



► Cook-Off teams vie to present the best recipe and most entertaining skit to promote the CAB® brand.

Kitchen Competition

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

by *Linda Robbins*, assistant editor

During the National Junior Angus Show (NJAS), movie stars and pop culture celebrities were seen milling around the exhibition hall. Characters from the movies *The Three Amigos* and *Scooby Doo* mingled with contestants for Dancing With the Steers, rock stars, cavewomen, cheerleaders and Santa and Mrs. Claus. The juniors in these costumes competed in the Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off July 14 in Tulsa, Okla.

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 in an educational and entertaining way to judges, the audience and, ultimately, to consumers. Teams may consist of two to six juniors and are divided by age and type of beef used in the recipe: steak, roast or other beef, which was CAB deli meat this year.

“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 is fortunate to have such a strong future in the National Junior Angus Association (NJAA) members.”

As teams vie to present the best recipe and most entertaining

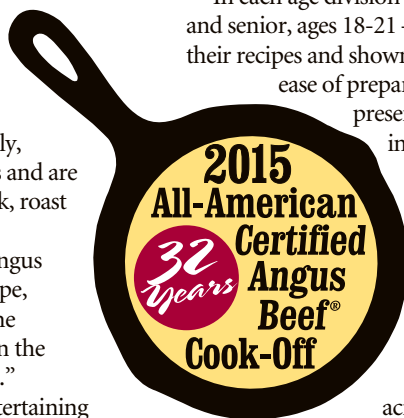
skit, their beef industry knowledge outside of the showring is tested. Teams use the 10 quality standards, other research and historical facts about CAB in their skits to showcase the brand to consumers.

“Today we’ve been doing the *Certified Angus Beef* Cook-Off. All of our teams make a skit, prepare a dish and present it to the judges,” says Anna Carpenter, Wamego, Kan., a contestant in this year’s Cook-Off. “It’s a lot of fun!”

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.

Winning teams

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



This year, the Kansas junior team entered in the steak category took home the Black Kettle Award. Winning team members include Kady Figge, Onaga; Eva Hinrichsen, Westmoreland; Clay Pelton, Paradise; and Kelsey Theis, Leavenworth. The team impressed the judges with their military-themed skit and tasty flank steak recipe. To learn more about the Black Kettle Award see “Black Kettle winner goes to battle for CAB®” on page 188.

Other leading teams included the Kansas junior team in the intermediate steak category. They won first in recipe, showmanship and overall in the intermediate division, earning them the Pat Grote LEAD Award. Named after the late former president of the Auxiliary, the award includes registration to the Leaders Engaged in Angus Development (LEAD) Conference. Team members include Alexandria Cozzitorto, Lawrence; Grady Dickerson, Paradise; Caleb Flory, Baldwin City; Cale Hinrichsen, Westmoreland; and Sarah Pelton, Paradise. They prepared “Rolled Flank Steak.”

Oklahoma juniors placed first in recipe, second in showmanship and first overall in the senior roast division, then captured top honors in the entire roast competition. Team members Alisa Friesen and Alyson Friesen, both of Arnett; Braden Henricks, Anadarko; Karisa Pfeiffer, Orlando; and Jackson Ray, Holdenville, prepared “Oklahoma Angus Leading the Way Pot Roast.”

Indiana juniors won the other beef competition after placing first in recipe, showmanship and overall in the senior other beef division. Madison Butler, Vincennes; Nick Innis and Sarah Innis, both of Milroy; Karson Patton, Frankfort; Austin Waterman, Anderson; and Jordyn Wickard, Greenfield, prepared “Roast Beef & French Onion Grilled Cheese Sandwich.”

Since 2010, the Cook-Off has also featured a Chef’s Challenge open to senior NJAA members (ages 18-21) and adults. Patterned after television’s *Iron Chef* with its famed secret-ingredient challenges, competitors prepare and serve a specially designated, grill-suitable cut of CAB and specific ingredients announced one day prior to the contest. See “*Iron Chef*, Angus Style” on page 204 for results.

The competition was fierce this year with 37 teams.

Recipes entered in this year’s Cook-Off, along with photos of the teams competing, follow.



► The intermediate steak team from Texas prepares for the contest.

Table 1: Winners of the 2015 Auxiliary-sponsored All-American CAB® Cook-Off

Black Kettle winner			
Kansas junior steak team — “All-American Grilled Flank Steak”			
Pat Grote LEAD scholarship winner			
Kansas intermediate steak team — “Rolled Flank Steak”			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Kansas	Missouri	Kansas*
2.	Missouri/ Michigan(tie)	Kansas	Missouri
3.		Nebraska	Michigan
<i>Intermediate</i>			
1.	Kansas	Kansas	Kansas
2.	Maryland	Nebraska	Nebraska
3.	Nebraska/ Louisiana (tie)	Texas	Louisiana
<i>Senior</i>			
1.	Iowa	Missouri	Illinois
2.	Illinois	Illinois	Missouri
3.	Missouri	Iowa	Iowa
Roast division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Illinois	Illinois	Illinois
2.	Virginia	Virginia	Virginia
<i>Intermediate</i>			
1.	Iowa	Kansas	Kansas
2.	Kansas	Kentucky	Iowa
3.	Missouri	Iowa/Missouri (tie)	Missouri
<i>Senior</i>			
1.	Oklahoma	Kansas	Oklahoma*
1.	Arkansas	Oklahoma	Kansas
3.	Kansas	Arkansas	Arkansas
Other beef division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Iowa	Illinois	Illinois
2.	Illinois	Kansas	Kansas
3.	Kansas	Oklahoma	Iowa
<i>Intermediate</i>			
1.	Iowa	Kansas	Iowa
2.	Kansas	Iowa	Kansas
3.	Illinois	Illinois	Illinois
<i>Senior</i>			
1.	Indiana	Indiana	Indiana*
2.	Virginia	Virginia	Virginia

*Denotes overall winner of the product division.



ROAST COMPETITION

PHOTOS BY PEARLS PICS COURTESY OF THE AMERICAN ANGUS ASSOCIATION



► Illinois juniors won first in the recipe and showmanship categories and first overall in the junior roast division. Pictured are (from left) **Lizzie Schafer**, Owaneco; **Hailey Boyd**, Waynesville; **Austin Mussman**, Grant Park; **Reese Anderson**, Chrisman; and **Logan Mussman**, Grant Park. They prepared “Pulled Beef.”

Pulled Beef

4 lb. CAB® chuck roast	1 tsp. salt
¼ tsp. black pepper	¼ cup flour
¾ lb. brown sugar	1½ cups ketchup
½ cup Worcestershire sauce	2 onions, diced
1 tsp. Tabasco	1 cup cider vinegar

- Place roast in Crock-Pot®. Mix other ingredients and pour over roast. Turn to High for 2 hours, then cook on Low for 3-4 hours until meat is tender. Remove meat and place on platter.
- “Pull” with two forks. Return shredded meat to sauce in Crock-Pot to keep warm. Serve on hearty buns. [This may also be cooked in a slow (200° F) oven for 5 hours.]



