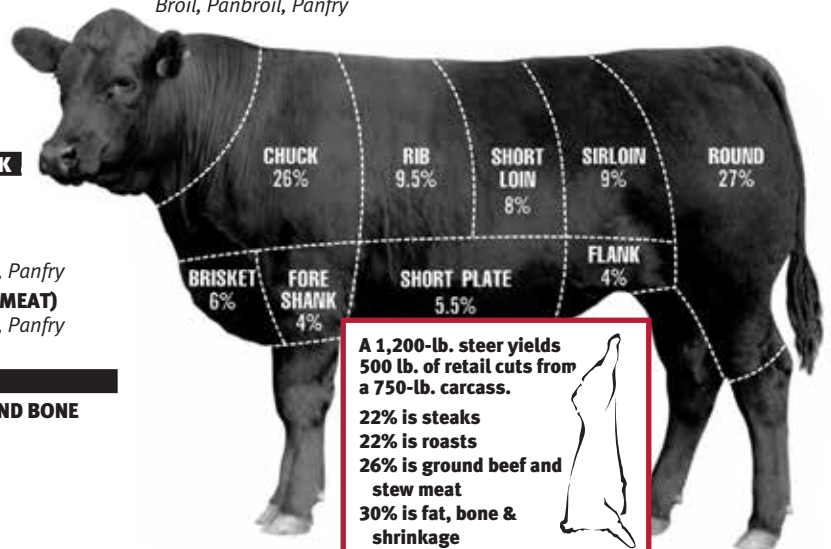
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

Broil, Braise



A 1,200-lb. steer yields 500 lb. of retail cuts from a 750-lb. carcass.

22% is steaks
 22% is roasts
 26% is ground beef and stew meat
 30% is fat, bone & shrinkage





ROAST COMPETITION



► Mississippi placed second in the senior roast division, placing second in recipe and showmanship. Pictured are (from left) **Gabrielle Simpson**, Tupelo; **Elizabeth Rone**, Courtland; **Haley Walker**, Potts Camp; **Bethany White**, Morton; and **Katlyn Harris**, Forest. They prepared “Sushi-style CAB Roll.”

Sushi-style CAB Roll

8 oz. any CAB® tender cut of roast
 2 cups sushi-style rice
 4 sheets nori (dried seaweed) (about 8-in. square)
 1 cup thin strips fresh or leftover vegetables (approx. 2 × 1/8-in. slices) We suggest asparagus, cucumber and avocado.
 1/2 cup crumbled blue cheese
 1/2 cup softened cream cheese

Sauce/marinade:

4 Tbs. low-sodium soy sauce
 1/2 tsp. sriracha sauce
 1/4 tsp. ground ginger
 1/4 tsp. salt
 4 Tbs. sesame oil

Suggested toppings:

pickled ginger, wasabi paste and reduced-sodium soy sauce

1. Prepare rice according to package directions and set aside to cool.
2. Whisk together sauce/marinade ingredients. Divide into two equal portions.
3. Pour one portion of sauce/marinade over beef and let sit for about 15 minutes.
4. Combine cheeses in a small bowl, mix together and set aside.
5. Steam or cook vegetables if needed.
6. Grill beef to medium or medium rare. Let rest before slicing into long, thin strips.
7. While grilling, slice vegetables into long strips.
8. Center one sheet nori on bamboo sushi mat or sheet of parchment paper. Using wet hands, press 1/2 cup rice into thin layer over nori leaving 1/4-inch border around edges. Arrange 1/4 of vegetables in a long strip horizontally across center of rice. Carefully drop or spread 1/4 cheese mixture on top or side of vegetables in a long strip. Place 1/4 of beef horizontally across the center of rice next to vegetables. Drizzle with approximately 1 tablespoon sauce.
9. Starting at closest edge, tightly roll up nori enclosing ingredients using mat or parchment to aid in rolling and pressing gently to compact roll.
10. Repeat with remaining ingredients to make 4 rolls.
11. To serve, cut each roll crosswise into 6 to 8 slices using wet, sharp knife. Serve with suggested topping.



► Oklahoma juniors won the senior roast division, winning both recipe and showmanship. Pictured are (from left) **Ryan Callahan**, Edmond; **Alyson Friesen** and **Alisa Friesen**, both of Arnett; and **Sydnee Gerken**, Cashion. They prepared “Roast Perfect.”

Roast Perfect

3- to 4-lb. CAB® coulotte roast
 garlic cloves
 seasoned salt

pepper
 Worcestershire sauce

- Prepare a 3- to 4-pound roast. Season meat with seasoned salt, pepper, garlic powder and Worcestershire sauce. Place roast in slow cooker or electric skillet. Wash, peel potatoes and carrots as desired, and place them in the slow cooker or electric skillet.
- Sear roast to lock in juices. Place roast in slow cooker or electric skillet and cook 3 1/2 hours on high heat or 7 hours on low heat.
- Remove from heat and let rest before carving. Serve and enjoy.



STEAK COMPETITION

BBQ Strip Steak

4 CAB® split strip steaks

Marinade:

½ cup olive oil

½ cup Worcestershire sauce

¼ cup garlic, minced

¼ cup steak seasoning

1 cup red wine vinegar

½ tsp. dried basil

½ tsp. Italian seasoning

- ▶ Mix marinade ingredients and pour into a sealable bag. Pierce steaks on all sides with a fork and place in the bag. Seal bag and marinate 2-3 hours in refrigerator. Remove from refrigerator and let sit at room temperature for 30 minutes.
- ▶ Oil grill grates and heat grill to high heat. Place steaks on grill and cook 6 minutes per side, or to desired doneness. Remove steaks from grill, tent with foil, and let rest 10 minutes.
- ▶ Serve with corn on the cob and fresh fruit.



▶ Illinois juniors won second in the junior steak division after placing second in showmanship. Pictured are (from left) **Lauren Wolter**, Aviston; **Addison Bartlow**, Monticello; **Ella Brooks**, Prophetstown; **Brenna Bartlow**, Monticello; and **Blake Wolter**, Aviston. They prepared “BBQ Strip Steak.”

Margarita Grilled CAB Steaks with Grilled Corn and Avocado Pasta Salad

4 CAB® split strip steaks (or CAB steak of your choice)

1 cup margarita mix (non-alcoholic)

2 Tbs. olive oil

1 Tbs. fresh or dried cilantro, chopped

1 tsp. coarse salt

2 tsp. coarse-ground pepper

4 fresh lime wedges for garnish

Margarita butter:

½ cup softened butter

2 tsp. margarita mix

pinch of salt

1 tsp. honey

- ▶ Mix together margarita mix, oil and spices. Pour over steaks and let marinate approximately 30 minutes.
- ▶ Mix together all margarita butter ingredients. Place mixture on wax paper and roll into a small log. Set aside in a cool place.
- ▶ Prepare pasta salad.
- ▶ Remove steaks from marinade and discard marinade.
- ▶ Grill steaks to medium or medium rare. Remove steaks from grill and let rest 5 minutes before plating. Cut butter roll into small round pats about ¼-inch thick. Plate steaks, top with 1 butter pat each, letting butter melt over steak. Garnish with a fresh lime wedge and serve with Grilled Corn and Avocado Pasta Salad.

Grilled Corn and Avocado Pasta Salad:

8 oz. rotini pasta (or other short-cut pasta)

2 ears sweet corn, shucked

½ pint grape tomatoes, halved

1 avocado, chopped

¼ small red onion, minced

3 Tbs. chopped fresh basil

Chili-lime dressing:

6 Tbs. extra virgin olive oil

¼ cup fresh lime juice (about 2 limes)

1 Tbs. honey

½ tsp. chili powder

salt and pepper

1. Cook pasta in a large pot of salted, boiling water until done, then drain and rinse under cold water until cool. Set aside.
2. Meanwhile, grill corn cobs over medium-high heat for 6-8 minutes, rotating occasionally to char evenly on all sides. Slice kernels from cobs once cool enough to handle.
3. Add ingredients for chili-lime dressing into a jar with a tight-fitting lid or bowl then shake or whisk to combine.
4. Combine pasta, corn, avocado, tomatoes, red onion and basil in a large bowl. Drizzle on desired amount of dressing. Season salad with additional salt and pepper and toss to combine. Serve immediately or refrigerate for up to 1 hour before serving.



▶ Kansas juniors won third in the junior steak division. Pictured are (from left) **Dane Haverkamp**, Bern; **Kelsey Theis**, Leavenworth; **Addie Haverkamp**, Bern; and **Kelly Newton**, Elk City. They prepared “Margarita Grilled CAB Steaks With Grilled Corn and Avocado Pasta Salad.”



STEAK COMPETITION



► Kentucky juniors competed in the junior steak division. Pictured are (from left) **Lily Jeffries** and **Lucy Jeffries**, both of Canmer; **Trey Day**, Nicholasville; **Jacob Marksbury**, Buffalo; and **Mason Toll**, Harrodsburg. They prepared “Dad’s Turn to Cook.”

Dad’s Turn to Cook

4 CAB® split strip steaks
2 Tbs. olive oil
4 cloves garlic

3 Tbs. Jim Baldrige’s Secret Seasoning butter

- Brush steaks with olive oil on both sides. Use garlic press to crush garlic and apply to both sides of steaks. Apply ½ of Baldrige seasoning to one side of the steak. Place unseasoned side of steak directly on the grill. Cook on medium-high heat for 4 minutes. Turn steaks over so that the seasoned side is directly on the grill. Add remaining seasoning to top of the steak. Cook another 4 minutes. Remove steaks from grill. Add butter to the top of each steak. Cover with aluminum foil. Rest for 5 minutes, then serve.

Sautéed mushrooms:

1 container sliced fresh mushrooms
3 Tbs. butter
3 Tbs. soy sauce

4 Tbs. teriyaki sauce
5 cloves garlic, crushed

- Place all ingredients in a sauté pan. Cook on medium-low heat, stirring often, until mushrooms are firm (about 10 minutes). Serve on top of the steaks or as a side.
- Serve with choice of sides: corn on the cob, garden salad, baked potato, bacon-wrapped asparagus.



► Missouri juniors won the junior steak division, winning both recipe and showmanship categories. Pictured are (from left) **Kyle Houston**, Savannah; **Isaac Rhode** and **Gavin Rhode**, both of Stewartsville; **Samuel Jordan**, Saint Joseph; **Alexis Koelling**, Curryville; and **Ella Jordan**, Saint Joseph. They prepared “The Great CAB Steak Recipe.”

The Great CAB Steak Recipe

4 CAB® split strip steaks

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

Autumn sauce:

½ cup maple syrup
½ cup honey
½ cup apple butter

¼ cup apple cider vinegar
¼ tsp. pepper

- Combine all ingredients of the sauce in a saucepan. Cook the sauce down to thicken. Keep it warm and drizzle over steaks to serve.



► Montana juniors competed in the junior steak division. Pictured are (from left) **Claire Murnin**, **Parker Cook**, **Connor Cook** and **Jake Cook**, all of Huntley. They prepared “Beauty and the Meat Kabobs.”