► Virginia juniors placed second in recipe, showmanship and overall in the junior roast division. Pictured are (from left) **Mikayla St. Clair**, Berryville; **Suter Clark** and **Gordon Clark**, both of Gretna; and **Zachary McCall**, Greenville. They prepared “Virginia Apple Cider Grilled Chuck Roast.”

Virginia Apple Cider Grilled Chuck Roast

1 CAB® chuck roast, trimmed	¼ tsp. garlic powder
	¼ tsp. white pepper
	dash of chipotle chili powder

Marinade ingredients:

1 cup fresh Virginia Apple Cider (unfiltered apple juice)
¼ cup Worcestershire sauce
2 tsp. kosher salt
½ tsp. basil leaves
¼ tsp. coriander

Dry rub ingredients:

¼ cup olive oil
½ cup kosher salt
2 tsp. coarse ground pepper
1 tsp. brown sugar

- Thoroughly mix marinade ingredients together in a large bowl. Trim the fat from the roast. Butterfly the roast. Immerse the butterflied roast in the marinade and allow to soak for as long as possible (up to 24 hours).
- Preheat the grill to 500° F. Remove butterflied roast and drain. Mix the dry rub ingredients together. Coat the roast with olive oil, then cover the cut with the dry rub. Place on the grill. Sear both sides. Reduce heat to 250° and cook to internal temp of 125°.
- Remove from heat and let stand for 20 minutes. Cut the roast into ¾-inch slices against the grain. Capture the juices that the roast releases to serve with the meal.

Black Kettle winner goes to battle for CAB®

Paul St. Blanc was a participant at the very first Cook-Off hosted in 1983 in Des Moines, Iowa. From Louisiana, his Cajun culture often showed in his cooking, and at the original contest he cooked in a large, black kettle.

As the Cook-Off evolved through the years, St. Blanc spent a lot of time helping plan and run the contest. When he passed away, shortly after the junior show 12 years ago, his family decided to create the Black Kettle Award in his honor. The honor is equivalent to the grand champion of the Cook-Off. It goes to a team that excels in the skit; answering judges’ questions; and, of course, the cooking.

This year’s winner was the Kansas junior steak team with their recipe, All-American Grilled Flank Steak. Team members included Kady Figge, Onaga; Eva Hinrichsen, Westmoreland; Clay Pelton, Paradise; and Kelsey Theis, Leavenworth. In their skit, CAB was under attack from other breeds attempting to steal CAB’s market share. Armed and ready with their 10 carcass quality specifications, this platoon headed into battle. After conquering

their enemies and saving CAB, they returned to share a steak victory dinner with the judges.

When choosing a theme for Cook-Off, the team wanted something that would embody the National Junior Angus Show (NJAS) theme, “Leading the Way.” Working together, team members put in hours of preparation before their names were called at the final awards ceremony.

“We studied a lot and practiced our lines,” says Pelton. “When we got here at the show, we ran through it a lot to get the final touches on it and get everything perfect.”

The Black Kettle Award win was another victory that made them proud.

“It means a lot to us as a junior team beating out other teams, the older senior teams with more experience,” says Hinrichsen.

The 2015 Cook-Off included more than 175 competitors and 37 different teams.

— by Nicole Lane, editorial intern

Philly Cheesesteak Stew

1½ lb. CAB® chuck roast	3 Tbs. canola or vegetable oil
3 cloves garlic	4 Tbs. butter
1½ tsp. granulated onion	5 Tbs. flour
10 oz. white mushrooms, sliced & quartered	¾ tsp. black pepper
2 onions, thinly sliced	salt
1 tsp. thyme	provolone cheese, sliced
4 cups beef stock	

- ▶ Cut the beef into thin slices that are about ½ inch by 1-2 inches. Spread them out on a cutting board and sprinkle with salt and pepper and ¾ teaspoon granulated onion. Toss together to make sure everything is evenly coated.
- ▶ In a large soup pot, warm oil over medium heat. Add butter and swirl to melt. Scatter meat over the bottom of the pan and let cook for 2 minutes without disturbing it.
- ▶ Flip meat and cook for 1 more minute. Remove meat from pan and lightly tent in a bowl to rest.
- ▶ Add more oil to the pan that the meat was just removed from and toss in sliced onions along with a pinch of salt and pepper. Drop the heat to medium and cook the onions until golden brown, stirring frequently (about 5 minutes). Stir in the mushrooms with another pinch of salt and cook for 6 more minutes. Add in the dried thyme and garlic and stir well. When the garlic is fragrant, sprinkle the flour over the surface and stir until mixture becomes pasty. Cook for 1 minute more, stirring constantly.
- ▶ Add the beef stock and bring to a boil. Let boil for 2 minutes before adding the cooked beef and accumulated juices to the mix. Add remaining granulated onion at this time. Simmer stew until beef is tender. Adjust seasoning if needed. Pour into bowls and top with sliced provolone cheese. Broil until golden on top. May be served in bread bowls also.

Game Day Chili

3 lb. CAB® boneless roast, cut into ½-in. cubes	1 can (28 oz.) chopped tomatoes
salt and pepper to taste	1 can (15 oz.) black beans, drained and rinsed
¼ cup canola oil	1 can (4 oz.) chopped green chilis
2 large onions, diced	3 jalapeño peppers, seeded and finely minced
4 cloves garlic, minced	Optional toppings: avocado slices, diced
1 Tbs. ground cumin	green peppers, shredded cheddar cheese,
1 Tbs. dried oregano	diced scallions or sour cream
3 Tbs. chili powder	
2 Tbs. brown sugar	

1. Heat oil in a large sauté pan over high heat. Season beef with salt and pepper. Brown beef cubes in 1-pound batches for 3-4 minutes per batch; transfer beef to slow cooker after browning.
2. Add onions and garlic to the pan. Cook for 5-10 minutes over medium heat until pan comes clean from the softening onions. Transfer to a slow cooker. Stir in cumin, oregano, chili powder, sugar, tomatoes, beans, green chilis and jalapeños. Cover and cook on low for 3½-4 hours.
3. Serve and garnish with optional toppings. Goes great with corn bread or corn chips.



▶ Iowa juniors won first in the recipe category, tied for third in showmanship and won second overall in the intermediate roast division. Pictured are (from left) **Lexi Knapp**, Bloomfield; **Haley Greiman**, Perry; **Julia Deppe**, Waverly; **Olivia Johnson**, Prole; and **Abigail Greiman**, Perry. They prepared “Philly Cheesesteak Stew.”



▶ Kansas juniors placed second in recipe, first in showmanship and first overall in the intermediate roast division. Pictured are (from left) **Jordan Pine**, Lawrence; **Morgan Wise**, Topeka; **Bailey Osborn**, Murdock; and **Sydnee Shive** and **Grace Shive**, both of Mount Hope. They prepared “Game Day Chili.”



ROAST COMPETITION



► Kentucky juniors placed second in showmanship in the intermediate roast competition. Pictured are (from left) **Catherine Cowles**, Rockfield; **Kelby Burks**, Park City; **Corbin Cowles** and **Caroline Cowles**, both of Rockfield; **Bradon Burks**, Park City; and **Bradshaw Smoot**, Campbellsville. They prepared “Kentucky Roast.”