Beauty and the Meat Kabobs

CAB® split strip steak, cut into bite-size pieces
½ cup olive oil
¾ cup water
McCormick Grill Mates® Mesquite Marinade

1 bell pepper, seeded and cut
1 onion, cut
cherry tomatoes
baby potatoes, peeled
mushrooms

- Whisk together oil, water and marinade. Add steak and toss to coat. Let marinate for 30 minutes or longer.
- Once the meat has marinated, thread it onto skewers, alternating with vegetables.
- Grill kabobs over medium heat, turning often, until all sides of meat are well-browned and vegetables are tender, about 10-15 minutes.



STEAK COMPETITION

Beef Fajitas

4 CAB® split strip steaks
½ cup olive oil
3 Tbs. Worcestershire sauce
⅓ cup lime juice
1½ tsp. garlic, minced
1 Tbs. cumin
1 Tbs. chili powder
1 Tbs. red pepper flakes
1 tsp. salt
½ tsp. black pepper
1 Tbs. sugar
2 green bell peppers, seeded and sliced
2 red bell peppers, seeded and sliced
2 onions, halved and sliced
oil for frying
8-12 tortillas (flour or white corn), warmed

1 can refried beans
grated cheese (as desired)
sour cream (as desired)
salsa (as desired)

Guacamole:

3 Hass avocados, halved, seeded and peeled
½ cup lime juice
½ tsp. kosher salt
½ tsp. ground cumin
½ tsp. cayenne
½ medium onion, diced
2 Roma tomatoes, seeded and diced
1 Tbs. cilantro, chopped
½ tsp. garlic, minced

- ▶ 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 steak strips, turning them over to coat. In the second dish, place all the veggies, turning to coat. Best if dishes are covered with plastic wrap and placed in the refrigerator for at least 2 hours.
- ▶ Prepare guacamole if desired. In a large bowl place the scooped avocado pulp and lime juice. Toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a fork add the salt, cumin and cayenne, and mash. Then, fold in the onions, tomatoes, cilantro and garlic. Add 1 tablespoon of the reserved lime juice. Better if allowed to set at room temperature for 1 hour before serving.
- ▶ Heat electric skillet to 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.
- ▶ Heat the same skillet at high heat and drizzle some oil. Cook the meat for about 2 minutes per side until medium rare. Remove and allow to rest on a cutting board for 5 minutes.
- ▶ Add ½ teaspoon oil and refried beans to heat on one side of the skillet on medium heat. On the other side, heat the tortillas by lightly grilling each side in the skillet.
- ▶ To serve, spoon a portion of refried beans and smear around center of tortilla, add vegetable mixture and steak. Top with guacamole, sour cream, cheese and salsa as desired. Fold bottom of tortilla up over filling, fold the sides in and overlap. Enjoy immediately.



▶ Texas juniors competed in the junior steak division. Pictured are (from left) **Brenlen Humpert, Scotland; Payton Alexander, Nemo; and Brantley Humpert, Scotland.** They prepared “Beef Fajitas.”



STEAK COMPETITION



► Florida juniors competed in the intermediate steak division. Pictured are (from left) **Lane Smith**, Loxahatchee; **Laykin Williamson** and **Owen Austrino**, both of Dade City; **Aubrie-Leigh Persing**, Webster; **Lily Larson**, Okeechobee; and **Taylin Williamson**, Dade City. They prepared “W4 Steak and Potatoes.”

W4 Steak and Potatoes

4 CAB® split strip steaks	¼ cup olive oil
red potatoes	dale’s seasoning
green beans	salt
½ lb. bacon	Lipton Recipe Secrets® onion soup mix

1. Marinate CAB split strip steaks in dale’s seasoning.
2. Rinse potatoes and place in 9×13-inch grilling pan and mix in ¼ cup olive oil and 1 packet onion soup mix with potatoes. Cover pan with aluminum foil and place on grill for approximately 2 hours.
3. Snap green beans, place in pot with water, add ½ pound of bacon, salt and pepper to taste, cook on low to desired tenderness.
4. Place steaks on grill, cook to desired doneness and enjoy.



► Illinois juniors won third in the intermediate steak division, tying for third in recipe and placing second in showmanship. Pictured are (from left) **Lizzie Schafer**, Owaneco; **Ashlyn Mool**, Lexington; **Paige Lemenager**, Hudson; and **Emily Kieseewetter**, Farmington. They prepared “Garlic Balsamic Brown Sugar Steak.”

Garlic Balsamic Brown Sugar Steak

4 CAB® split strip steaks	½ cup balsamic vinegar
2 Tbs. butter	2 Tbs. Worcestershire sauce
1 Tbs. olive oil	1 tsp. fresh ground black pepper
2 cloves garlic, minced	½ tsp. coarse salt
Add:	½ tsp. siracha sauce
¾ cup dark brown sugar	½ tsp. Cajun seasoning
	½ tsp. cayenne pepper

- Place steaks in a sealable bag and add the marinade. Seal and marinate 4 hours to overnight. Bring steaks to room temperature before grilling.
- Grill over hot fire approximately 5-6 minutes per side to desired doneness.
- Serve with fresh garden salad and corn on the cob.



► Winning the overall steak division, Kansas juniors won the intermediate steak division, winning both recipe and showmanship. Pictured are (from left) **Cale Hinrichsen**, Westmoreland; **Clay Pelton**, Paradise; **Alexandria Cozzitorto**, Lawrence; **Eva Hinrichsen**, Westmoreland; **Kady Figge**, Onaga; and **Sarah Pelton**, Paradise. They prepared “Steak Guacamole.”

Steak Guacamole

4 CAB® split strip steaks	¼ cup green onions, chopped
4 avocados, chopped	2 cups Romaine lettuce, chopped
8 Roma tomatoes, chopped	Chopped cilantro for garnish

Lime vinaigrette:

¾ cup lime juice
1½ tsp. minced garlic
1½ tsp. jalapeño, chopped
½ tsp. kosher salt
¼ cup extra virgin olive oil
2 Tbs. fresh cilantro

Combine lime juice, garlic, jalapeño and salt in blender; cover and process until garlic is pureed. Add oil and blend. Add cilantro and pulse to chop. Cover and refrigerate until ready to use.

Jalapeño vinaigrette:

¼ cup peanut oil
¼ cup rice vinegar
1 Tbs. minced jalapeño
1 Tbs. reduced-sodium soy sauce
1 Tbs. fresh cilantro, chopped
½ Tbs. toasted sesame oil

Combine all ingredients in medium bowl; mix well. Cover and refrigerate until ready to use.

- Season steaks with CAB Signature seasoning. Grill to medium rare or medium doneness.
- While waiting for the steaks to cook, combine the avocado, tomatoes and green onions with the lime vinaigrette. Carve steaks into thin slices. Arrange steak slices on a large plate and place ½ cup of avocado mixture on top of or next to the beef. Drizzle 2 tablespoons of the jalapeño vinaigrette over beef and around plate. Garnish with lettuce and chopped cilantro. Serve with tortilla chips.



STEAK COMPETITION

Great Lakes Steaks

4 CAB® split strip steaks	dash of olive oil
2 Tbs. cream cheese	dash of pepper
2 tsp. onion, minced	½ tsp. salt
4 tsp. blue cheese, crumbled	2 tsp. garlic, minced
4 tsp. plain yogurt	½ tsp. parsley, chopped

- ▶ Combine cream cheese, blue cheese, onion, yogurt and pepper; reserve.
- ▶ Bring steaks up to room temperature, rub each steak with olive oil, garlic and sprinkle with salt.
- ▶ Cook to desired doneness.
- ▶ Plate steaks and top with cream cheese dressing. Garnish with parsley.



▶ Michigan juniors competed in the intermediate steak division. Pictured are (from left) **Jack Reid**, Eaton Rapids; **Mathew MacMaster**, Harrisville; **Maggie Reid**, Eaton Rapids; and **Brady Zellmer**, Nashville. They prepared “Great Lake Steaks.”

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All-American Certified Angus Beef® CHEF'S CHALLENGE

Sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB)
July 11, 2017, in Des Moines, Iowa

The **Challenge**: Prepare and serve a unique entrée using a specified cut of *Certified Angus Beef*® (CAB®) and secret ingredients provided by the contest. Contest limited to 10 entries.

Entries

NJAA division (NJAA members 18-21)

- ▶ Chelsey Figge, Onaga, Kan.
- ▶ Morgan Fruge, Jennings, La., and Hunter Monismith, White Castle, La.
- ▶ Jake McCall, Greenville, Va., and Cody Boden, Clear Brook, Va.

Adult division

- ▶ Deb Hatlewick, Jamestown, N.D., and Sara Hatlewick, Jamestown, N.D.

First-place winners in the NJAA division and the Adult division will receive a *Certified Angus Beef* logo jacket sponsored by Certified Angus Beef LLC and a \$100 cash prize sponsored by the “Friends of the Black Kettle.”



STEAK COMPETITION



►Nebraska juniors won second in the intermediate steak division after placing second for recipe and third in showmanship. Pictured are (from left) **Nicole Nichols**, Chambers; **Caitlin Havelka**, Anselmo; **Rachel Smith**, Osceola; **Reagan Skow**, Palisade; **Kyra Meyer**, Blue Hill; and **Jace Stagemeyer**, Page. They prepared “The Great Steak of Oz.”

The Great Steak of Oz

4 CAB® split strip steaks	1 medium onion, sliced
CAB® seasoning	3 Tbs. butter
1 cup Feta cheese	1 Tbs. brown sugar
½ cup roasted red bell pepper strips	¼ cup red cooking wine
2 cups spinach leaves, fresh	toothpicks
2 cups mushrooms, sliced	

1. Slice a slit in the middle of the steak to create a pocket.
2. Place a spinach leaf in the bottom of the pocket. Top with Feta cheese and roasted red bell pepper strips. Place a spinach leaf on top of the cheese and pepper strips. Stick with a toothpick to keep closed. Repeat with remaining steaks.
3. Rub outside of steak with CAB seasoning.
4. In a sauce pan, melt the butter. Add the brown sugar, onions and mushrooms. Sauté over medium-low heat for about 5 minutes. Add the cooking wine and sauté for another 5 minutes. Reduce heat to low and let simmer until steaks are ready to serve, stirring occasionally.
5. Heat grill to medium. Grill the steaks, turning occasionally, until desired degree of doneness is reached. Let rest.
6. Top with mushroom and onion sauté.



►Oklahoma juniors competed in the intermediate steak division. Pictured are (from left) **Victoria Gerken** and **Madelyn Gerken**, both of Cashion; **Sydney Johnson** and **Charley Johnson**, both of Orlando; **Jackson Ray**, Holdenville; and **Hudson Myers**, Edmond. They prepared “CAB Winning Sugar Steak.”