Kentucky Roast

3 lb. CAB® chuck roast	2 tsp. Dijon mustard
1 cup soy sauce	1 tsp. red pepper flakes
¼ cup brown sugar, lightly packed	¼ tsp. pepper
1 Tbs. Worcestershire sauce	vegetable oil
3 Tbs. cider vinegar	

- In a dish, whisk together soy sauce, sugar, vinegar, mustard, Worcestershire sauce, red pepper flakes and pepper. Place roast in dish and cover tightly with plastic wrap. Swirl dish so marinade coats the top of the roast.
- Refrigerate for 1-2 hours. Pour marinade into electric skillet and bring to boil. Simmer 10 minutes.
- Heat grill to medium high. Sear marinated beef on both sides. Remove from grill, baste generously with cooked marinade and wrap tightly in heavy foil.
- Place wrapped roast on grill. Grill until done. Brush with more cooked marinade.
- Let rest 8-10 minutes before slicing.



► Missouri juniors placed third in recipe, tied for third in showmanship and won third overall in the intermediate roast division. Pictured are (from left) **Kyle Lappe**, Jackson; **Carrie Otte**, Saint Mary; **Paige Birk**, Gordonville; and **Reba Colin**, Butler. They prepared “Effortless Beef Stroganoff.”

Effortless Beef Stroganoff

1 lb. CAB® chuck roast	1 tsp. pepper, to taste
4 Tbs. sour cream	2 cups egg noodles, to taste
2 Tbs. butter	12 mini carrots, sliced
6 Tbs. shallots, minced	¾ cups beef broth
2 Tbs. all-purpose flour	1 cup onions
2 Tbs. Dijon-style mustard	

1. Cook roast.
2. Then, cook carrots and onions over low heat in beef broth until tender (about 15 minutes). Drain, reserving broth.
3. In 8- to 10-inch sauté pan, melt butter over low heat, then whisk in flour and shallots. Cook until shallots soften (about 4 minutes).
4. Add Dijon mustard and pepper, and whisk until blended.
5. Add beef broth, stirring over low heat until slightly thickened (about 3 minutes). Remove from heat and stir in sour cream.
6. Add beef, carrots and onions and toss. Serve over egg noodles.



► Representing Tennessee in the intermediate roast competition are (from left) **Shelley Rowlett** and **Weston Rowlett**, both of Martin; and **Morgan Hutchins**, Columbia. They prepared “Three Stooges Skewers.”

Three Stooges Skewers

1½ lb. CAB® chuck roast	1 Tbs. garlic butter seasoning
1 bottle Italian dressing	assortment of vegetables
1 bottle KC Masterpiece® marinade	

- Cut roast into 1-inch cubes. Cut vegetables to desired size.
- Mix Italian dressing and KC Masterpiece marinade. Marinate roast and vegetables in mixture separately for a minimum of 2 hours and a maximum of 24 hours.
- Thread roast and veggies onto skewers. Grill kabobs until desired doneness.
- Enjoy!

Poor Boy Beef

5 lb. CAB® chuck roast
1 Tbs. Worcestershire sauce
1 tsp. garlic powder

½ tsp. pepper
1 tsp. dry mustard
½ tsp. salt

- ▶ Add all ingredients to slow cooker; add 2 inches of water.
- ▶ Simmer 8-10 hours.
- ▶ Refrigerate broth, skim off fat and use as soup stock.

CAB® Stroganoff

2-3 lb. CAB® chuck roast, cut into thin strips
House seasoning (recipe below)
all-purpose flour
2 Tbs. olive oil
2 Tbs. butter
1 medium onion, sliced
8 oz. fresh mushrooms, sliced
1 can (10¾ oz.) beef broth
1 can (10¾ oz.) cream of mushroom soup

salt and black pepper
1 cup sour cream
cooked egg noodles

House seasoning:
1 cup salt
¼ cup black pepper
¼ cup garlic powder

Seasoning instructions:

- ▶ Mix the ingredients together and store in an airtight container for up to 6 months.

Roast instructions:

- ▶ Sprinkle the CAB chuck roast with House seasoning to lightly cover, and then dust with flour.
- ▶ In a large skillet, quickly brown roast on both sides in the olive oil and butter. Remove the roast from the pan.
- ▶ Add the onion slices and mushrooms to the pan drippings. Sauté for a few minutes, until the onion is tender. Sprinkle with 1 teaspoon flour.
- ▶ Put the roast back into the pan with the onion and mushrooms. Add the mushroom soup and beef broth. Cook over low heat for about 30 minutes, covered. Adjust seasoning to taste, adding salt and pepper as needed.
- ▶ Stir in the sour cream in the last few minutes, right before you serve. Serve over cooked noodles.

Shredded Crock-Pot® Beef

2 lb. CAB® chuck roast
Montreal Steak Seasoning

beef broth
Worcestershire sauce

- ▶ Place roast beef in Crock-Pot.
- ▶ Add beef broth. Pour Worcestershire sauce over and sprinkle with steak seasoning.
- ▶ Cook on high for 4 hours or 6-8 hours on low. Remove from Crock-Pot. Tear apart with forks (shred).
- ▶ Place back in gravy in Crock-Pot for one more hour. Remove and serve.



▶ Representing Wisconsin in the intermediate roast competition are (from left) **Dylan Horstmeyer**, Marshall; **Paige Gaffney**, Barneveld; **Kelby Petersen**, Marshall; **Grace Link**, Deerfield; **Emma Hermsdorf**, Cottage Grove; and **Hailey Jentz**, Fennimore. They prepared “Poor Boy Beef.”



▶ Arkansas juniors placed second in recipe, third in showmanship and third overall in the senior roast division. Pictured are (from left) **Nicholas Pohlman** (left) and **Will Pohlman** (right), both of Prairie Grove; and **Hailey Roye**, Fayetteville. They prepared “CAB® Stroganoff.”



▶ Representing Kentucky in the senior roast competition are (from left) **Tyler McGinnis**, Shelbyville; **Reese Johnson**, Slaughters; **Kaitlin Fouts**, London; **Destiny McCauley**, Cynthiaana; **Makayla Jeffries**, Horse Cave; and **Leslie Craig**, Harrodsburg. They prepared “Shredded Crock-Pot® Beef.”



ROAST COMPETITION



► Kansas juniors placed third in recipe, first in showmanship and second overall in the senior roast division. Pictured are (from left) **Chelsey Figge**, Onaga; **Kelsey Wulfkuhle**, Berryton; **Megan Green**, Leavenworth; **Samantha Albers**, Bendena; and **Esther McCabe**, Elk City. They prepared “CAB® Roast.”

CAB® Roast

3-4 lb. CAB® chuck roast	½ pot coffee
1 can 7 Up® or Sprite®	2 cups water (or beef broth to enhance flavor)

Directions: oven method

1. Let roast rest to reach room temperature before cooking.
2. Preheat oven to 325° F.
3. Place roast in large roasting pot with liquid ingredients. Cover.
4. Place roast in oven. Bake for 2½ hours or until internal temperature reaches desired doneness (approximately 25-30 minutes per pound).
5. Remove roast to warm resting platter. Let rest for 15 minutes before carving and serving.

Directions: Crock-Pot® method

1. Let roast rest to reach room temperature before cooking.
2. In large Crock-Pot, add roast and liquid ingredients.
3. Cover Crock-Pot. Cook on high for 4-6 hours (see time-per-pound recommendations for your slow cooker).
4. Remove roast to warm resting platter. Let rest for 15 minutes before carving and serving.



► Oklahoma juniors placed first in recipe, second in showmanship and first overall in the senior roast division, then captured top honors in the entire roast competition. Pictured are (from left) **Braden Henricks**, Anadarko; **Karisa Pfeiffer**, Orlando; **Alisa Friesen**, Arnett; **Jackson Ray**, Holdenville; and **Alyson Friesen**, Arnett. They prepared “Oklahoma Angus Leading the Way Pot Roast.”

Oklahoma Angus Leading the Way Pot Roast

3-5 lb. CAB® chuck roast	
salt and freshly ground black pepper	6 to 8 whole carrots, unpeeled, cut into 2-in. pieces
Montreal Steak Seasoning	1 clove garlic
¼ cup flour	Worcestershire sauce
2 or 3 Tbs. olive oil	3 cups beef broth
2 whole onions, peeled and halved	

- Preheat the skillet to 275° F.
- Generously season the chuck roast with salt and pepper and Montreal Steak Seasoning and roll the roast in flour.
- Heat the olive oil in large pot or electric skillet to medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.
- Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.
- If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- With the pot still on high, use beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway.
- Add in the onions and the carrots and season the top of the roast with garlic and Worcestershire sauce.
- Put the lid on and roast for 3 hours for a 3-pound roast. For a 4- to 5-pound roast, plan on 4 hours.
- The roast is ready when it is fall-apart tender.
- The roast can be served with mashed potatoes and gravy or, for a different taste, mushroom or chipotle butter.



STEAK COMPETITION

All-American Grilled Flank Steak

1½ lb. CAB® flank steak, cut ¾-in. thick	½ cup tomato sauce
¼ cup chopped onion	2 Tbs. vinegar
1 clove garlic, minced	1 Tbs. honey
½ tsp. chili powder	¼ tsp. salt
1 Tbs. margarine	¼ tsp. pepper

1. For sauce, in a small saucepan cook onion, garlic and chili powder in margarine until tender. Stir in tomato sauce, vinegar, honey, salt and pepper. Bring to a boil, stirring constantly. Boil 5 minutes or until sauce is slightly thickened.
2. Meanwhile, trim fat from flank steak. Score steak diagonally into diamonds on both sides. Brush with sauce. Grill steak on an uncovered grill directly over medium coals for 7 minutes. Turn and grill to desired doneness, allowing 5-7 minutes more for medium. Brush occasionally with the remaining sauce.
3. To serve, thinly slice the flank steak across the grain.
Makes 6 servings.



► The Kansas junior steak team placed first in the recipe category, second in showmanship and first overall in the junior steak division. They then topped all age divisions and won the Black Kettle Award. Pictured are (from left) **Clay Pelton**, Paradise; **Kelsey Theis**, Leavenworth; **Eva Hinrichsen**, Westmoreland; and **Kady Fige**, Onaga. They prepared “All-American Grilled Flank Steak.”

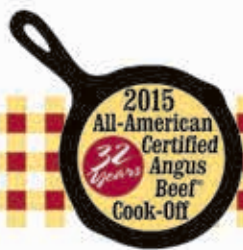
Quick CAB® Oriental Stir-fry

1 lb. CAB® flank steak, cut into 2-in. strips	1½ cups fresh broccoli florets
½ cup cold water	1 red bell pepper, cut into matchsticks
3 Tbs. soy sauce	2 carrots, thinly sliced
1 Tbs. cornstarch	1 green onion, chopped
½ tsp. instant beef bouillon granules	1 small can water chestnuts
¼ tsp. ground ginger	1½ cups snow peas
2 Tbs. vegetable oil	Hot, cooked rice

- For sauce, stir together cold water, soy sauce, cornstarch, instant beef bouillon granules and ginger. Set sauce aside.
- Prepare a wok or large skillet over medium-high heat; add cooking oil.
- Add beef. Cook and stir until browned, 3-4 minutes. Move meat to sides of wok.
- Add vegetables to center of wok or large skillet. Cook 2 minutes or until vegetables are crisp and tender.
- Mix beef and vegetables together.
- Add sauce mixture to coat beef and vegetables. Cover and cook about 3 minutes or until heated through. Serve immediately over rice.
- Makes 4 servings.



► Michigan juniors tied for second in the recipe category and won third overall in the junior steak division. Pictured are (from left) **Paige Zellmer**, **Brady Zellmer** and **Thea Zellmer**, all of Nashville; and **Blake Pillars**, Martin. They prepared “Quick CAB® Oriental Stir-fry.”



STEAK COMPETITION



► Missouri juniors tied for second in the recipe category, won first in showmanship and placed second overall in the junior steak division. Pictured are (from left) **Ella Jordan**, Saint Joseph; **Alexis Koelling**, Laddonia; **Courtney Keaton**, Anderson; **Gavin Rhode**, Gower; **Kyle Houston**, Savannah; and **Isaac Rhode**, Gower. They prepared “Walk the Plank Flank Steak.”

Walk the Plank Flank Steak

1½-2 lb. CAB® flank steak

½ cup orange juice

1 Tbs. fresh rosemary, chopped

Marinade:

1 cup prepared teriyaki sauce

1 Tbs. dark sesame oil

½ cup chopped onion

1 large clove garlic, crushed

½ cup honey

½ tsp. pepper

- In a small bowl, combine marinade ingredients. Set aside ¾ cup marinade for basting.
- Place steak and remaining marinade in food-safe plastic bag; turn to coat. Close bag securely, and marinate in refrigerator approximately 4 hours.
- Remove steak from marinade; discard used marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 18-20 minutes for medium-rare to medium doneness; turn occasionally and baste with reserved marinade.
- Place remaining basting marinade in small saucepan; place on grid of grill and bring to a boil. Meanwhile, carve steak diagonally across the grain into thin slices. Spoon hot marinade over beef. May serve over bed of rice and grilled vegetables.
- Yields 6 to 8 servings.



► Representing Nebraska in the junior steak competition are (from left) **Rachel Smith**, Osceola; **Kyra Meyer**, Blue Hill; **Caitlin Havelka**, Anselmo; **Kacey Dethlefs**, North Platte; and **Kasey Meyer**, Blue Hill. They prepared “Lucy’s Cooking Cuban Flank Steak.”

Lucy’s Cooking Cuban Flank Steak

1 large piece CAB® flank steak

1 tsp. onion powder

1 tsp. garlic powder

Marinade:

½ cup lime juice

1 Tbs. soy sauce

¼ cup olive oil

½-1 tsp. Chipotle chili powder (or use your favorite hot sauce)

1 tsp. cumin

2 tsp. lime zest (optional)

1 tsp. oregano

- Combine marinade ingredients in a Ziploc® bag, add steak and marinate.
- Let steak come to room temperature before grilling.
- Preheat grill to medium-high heat.
- Grill meat to desired doneness, 4-5 minutes per side. Be careful not to overcook this cut of meat (140° F-145° F for medium rare, 155°-160° for medium).
- Remove meat from grill; let rest for about 5 minutes. Slice across the grain; serve hot with slices of fresh lime.