CAB Winning Sugar Steak

CAB® split strip steak

Before grilling:

Dry rub
Pepper to taste

Marinade (dry rub):

¼ cup sugar
2 Tbs. kosher salt

- Combine all dry rub ingredients, season steak and allow steak to marinate for 1-12 hours.
- Prior to grilling, add a light dusting of dry rub and season with pepper to taste.
- Grill until desired doneness.
- Allow to rest (minimum 5 minutes). Serve and enjoy.

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STEAK COMPETITION

Strip Steak with Balsamic Strawberries

4 CAB® split strip steaks
 1 Tbs. olive oil
 salt and pepper to taste
 2 cups fresh strawberries, sliced

¼ cup brown sugar
 ¼ cup balsamic vinegar
 1 Tbs. chilled butter

- ▶ In small bowl mix brown sugar and vinegar and add sliced strawberries; let sit 1-3 hours. Allow steak to sit at room temperature 30 minutes before cooking.
- ▶ Heat oil in cast-iron skillet. Season steak with salt and pepper and sear in hot skillet. Cook another 6-8 minutes to desired doneness.
- ▶ Remove steak from skillet. Cover with foil, and let rest.
- ▶ While steak is resting, drain strawberries and discard liquid. Add strawberries to steak juices in skillet. Simmer to heat through and add butter. Place steaks on plates and top with berries and a sprinkle of pepper.
- ▶ Serve with fresh garden salad and hot rolls.



▶ Illinois juniors placed second in the senior steak division, winning recipe and tying for second in showmanship. Pictured are (from left) **Sierra Day**, Cerro Gordo; **Erica Harrell**, Roseville; **Amber Schiffbauer**, Tonica; **Laramie Chaffin**, Roodhouse; and **Keegan Cassidy**, Normal. They prepared “Strip Steak With Balsamic Strawberries.”

Pitchfork Fondue with Optional Salsa Verde Rustica

4 CAB® split strip steaks
 1 cup strong coffee, room temperature
 2 Tbs. balsamic vinegar

2 cloves smashed garlic
 1 Tbs. paprika
 Peanut oil for frying

- ▶ Combine all ingredients and allow to marinate 2-24 hours, turning often. Heat oil to 350° F. Pat steaks dry with a paper towel and carefully submerge in oil, being careful not to crowd steaks. Cook until medium rare, about 4 minutes for a 1-inch-thick steak. Drain and serve with Salsa Verde Rustica, if desired. However, it’s so good, no sauce is needed!

Salsa Verde Rustica:

½ cup bread crumbs
 ½ cup white wine vinegar
 3 anchovies (optional)
 1 tsp. capers
 2 garlic cloves

2 bunches parsley, leaves & stems
 ¼ cup olive oil
 1 tsp. salt
 ½ tsp. black pepper

- ▶ Combine ingredients in a food processor and process until desired consistency. Can be made a day ahead.



▶ Kansas won the senior steak division, placing third in recipe and winning showmanship. Pictured are (from left) **Madison Wulfkuhle**, Berryton; **Morgan Woodbury**, Quenemo; **Laura Carpenter**, **Anna Carpenter** and **Mia Hastings**, all of Wamego; and **Sarah Loomis**, Council Grove. They prepared “Pitchfork Fondue with Optional Verde Rustica.”



STEAK COMPETITION



► Missouri juniors competed in the senior steak division. Pictured are (from left) **Mardee Sadowsky** and **Cooper Sadowsky**, both of Eagleville; **Paige Birk**, Gordonville; **Reba Colin**, Butler; and **Carrie Otte** and **Tommy Otte**, both of Saint Mary. They prepared “Asian Strip Steaks With Roasted Garlic.”

Asian Strip Steaks with Roasted Garlic

4 CAB® split strip steaks, i-in. thick
 24 oz. sweet chili Thai sauce
 12 oz. light soy sauce

1-3 heads garlic, depending on size
 olive oil

- Combine sweet chili Thai sauce and light soy sauce in a plastic sealable bag. Mix thoroughly, and add the steaks, marinating 2-6 hours.
- Place garlic in a foil pan, drizzle oil on the top, and cover with foil. Place on the grill, over indirect heat, for 30-40 minutes. Check for roasted brown color on the top then remove from heat.
- Shake excess marinade off of steaks, and place on hottest part of grill for 5 minutes, then turning once, grill for 5 more minutes. This will be a medium rare/medium temperature.
- Let steaks sit for 5 minutes. Squeeze garlic cloves out of the head, 4-6 cloves per steak.



► Tennessee and Alabama juniors competed in the senior steak division. Pictured are (from left) **Anna Oliver**, Union City, Tenn.; **Deanna Schoolfield**, Paris, Tenn.; **Shelley Rowlett**, Martin, Tenn.; and **Katie Smith**, Cullman, Ala. They prepared “Quarterback Quesadillas.”

Quarterback Quesadillas

4 CAB® split strip steaks
 ½ cup olive oil
 3 Tbs. Worcestershire
 ½ cup lime juice, fresh-squeezed
 2 tsp. garlic, minced
 1 Tbs. ground cumin
 1 Tbs. chili powder
 1 Tbs. sugar
 1 tsp. salt

½ tsp. ground black pepper
 2 medium onions, sliced
 1 medium green bell pepper, sliced
 1 medium red bell pepper, sliced
 4 8-in. flour tortillas
 oil for frying
 salsa
 sour cream
 grated cheddar/jack or other desired cheese

- Mix together the olive oil, Worcestershire, lime juice, garlic, cumin, chili powder, sugar, salt and black pepper in a bowl. Divide this equally between two gallon-sized resealable bags. Place the steaks in one bag of marinade and the onion/bell peppers in the other bag. Seal and refrigerate at least 2 hours.
- Drizzle roughly 2 tablespoons oil in a heavy skillet. Add the onion/bell pepper mixture and cook over medium-high heat until cooked and caramelized. Transfer to a plate and set aside.
- Grill the split strip steaks until desired tenderness (we suggest medium rare). Remove from grill and allow to rest approximately 5 minutes. Slice steaks into thin slices.
- In the heavy skillet heat just enough oil to cover the bottom of the skillet. Place one flour tortilla in the oil and add steak strips, onion mixture and grated cheese to half of the tortilla. Fold empty half of tortilla and fry until golden brown. Turn the tortilla over and fry the other half until golden brown.
- Repeat with remaining tortillas.
- Transfer to serving platter and top with desired toppings (sour cream, salsa, cheese, etc.).
- Enjoy!