Stuffed Flank Steak Kabobs

2 lb. CAB® flank steak	salt and pepper
8 oz. Boursin® Cheese spread with herbs	oil for grilling
8 oz. sun-dried tomatoes, sliced	butcher's twine
1½-2 cups fresh spinach or arugula, rough chopped	bamboo skewers, soaked in water

- Lay the steak flat and make some shallow cuts across the grain, and pound flat between two sheets of plastic wrap. Season with salt and pepper.
- Spread Boursin Cheese spread on meat, using about ¾ to all of container. Top with spinach and sun-dried tomatoes.
- Roll up jelly-roll style and tie with butcher's twine every 1-1½ inches. Wrap in plastic wrap and store in refrigerator 12-15 hours until ready to grill, or cook immediately. (If refrigerated, bring to room temperature for 30 minutes before grilling.)
- Insert skewers in the meat next to the twine. Cut on either side of the skewers and twine. Oil the grill and bring to high heat. Lower grill temperature to medium heat and place skewers on grill. Cook 4-5 minutes on each side. Remove twine before serving.



► Representing Illinois in the intermediate steak competition are (from left) **Keegan Cassady**, Normal; **Erica Harrell**, Roseville; **Katelyn Eathington**, Avon; **Lindsey Decker**, Philo; **Sierra Day**, Cerro Gordo; and **Matthew Decker**, Philo. They prepared "Stuffed Flank Steak Kabobs."

Rolled Flank Steak

2 lb. CAB® flank steak	4 slices thick-cut bacon
¼ cup soy sauce	½ cup fresh spinach leaves
½ cup olive oil	½ cup crimini mushrooms, sliced
2 tsp. steak seasoning	½ red bell pepper, seeded and cut into strips
8 oz. thinly sliced provolone cheese	

1. Place the flank steak on a cutting board with the short end closest to you. Starting from one of the long sides, cut through the meat horizontally to within ½ inch of the opposite edge. (You can also ask your butcher to butterfly the flank steak for you instead of cutting it yourself.)
2. Mix the soy sauce, olive oil and steak seasoning together in a gallon-sized resealable plastic bag. Marinate flank steak in the refrigerator 4 hours to overnight.
3. Preheat oven to 350° F. Grease a glass baking dish.
4. Lay out the flank steak flat in front of you with the grain of the meat running from left to right. Layer the provolone across the steak, leaving a 1-inch border. Arrange the bacon, spinach, red pepper and mushrooms across the cheese-covered steak in stripes running in the same direction as the grain of the meat. Roll the flank steak up and away from you, so that when the roll is cut into the pinwheel shape, each of the filling ingredients can be seen. Roll firmly, but be careful not to squeeze the fillings out the ends. Once rolled, tie every 2 inches with kitchen twine.
5. Place over medium coals on grill. Cook on each side 5-10 minutes to desired doneness. Remove from grill and place on board to rest 15 minutes before cutting into 1-inch slices. Be sure to remove the twine before serving!



► Kansas juniors won first in recipe, showmanship and overall in the intermediate steak division, thereby claiming the Pat Grote LEAD Award. Pictured are (from left) **Grady Dickerson**, Paradise; **Cale Hinrichsen**, Westmoreland; **Caleb Flory**, Baldwin City; **Sarah Pelton**, Paradise; and **Alexandria Cozzitorto**, Lawrence. They prepared "Rolled Flank Steak."



STEAK COMPETITION



► Louisiana juniors tied for third in the recipe category and won third overall in the intermediate steak division. Pictured are (from left) **Isaac McFarland**, Keithville; **Faith Guice**, Downsville; and **Clayton Simmons**, Bossier City. They prepared “Red River Steak.”

Red River Steak

CAB® flank steak

½ tsp. black pepper
1-2 Tbs. brown sugar
1 Tbs. tomato paste
1 tsp. paprika
2 Tbs. Worcestershire sauce
½ cup vegetable oil

Marinade:

juice of two limes
3 toes (or cloves) fresh garlic, minced
½ tsp. cayenne pepper, ground
1 tsp. salt

- Combine all ingredients in a 1-gallon zipper-lock plastic bag and add the flank steak. Marinate steak in refrigerator for 2 hours or as long as overnight.
- Remove steak; pat dry with paper towels. Heat grill on medium high for 5 minutes.
- Place meat on grill and cook about 5 minutes; turn steak over and cook about 4 minutes on that side, until meat is medium rare.
- Remove from grill, place on a plate, cover with foil and let rest about 10 minutes.
- Place meat on a cutting board (reserving juice from plate), and slice meat in ¼-inch to ½-inch slices, cutting across the grain.

Sauce for meat:

(can be made 1-2 days ahead, stored in refrigerator and heated before serving)

1 green bell pepper, chopped	1 bay leaf
1 medium onion, chopped	2 Tbs. parsley
1 stalk celery, chopped	1 tsp. dried ground thyme
2 cups chicken or beef broth	2 cups fresh tomato, chopped
4 Tbs. roux, medium dark	

- In a sauté pan, melt roux over medium heat. Add bell pepper, onion and celery and sauté about 10 minutes, until aromatics are translucent and wilted. Stir in remaining ingredients and simmer for 30 minutes.
- Remove bay leaf before serving.



► Representing Maryland and placing second in the recipe category in the intermediate steak competition are (from left) **Kevin Spicer**, Ijamsville; **Seth Brauning**, Finksburg; **Avery Dull**, Westminster; and **Kyle Schulze**, Woodbine. They prepared “More Than Just a Blank Slate Flank Steak.”

More Than Just a Blank Slate Flank Steak

CAB® flank steak

- Tenderize steak with mallet. Add salt and pepper to steak and rub with a mixed seasoning rub and olive oil. Marinate in bag for 2-3 hours while chilled.
- Grill for 17-21 minutes until medium and cooked to desired temperature.
- Garnish with crab imperial.

Crab imperial recipe:

1 lb. jumbo lump crabmeat (or lump)	1 tsp. finely chopped Italian parsley
½ cup Hellmann's® mayonnaise	1 large egg, lightly beaten
1 tsp. sugar	squeeze of lemon juice
1 tsp. Old Bay® seasoning	

- Mix mayonnaise, egg, sugar, Old Bay®, lemon juice and parsley together and blend well; this is your imperial sauce.
- Gently fold crab meat into imperial sauce, being careful not to break up crabmeat. (Place portions in baking dish using ramekins or small casserole dishes.)
- Bake in 350° F oven for 20 minutes (top will turn golden brown). May be cooked in slow cooker or on grill.

Yee-Haw Flank Steak

1 lb. CAB® flank steak, thinly sliced
5 Tbs. soy sauce
2½ Tbs. brown sugar
¼ cup green onion, chopped

2 Tbs. minced garlic
2 Tbs. sesame seeds
2 Tbs. sesame oil
½ tsp. ground black pepper

1. Place the thinly sliced beef in a shallow dish. Combine soy sauce, brown sugar, green onion, garlic, sesame seeds, sesame oil and ground pepper. Pour over beef. Cover and refrigerate for at least 1 hour.
2. Preheat grill.
3. Grill beef to desired degree of doneness.

CAB® Flankin' the Steers

1-2 lb. CAB® flank steak

Marinade:
¾ cup honey
¾ cup teriyaki

1 tsp. garlic, minced
½ tsp. ginger, minced
¼ to ½ cup red wine or balsamic vinegar
½ cup oil

1. Combine all marinade ingredients, pour over steak and allow steak to marinate for 2-12 hours.
2. Grill until desired doneness.
3. Allow to rest. Slice across the grain and enjoy.

Steak & Pepper Enchiladas

CAB® flank steak, seasoned with salt and pepper, grilled or broiled, sliced thin against the grain

2-3 peppers sliced thin (red bell, poblano, Hungarian wax pepper — your choice of one or all three)

1 large onion
1 Tbs. olive oil
1 tsp. chili powder

1 tsp. Mexican oregano (or regular oregano) salt and pepper, to taste
2 cups pepper jack cheese (or something milder), shredded
1 can Hatch green chili sauce
1 can of chopped green chilis
2 green onions, chopped (optional)
Flour or corn tortillas

- ▶ To make vegetable mixture, in large nonstick skillet, heat oil and add sliced onion and peppers. Add chili powder, oregano, salt and pepper. Cook until softened, about 10 minutes.
- ▶ Warm tortillas in microwave (on plate with moist paper towel) for about 20-30 seconds or in skillet.
- ▶ Start to assemble tortillas by first adding a small amount of cheese, sliced steak and vegetable mixture.
- ▶ Roll up tortillas to form a cigar shape and place into a baking dish sprayed with nonstick spray. Once all enchiladas are assembled, warm green chili sauce and green chilis in skillet. Then pour sauce over all of the wrapped tortillas. Add a layer of cheese and place in oven. Bake for about 20 minutes or until cheese is melted and browned and sauce is bubbling. Garnish with chopped green onion, if desired.



▶ Nebraska juniors tied for third in the recipe category, placed second in showmanship and won second overall in the intermediate steak division. Pictured are (from left) **Sydni Liemann** and **Skylar Lienemann**, both of Princeton; **Reagan Skow**, Palisade; **Emily Dethlefs**, North Platte; and **Miles Stagemeyer**, Page. They prepared “Yee-Haw Flank Steak.”



▶ Representing Oklahoma in the intermediate steak competition are (from left) **Sydney Johnson**, Orlando; **Madelyn Gerken**, Cashion; **Jaryn Frey**, Kingfisher; **Victoria Gerken** and **Sydney Gerken**, both of Cashion; and **Charley Johnson**, Orlando. They prepared “CAB® Flankin’ the Steers.”



▶ Representing Texas and placing third in showmanship in the intermediate steak competition are (from left) **Kaydee Free**, Salado; **Georgia Blackwell**, Venus; **Lexi Stevenson**, Bedford; **Cutter Pohlman**, Hereford; **Cooper Free**, Salado; and **Karsen Smoot**, Argyle. They prepared “Steak & Pepper Enchiladas.”



STEAK COMPETITION



► Illinois juniors placed second in the recipe and showmanship categories and first overall in the senior steak division. Pictured are (from left) **Treavor Taylor**, Colfax; **Andrew Livingston**, Nokomis; **Gabrielle Lemenager**, Clifton; and **Laramie Chaffin**, Roodhouse. They prepared “Balsamic Flank Steak With Herb Butter.”

Balsamic Flank Steak With Herb Butter

2-3 lb. CAB® flank steak

Marinade:

½ cup balsamic vinegar
¼ cup soy sauce
2 Tbs. brown sugar

1 clove garlic, minced
1 tsp. fresh rosemary, chopped
¼ cup olive oil
½ tsp. black pepper
1 tsp. salt

Mix marinade ingredients and pour over steak. Let marinate at least 5 hours or overnight in refrigerator. Set out at room temperature 30 minutes before cooking.

Herb butter:

½ stick butter, softened
2 Tbs. chives, finely chopped

1 Tbs. rosemary, finely chopped
pinch of salt

- Combine ingredients, cover and refrigerate.
- Heat 2 tablespoons olive oil in cast-iron skillet. Drain steak and place in hot skillet to sear. (This may have to be done in two batches.) Sear on each side for 5-6 minutes per side. Cover and continue cooking another 4-5 minutes to medium rare or medium (140° F).
- Remove from skillet to platter. Put herb butter on top of steak. Cover with foil tent and let rest 5 minutes.
- Thinly slice across the grain and enjoy!



► Iowa juniors won first in the recipe category, third in showmanship and third overall in the senior steak division. Pictured are (from left) **Tim Mardesen**, Oxford; **Baxter Knapp**, Bloomfield; **Mason Holvoet**, Wever; **Lucas Moser**, Larchwood; and **Conner Holvoet**, Wever. They prepared “Marinated Flank Steak.”

Marinated Flank Steak

3 lb. CAB® flank steak
4 Tbs. lemon juice
1 lemon, sliced
4 cloves garlic, crushed
1 cup olive oil

½ cup soy sauce
1½ fresh ginger root, thin sliced
4 star anise, crushed
fresh ground pepper

Combine all marinade ingredients, grill steak and slice thin against grain to serve.

CAB® Shortstack

3 lb. CAB® flank steak, thinly sliced

Marinade:

1 cup Dale's Steak Seasoning
1 tsp. onion powder
1 tsp. soul seasoning
1 tsp. garlic pepper

12 6-in. soft tortilla shells
1 stick soft butter

½ tsp. garlic salt
2 15-oz. cans refried beans
2 cups Mexican cheese, shredded
2 cups Colby Jack cheese, shredded
2 cups green onions, finely chopped
1 16-oz. container sour cream
1 32-oz. jar salsa
1 small tomato
1 small bag shredded lettuce

- ▶ Slice steak into very thin slices. Place in a container that can be sealed. Lightly drizzle Dale's sauce, onion powder, soul seasoning and garlic pepper over the meat. Seal and let sit for 30 minutes. Stir one time. Pour meat into a preheated skillet and cook until desired doneness. Do not overcook.
- ▶ Mix together butter and garlic salt. Lightly brush tortilla shells with mixture. Lightly toast in skillet. Four shells are used for each short stack.
- ▶ Mix 8 ounces of sour cream and ½ cup of salsa together. Mix the 2 cups of Mexican and Colby-Jack cheese together. Now it's time to put everything together.
- ▶ Spread a layer of refried beans, layer of meat, layer of sour cream mixture, sprinkle of chopped green onions, and layer of shredded cheese. Repeat until you have used 4 tortillas for each stack.
- ▶ Cover the CAB shortstack and place in oven at 350° F just until the cheese melts. Place on plate and garnish with shredded lettuce, sour cream, chopped tomatoes and salsa.
- ▶ Serves 8.