STEAK COMPETITION

Outlaw Strip Steak with Carmelized Shallot Butter

Served with Spring Asparagus Purée and Fondant potatoes

1 12- to 14-oz. CAB® split strip steak	1 Tbs. heavy whipping cream
kosher salt	2 whole lemons
cracked black pepper	2 shallots, minced
½ lb. unsalted butter	3 cloves garlic
1 lb. fresh asparagus	4-5 sprigs fresh thyme
1 large Idaho potato	2 sprigs fresh rosemary
2 cups chicken stock	olive oil for sautéing
4-5 cups boiling water	

For the steak: Have a grill hot and ready to cook, seasoned well with an oiled cloth.

Season the steak liberally on both sides with salt and pepper. Place on grill to cook, rotating 90° once, then turning and repeating. This will give you the steak-house grill marks. Grill until desired cooking temperature is reached — for rare, 125° F; for medium rare, 130°; for medium, 135°; for medium-well, 145°; and for well done, 155°. The lower cooking temperatures than what you are used to seeing are for allowing for the steak to “rest” up another 5° in temperature once you remove it from the grill.

For Fondant Potatoes: Preheat oven to 375°. While your steak is grilling, take your potato and cut it in half lengthwise. Place an oven-safe sauté pan on a medium-high heat. Add a little oil and roll it around in the pan to coat. Season the flesh (flat) side of the potato with salt and pepper. Place it flat side down in the pan, and let it cook for 4-5 minutes, or until golden brown. Turn the potato over, add the thyme and garlic, sauté for 30 seconds, then add chicken stock, bring to a boil, and place in the oven for 20-25 minutes, or until the potato is cooked through. Remove from oven and pan for serving.

►Leave whole!

For Spring Asparagus Purée: Bring 4-5 cups of water to a boil. Gently drop asparagus in, boil for 2 minutes.

►Cut asparagus into small pieces, place in food processor, add just enough of the water you cooked it in to cover it, along with the cream, and run the processor until the purée is silky and smooth.

►Add lemon juice from 1 lemon, pulse, and set aside for plating.

For the butter: Mince 2 shallots. Add a small amount of oil in a small pan, and place on low heat. Cook shallot until dark and rich in color. It should be caramelized, not burnt. Add to softened butter, fold with a spatula, and set aside for plating.

For plating: Use a square plate. Place 2 tablespoons of the purée in the bottom left of the plate, and, using a spoon, press the purée into the plate and across, creating sort of a “swoop.” Slice the steak, and place in the middle of the plate, on top of the purée, then place the potatoes nestled against the steak. Place butter on steak and potatoes.

►Garnish with rosemary; serve.



►Virginia juniors placed third in the senior steak division, placing second in recipe and tying for second in showmanship. Pictured are (from left) **Hannah Cox**, Staunton; **Jenna Hamilton**, Buena Vista; **Sarah Harris**, Buchanan; **Lauren Beasley**, Blumont; and **Mikayla St. Clair** and **Helena St. Clair**, both of Berryville. They prepared “Outlaw Strip Steak With Carmelized Shallot Butter.”



OTHER BEEF COMPETITION



► Indiana juniors placed second in the junior other beef division, placing third in recipe and second in showmanship. Pictured are (from left) **Rosalind Kidwell**, Gentryville, and **Allie Howell**, Marengo. They prepared “All-Star Bacon-wrapped BBQ CAB Franks.”

All-Star Bacon-wrapped BBQ CAB Franks

4¾-lb. CAB® frankfurters	¼ cup cheddar cheese, finely grated
4 slices bacon	2 Tbs. mayonnaise
¼ cup barbecue sauce of your choice (We like Sweet Baby Ray’s)	4 large tasty buns
	1 green onion, chopped (optional)

- Fry bacon until not quite crisp (still pliable); drain on paper towel.
- Grill franks on 300° F grill for 4 minutes. Brush franks with BBQ sauce and wrap a slice of bacon around each frank. Grill wrapped franks for 5 minutes, turning often.
- Remove from the grill and drain on paper towels. Lightly brush buns with mayonnaise and toast. Put franks in buns and sprinkle with cheese, also adding green onions, if desired.
- Serve with picnic favorites. We like country baked beans and creamy coleslaw. Enjoy!



► Kansas juniors competed in the junior other beef division. Pictured are (from left) **Kaelyn Schilling**, Edson; and **Jackson McCurry** and **Anna McCurry**, both of Colwich. They prepared “Cec & Sandra’s Easter Cookout.”

Cec & Sandra’s Easter Cookout

CAB® frankfurters	condiments
buns	

- Grill frankfurters until slightly browned and grill marks appear on the skin. Place franks in a bun; serve with condiments.



► Missouri juniors placed third in the junior other beef division, winning recipe and placing third in showmanship. Pictured are (from left) **Victoria Busch** and **Molly Busch**, both of Saint James; **Kendall Nix**, Villa Ridge; **Paighton Witt**, Union; and **Alena Nix**, Villa Ridge. They prepared “St. Louis Italian CAB Frankfurters.”

St. Louis Italian CAB Frankfurters

4 CAB® ¼-lb. frankfurters	2 Tbs. garlic, minced
2 Tbs. fresh basil, chopped	1 Tbs. butter
1 large Vidalia onion, chopped	frankfurter buns
1 cup Provel® cheese	

- Chop the onion and place in skillet with 1 tablespoon butter. Add 2 tablespoons minced garlic and sauté mixture until onion is caramelized.
- Prepare the franks on the grill as desired or until golden brown all the way around. Split the frankfurter lengthwise and place in bun. Top with caramelized onions, sprinkle on Provel cheese to your liking, then garnish with basil.



► Oklahoma juniors competed in the junior other beef division. Pictured are (from left) **Jelani King**, Enid; **Gage Long**, Big Cabin; **Brady Lott**, Carmen; **Carter Kornegay**, Owasso; and **Blake Long**, Big Cabin. They prepared “CAB Take Me to the Show Frankfurters.”

CAB Take Me to the Show Frankfurters

CAB® frankfurters	onions, chopped
ketchup	grated cheese
mustard	hot dog buns
relish	chili (optional)

1. Grill frankfurters on grill, remove and place on bun.
2. Provide condiments and allow guests to garnish the frankfurter with desired toppings.
3. Let the show begin!



OTHER BEEF COMPETITION

Tennessee Tailgate Smokies

- | | |
|---------------------------------|--|
| 4 CAB® beef frankfurters, diced | ½ tsp. paprika |
| 1 Tbs. vegetable oil | ¼ tsp. chili powder |
| ¼ lb. ground beef | ½ tsp. ground cinnamon |
| ¼ lb. ground pork | 1 tsp. salt |
| ¼ cup sweet onion, diced | dash ground black pepper |
| ½ tsp. garlic, minced | ½ cup fine dry bread crumbs |
| 1 Tbs. browning sauce | 4 CAB® quarter pound beef frankfurters |
| 1 10.75-oz. can tomato soup | 4 hot dog buns |
| 2 cups water | |

1. Heat vegetable oil in a medium skillet over medium-high heat. Cook ground beef, ground pork, diced frankfurters and onion in the skillet. Cook until meat is browned and onion is soft. Drain and lower heat.
2. Mix in garlic, browning sauce, black pepper, salt, tomato soup, water, paprika, chili powder, cinnamon and bread crumbs. Slowly simmer until thick, about 25 minutes.
3. Serve over whole beef frankfurters on a bun. Enjoy!



►Tennessee juniors won the junior other beef division, placing second in recipe and winning showmanship. Pictured are (from left) **Weston Rowlett**, Martin, and **Allison Davis**, Shelbyville. They prepared “Tennessee Tailgate Smokies.”

Chili Cheese Dog Horseshoe

- | | |
|---------------------------------------|--------------------------------|
| 4 CAB® frankfurters, split lengthwise | 3 cups chili con carne, heated |
| 4 slices Texas Toast®, toasted | green onions, chopped |
| 1 lb. Tater Tots®, fried | |

Horseshoe Cheese Sauce:

- Melt ½ cup unsalted butter and stir in ½ cup flour until smooth. Whisk in 1 teaspoon salt, ¼ teaspoon dry mustard, ½ teaspoon cayenne pepper, and 2 cups room-temperature whole milk. Cook until thick and remove from heat.
- Stir in 1 tablespoon Worcestershire sauce, 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 and keep warm (a slow cooker works well).

To assemble horseshoes:

- Grill frankfurters. Lay toast on each plate and top with grilled frankfurter. Arrange Tater Tots around toast and frankfurter. Cover with ¾ cup chili. Spoon cheese sauce over dog and tots. Garnish with chopped green onions.

Serves 4.



►Illinois juniors won the intermediate other beef division, placing second in recipe and winning showmanship. Pictured are (from left) **Austin Mussman**, Grant Park; **Koby Schnelten**, Rockbridge; **Emily Brooks**, Prophetstown; **Amelia Miller**, Gridley; **Jack Dameron**, Towanda; and **Brady Schnelten**, Rockbridge. They prepared “Chili Cheese Dog Horseshoe.”



OTHER BEEF COMPETITION



► Kansas juniors competed in the intermediate other beef division. Pictured are (from left) **Nicholas Siemens**, Towanda; **Bailey Osborn**, Murdock; **Abbie Schwab**, Goddard; and **Baylee Walfkuhle**, Berryton. They prepared “Mango Salsa Hawaiian Dogs.”

Mango Salsa Hawaiian Dogs

For the dogs:

- 8 CAB® frankfurters
- 8 hot dog buns
- 2 ripe avocados, sliced

Pineapple Mustard:

- $\frac{2}{3}$ cup chopped fresh pineapple
- $\frac{1}{2}$ cup Dijon mustard
- 1 Tbs. honey
- 1 small clove garlic

Mango Salsa:

- 1 large ripe mango, peeled and diced
- $\frac{1}{2}$ small red onion, diced
- 1 small red bell pepper, seeded and diced
- $\frac{1}{4}$ cup chopped cilantro
- 1 Serrano chili, seeded and minced
- 1 Tbs. olive oil
- salt and pepper

1. Preheat the grill to high heat. Dice and combine all the ingredients for the Mango Salsa. Toss and set aside.
2. In the food processor, purée the pineapple chunks, garlic, Dijon mustard and honey until smooth.
3. Open the buns and grill face down for 1 minute. Remove from heat.
4. Grill the franks for 5-8 minutes, rotating for even char marks.
5. Place the frankfurters on the buns and top with Mango Salsa, Pineapple Mustard and fresh sliced avocado.