▶ Representing Mississippi in the senior steak competition are (from left) **Will Manning**, New Albany; **Haley Walker**, Potts Camp; **Elizabeth Rone**, Courtland; **Gabrielle Simpson**, Tupelo; **Hayden Neal**, Forest; and **Jacob Carpenter**, Potts Camp. They prepared "CAB® Shortstack."

Balsamic Glazed Steak Rolls

1½-2 lb. CAB® flank steak
salt and pepper
3 Tbs. Worcestershire sauce
1 Tbs. olive oil

5-6 green onions
2 cloves garlic
1 tsp. Italian herb seasoning

Veggie filling:

1-2 carrots
1-2 bell peppers
1 zucchini (depends on size)

Balsamic glaze sauce:

2 tsp. butter
2 Tbs. shallots, finely chopped
¼ cup balsamic vinegar
2 Tbs. brown sugar
¼ cup beef broth

1. Cut flank steak into 3-inch strips. Season the steak pieces generously on both sides with salt, pepper and Worcestershire sauce. Marinate for at least 30 minutes.
2. Cut carrot, bell pepper and zucchini into 4-inch-long slim slices. Do the same with green onion, and slice in half. Peel garlic and crush cloves.
3. Melt butter in saucepan.
4. Add finely chopped shallot and sauté until soft and translucent.
5. Add balsamic vinegar, brown sugar, beef stock and stir.
6. Allow sauce to boil, then reduce. When thickened, turn off heat and transfer to bowl.
7. In same pan, add a touch of olive oil and toss in garlic cloves to sit a few minutes.
8. Add carrots, bell pepper and zucchini; season with Italian herb seasoning, salt and pepper and stir-fry for 2-3 minutes on high heat.
9. Assemble steak rolls. Take a strip of the marinated steak, place veggies (add green onion now) in the middle, and roll the beef up over the filling, securing it with a toothpick.
10. Place on grill. Cook to your preference. Be sure to turn.
11. Remove toothpick and serve with balsamic glaze sauce over the top of each roll.



▶ Missouri juniors placed third in recipe, first in showmanship and second overall in the senior steak division. Pictured are (from left) **Sydney Thummel**, Sheridan; **Chris Kahlenbeck**, Union; **Brittany Eagleburger**, Buffalo; and **Cooper Sadowsky**, Eagleville. They prepared "Balsamic Glazed Steak Rolls."

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OTHER BEEF COMPETITION



► Illinois juniors placed second in recipe, first in showmanship and first overall in the junior other beef division. Pictured are (from left) **Amelia Miller**, Gridley; **Lauren Wolter**, Aviston; **Anne Dameron**, Towanda; **Ella Brooks**, Prophetstown; **Jack Dameron**, Towanda; and **Emily Brooks**, Prophetstown. They prepared “Bierocks (German Beef Pockets).”

Bierocks (German Beef Pockets)

1½ lb. thinly sliced CAB® deli roast beef, chopped	1 onion, diced
1½ cups cheddar cheese, shredded	½ stick butter
4 cups cabbage or cole slaw mix, shredded	½ tsp. each salt, pepper, granulated garlic
	1 package Rhodes® Texas rolls, thawed

- Heat butter in sauté pan. Add cabbage and onion and cook until tender. Season with salt, pepper and garlic.
- Mix beef, cabbage mixture and cheese.
- Flatten the rolls to form large circle. Place meat mixture (about ½ cup) in center of each roll. Fold over and seal.
- Bake 20 minutes until golden brown.
- Serve warm. Leftovers can be reheated in microwave.



► Iowa won first in the recipe category and third overall in the junior other beef division. Pictured are (from left) **Craig Becker**, Atlantic; **Jude Moser**, Larchwood; **Jack Johnson**, Prole; **Jacob Schermer**, Clarion; and **Carson Mather**, State Center. They prepared “Reuben Dip.”

Reuben Dip

12 oz. CAB® deli roast beef, diced	6 oz. Swiss cheese, shredded
1 small can sauerkraut	4 Tbs. Thousand Island dressing
1 pkg. (8 oz.) cream cheese	

- Drain sauerkraut. Mix with cream cheese and Swiss cheese. Add diced meat and dressing.
- Cover and heat on low in slow cooker until cheeses are melted, stirring occasionally.
- Serve warm with cocktail rye bread or serve open-faced on marble rye bread as a sandwich.

CAB® Roast Beef Pepper Boats

8 oz. CAB® deli beef, sliced	2 Tbs. butter
8 slices provolone cheese	2 Tbs. olive oil
2 bell peppers	1 Tbs. garlic, minced
1 onion, sliced	salt and pepper, to taste
6 oz. baby bella mushrooms, sliced	

1. Preheat oven to 400° F.
2. Slice the peppers in half lengthwise and remove ribs and seeds.
3. Add butter, olive oil, garlic, mushrooms, onions, and salt and pepper to a large sauté pan. Cook over low-medium heat.
4. Sauté until onions and mushrooms are tender.
5. Slice roast beef into strips and add to the onion and mushroom mixture. Cook for 3-5 minutes until heated through.
6. Line the inside of each pepper with a slice of cheese, fill with the meat mixture and top with another slice of cheese.
7. Bake for 15-20 minutes until the cheese on top is golden brown.



► Kansas juniors placed third in recipe, second in showmanship and second overall in the junior other beef division. Pictured are (from left) **Kayden McClayland**, Fredonia; **Kelly Newton**, Elk City; **Tanner Hite**, Valley Center; **Nicholas Siemens**, Towanda; and **Baylee Wulfkuhle**, Ber-ryton. They prepared “CAB® Roast Beef Pepper Boats.”

Deli-style Wrap

8 oz. CAB® deli beef, thinly sliced
8 oz. cream cheese spread
2 Tbs. barbecue sauce
2 Tbs. spicy brown mustard
½ cup shredded marble cheese

2-3 plum tomatoes, thinly sliced
½ small purple onion, thinly sliced
6-12 iceberg lettuce leaves
6 8-in. flour tortillas

- ▶ Mix together cream cheese, barbecue sauce and mustard.
- ▶ Spread 2 tablespoons mix on each tortilla.
- ▶ Layer with lettuce and beef.
- ▶ Sprinkle with cheese, and top with lettuce and onion.
- ▶ Roll up tight and serve.

Out of the Park CAB® Sushi

1 lb. CAB® deli roast beef

Marinade:

8 oz. cream cheese, softened
pepperoncini, to taste
½ tsp. black pepper

- ▶ Option 1: Spread softened cream cheese on slices of roast beef. Sprinkle with black pepper to taste. Add pepperoncini to taste. Roll into log, slice and enjoy.
- ▶ Option 2: Combine chopped deli roast beef, softened cream cheese, black pepper and pepperoncini. Form into desired shape and chill. Serve with chips or crackers.

Portobello Philly Cheesesteaks

1 lb. CAB® deli roast beef, thinly sliced
6 portobello mushrooms, stems removed
1 Tbs. olive oil
1 sweet onion, sliced into rings

1 green bell pepper, sliced
2 cloves garlic, minced
salt and pepper
½ lb. provolone cheese, thinly sliced

- ▶ Place mushrooms stem side up on foil and place on grill for 10 minutes. Turn halfway through cooking. Place directly over grill fire for 1-2 more minutes to sear. (This can also be done on a baking sheet in a 375° F oven.)
- ▶ While the mushrooms are cooking, heat olive oil in skillet. Add onions and bell pepper and cook until soft, 6-8 minutes. Add the garlic and cook 30 more seconds.
- ▶ Layer 3-4 slices of roast beef onto each mushroom. Top the beef with 2 pieces of provolone cheese, followed by a generous portion of the onions and bell peppers. Season with salt and pepper.
- ▶ Return to grill or oven until the cheese is melted. Serve immediately.



▶ Representing Kentucky in the junior other beef competition are (from left) **Mayson Toll**, Lawrenceburg; **Ethan Blevin**, Greenup; **Hannah Craig**, Winchester; **Abigail Smoot**, Campbellsville; and **Clay Sparks**, Paris. They prepared “Deli-style Wrap.”



▶ Representing Oklahoma and placing third in showmanship in the junior other beef competition are (from left) **Wyatt Shepard** and **Teegan Shepard**, both of Perkins; and **Jake Henrichs** and **Blake Henrichs**, both of Okarche. They prepared “Out of the Park CAB® Sushi.”



▶ Illinois juniors placed third in recipe, showmanship and overall in the intermediate other beef division. Pictured are (from left) **Mason Schneider**, Grant Park; **Emily Kieseewetter**, Farmington; **Holly Marsh**, Union; and **Lauryn Mool** and **Ashlyn Mool**, both of Lexington. They prepared “Portobello Philly Cheesesteaks.”

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OTHER BEEF COMPETITION



► Iowa juniors won first in recipe, second in showmanship and first overall in the intermediate other beef division. Pictured are (from left) **Jordan Johnson**, Fort Dodge; **Reagan Holvoet**, Wever; **Kara Collison**, Rockwell City; **Avery Mather**, State Center; and **Morgan Knapp**, Bloomfield. They prepared “French Dip Cupcakes.”

French Dip Cupcakes

12-16 oz. CAB® deli roast beef, thinly sliced & chopped
6-8 oz. goat cheese

½ cup au jus gravy
16 wonton wrappers
4 oz. mozzarella cheese, shredded

- Preheat oven to 375° F. Lightly mist muffin tin with cooking spray and set aside. Melt goat cheese with chopped roast beef and au jus. Stir until combined well. Push a wonton wrapper into the bottom of each muffin tin cup. Spoon about half of the roast beef mixture evenly among the wonton wrappers.
- Sprinkle mozzarella cheese over roast beef mixture. Press another wonton wrapper on top and repeat with another layer of roast beef and mozzarella cheese.
- Bake for 18-20 minutes until golden brown. Let cool 5 minutes before removing from muffin tin.



► Kansas juniors placed second in recipe, first in showmanship and second overall in the intermediate other beef division. Pictured are (from left) **Mia Hastings**, **Laura Carpenter** and **Anna Carpenter**, all of Wamego; **Sara Loomis**, Council Grove; **Morgan Woodbury**, Quenemo; and **Madison Wulfkuhle**, Berryton. They prepared “Umami Overload CAB® Bruschetta Pizzetta.”

Umami Overload CAB® Bruschetta Pizzetta

1 lb. CAB® deli roast beef, sliced into 2- to 3-in. ribbons
1 pkg. flat breads or pita breads
8 oz. ball of fresh mozzarella cheese, sliced into ¼-in. slices and torn into rough chunks
4 Tbs. olive oil, divided
2 cloves garlic, divided
1 pint cherry tomatoes, coarsely chopped, squeezed and drained of juice

¼ cup chopped red onion
2 Tbs. balsamic vinegar
3-4 fresh basil leaves (or more if desired), chopped, plus basil leaf clusters for garnish (optional)
salt and pepper, to taste
¼ cup Parmesan cheese, grated

- Mince garlic and combine with olive oil in a medium bowl.
- Lightly brush both sides of flat bread with oil, reserving about 1 tablespoon of oil in the bowl.
- To reserved oil, add chopped and drained tomatoes, onion, vinegar and chopped basil. Salt and pepper to taste and toss to combine.
- Toast flat breads on both sides over a hot grill. Move off of direct heat. Quickly and lightly sear beef ribbons over high heat. Layer tomato mixture, beef and mozzarella chunks on flat breads, leaving some of all the different items exposed.
- Sprinkle with Parmesan cheese. Cover grill, or cover loosely with a foil tent until toppings are warmed through and cheese is melted.
- Serve immediately, either open-faced or folded in half for eating out-of-hand.



► Virginia juniors placed second in recipe, showmanship and overall in the senior other beef division. Pictured are (from left) **Hannah Cox** and **Mackenza Muncy**, both of Staunton; **Helena St. Clair** and **Morgan Alexander**, both of Berryville; and **Lauren Beasley**, Bluemont. They prepared “Creamed Beef Breakfast.”

Creamed Beef Breakfast

2 oz. CAB® deli roast beef, medium thickness
4 Tbs. butter
2 Tbs. (heaping) Bisquick®

½ cup milk
2-3 English muffin halves
pepper, to taste

- Dice deli roast beef into small pieces. Melt butter in pan, stir in Bisquick. Stir constantly until it is smooth; add beef and milk while continually stirring until thick. Add pepper to taste. Serve over English muffin halves. Can keep gravy warm in a slow cooker until ready to serve. This recipe is easily multiplied.

Roast Beef & French Onion Grilled Cheese Sandwich

2 thick slices CAB® deli roast beef
1 small onion
1 tsp. thyme leaves
1 Tbs. whole-grain mustard
kosher salt
pepper

1 Tbs. olive oil or butter, unsalted
1 Tbs. olive oil
mayonnaise (optional)
4 slices rye or sourdough bread
2 oz. Gruyere or provolone cheese

1. Heat olive oil over medium heat. Add onion, season with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Cook uncovered for 12 minutes. Reduce heat to medium-low; stir in thyme leaves and cook uncovered, stirring occasionally, until the onions are golden brown, 15-20 minutes more (add 1 or 2 tablespoons of water to the skillet if the onions start sticking).
2. Brush one side of the slice of bread with butter or oil. Form sandwiches with bread, whole-grain mustard, Gruyere or provolone cheese, roast beef and onion mixture. Add mayonnaise, if desired. Cook sandwiches, covered, until the bread is golden brown and crisp and the cheese has melted, 4-5 minutes per side.
Enjoy!
Serves 2.



► Indiana juniors placed first in recipe, showmanship and overall in the senior other beef division, then took top honors for the entire other beef competition. Pictured are (from left) **Nick Innis**, Milroy; **Karson Patton**, Frankfort; **Austin Waterman**, Anderson; **Madison Butler**, Vincennes; **Jordyn Wickard**, Greenfield; and **Sarah Innis**, Milroy. They prepared "Roast Beef & French Onion Grilled Cheese Sandwich."