► Michigan juniors placed third in the intermediate other beef division. Pictured are (from left) **Kavina Johnson**, Quincy; **Thea Zellmer** and **Paige Zellmer**, both of Nashville; and **Jayce Brown**, Pinckney. They prepared “Motor City Dogs.”

Motor City Dogs

- 4 CAB® Frankfurters with buns
- 8 slices bacon
- 4 slices Swiss cheese

Lube Sauce
toppings

- Prepare bacon. Grill frankfurters.
- Place 2 slices bacon and a slice of cheese in the grilled bun. Add frankfurter and top with Lube Sauce.

Lube Sauce:

- 4 oz. ground beef
- 4 oz. ground pork
- 1 Tbs. olive oil
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{3}$ can (10.75 oz.) tomato soup
- $2\frac{1}{2}$ cups water
- $\frac{3}{4}$ tsp. smoked paprika

- $\frac{1}{4}$ cup sweet onion, diced
- $\frac{1}{2}$ tsp. chili powder
- 1 tsp. garlic, minced
- $\frac{3}{4}$ tsp. cinnamon
- $\frac{1}{2}$ tsp. browning sauce
- $\frac{1}{2}$ cup fine, dry bread crumbs
- $\frac{1}{2}$ tsp. ground black pepper

- Brown beef with pork and onion.
- Drain and lower heat.
- Add remaining ingredients and cook until thick — approximately 20-25 minutes.



OTHER BEEF COMPETITION

CAB Frankfurter Stroganoff

6 CAB® frankfurters, sliced diagonally ½ in. thick	1 cup beef broth
8 oz. fresh mushrooms, sliced (2½ cups)	¼ tsp. salt
½ medium onion, diced	½ tsp. Worcestershire
8 baby carrots, thinly sliced	½ cup all-purpose flour
½ garlic clove, finely chopped	1 cup sour cream
¼ cup butter	3 cups hot cooked egg noodles
	½ cup diced parsley

- ▶ Cut CAB frankfurters diagonally into ½-inch pieces.
- ▶ Cook onions, carrots and garlic in butter in a skillet over medium heat until onions are translucent; stir occasionally, remove from skillet.
- ▶ Cook frankfurters in the same skillet. Stir in ½ cup of the beef broth, salt and Worcestershire sauce.
- ▶ Heat to boiling; reduce heat.
- ▶ Stir the rest of the beef broth into the flour; stir into frankfurters and add onion mixture. Stirring constantly, heat to boiling (boil for 1 minute).
- ▶ Without boiling, stir in sour cream. Serve over noodles. Garnish with parsley.



▶ Virginia juniors placed second in the intermediate other beef division, winning recipe and placing second in showmanship. Pictured are (from left) **Ryan Borer**, Buchanan; **Henry Alexander**, Louisa; **Kallie Poole**, Staunton; **Aubrey Herbers**, Lynchburg; and **Gordon Clark** and **Suter Clark**, both of Gretna. They prepared “CAB Frankfurter Stroganoff.”

W4 Kraut Furters

4 ¼-lb. CAB® frankfurters	caraway seed
1 pkg. sauerkraut	ketchup
1 lb. maple bacon	

1. Open frankfurters and place a small slit down the middle of each one. Be certain to not cut the entire way through.
 2. Sprinkle a pinch of caraway seed down the middle of each frankfurter.
 3. Place a line of ketchup down the middle of each frankfurter.
 4. Pack the opening of each frankfurter with sauerkraut.
 5. Brown the maple bacon and wrap it around each frankfurter, securing with a toothpick.
 6. Place frankfurters on the grill until bacon and frankfurter are cooked, approximately 20 minutes.
- Enjoy!



▶ Florida juniors placed second in the senior other beef division after winning the recipe category and placing second in showmanship. Pictured are (from left) **Kathryn Springfield**, Frostproof; **Gabriela Hernandez**, Wellington; **Alexa Grau**, Miami; **Case Birge**, Graceville; **Morgan Blommel**, Dade City; and **Nicole Grau**, Miami. They prepared “W4 Kraut Furters.”

CAB All-American Grilled Cheese Frankfurters

4 hot dog buns	4 CAB® frankfurters
2 Tbs. butter, softened	3 cups cheddar cheese
¼ tsp. garlic powder	Sliced green onions to garnish
¼ tsp. onion powder	

- ▶ Flatten hot dog buns with a rolling pin.
- ▶ In a small bowl, stir together butter, garlic powder and onion powder. Spread all over bottom side of buns.
- ▶ In a large skillet over medium heat, sear hot dogs (working in batches if necessary) until cooked, 2 minutes per side. Set aside.
- ▶ Place bun, buttered side down, in skillet and top with ½ cup cheddar. Top with a hot dog and sprinkle with a little more cheddar and green onions.
- ▶ Cover with a lid and let cheese melt, then use a spatula to close the bun.
- ▶ Repeat with remaining buns and dogs.



▶ South Dakota juniors won first overall in the senior other beef division after first winning second in recipe and first in showmanship. Pictured are (from left) **Tyler Bush**, Britton; **Madison Styles**, Brentford; **Sawyer James** and **Wyat James**, both of Bruce; **Sawyer Styles**, Brentford; and **Ty Mogck**, Olivet. They prepared “CAB All-American Grilled Cheese Frankfurters.”

