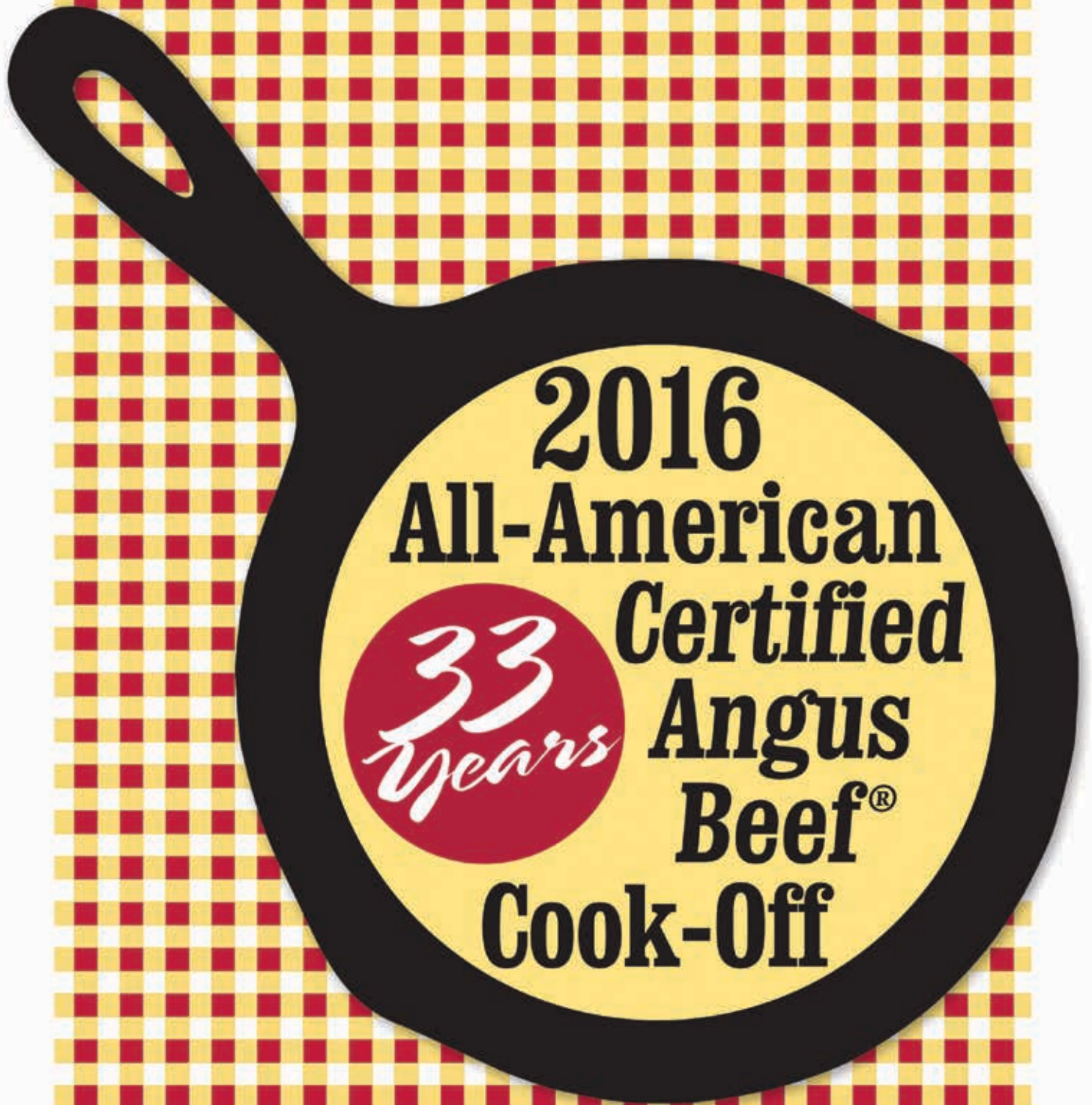


THE 33RD ANNUAL



In conjunction with the

2016 NATIONAL JUNIOR ANGUS SHOW

Grand Island, Neb. • July 5, 2016

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 33rd 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); 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 sixth Chef's Challenge.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event. Torri Lienemann, Princeton, Neb., served as the local contact for the event.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** *Grand Island, Neb. • July 5, 2016*

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 17th 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 12th time this award will be presented.
- ▶ **Jim Baldrige Secret Seasonings — Bob, Becky, Jake and Lindsay Tiedeman, North Platte, Neb.; and Quintin Smith Family Angus, Lebanon, Tenn.**, for sponsoring custom-designed T-shirts for each contestant.
- ▶ **Friends of the Black Kettle**, the **Kentucky Angus Association**, the **Nebraska Beef Council** and **American Angus Auxiliary** for awards.
- ▶ **Certified Angus Beef LLC (CAB)** for providing the products for the contest.
- ▶ **Sysco, Lincoln, Neb.**, 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 Robbins** 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.

2016 All-American Certified Angus Beef® Cook-Off judges

Bill Angell
Livestock Superintendent
Nebraska State Fair
501 E. Fonner Park Rd.
Grand Island, NE 68801

C.J. Brown
Livestock Illustrator
904 N. Mulford Rd.
Lindenwood, IL 61049

Tom Burke
American Angus Hall of Fame
Box 660
Smithville, MO 64089

Jon Davis
Champion Hill
1493 Bullaville Pike
Gallipolis, OH 45631

Paul Dykstra
CAB Beef Cattle Specialist
Box 856
Chappell, NE 69129

Barbara Ettredge
Past president,
American Angus Auxiliary
1001 Berend Rd.
Pilot Point, TX 76258

Joe Gangwish
KRBN 880 Radio
Box 880
Lexington, NE 68850

Shauna Hermel
Editor, *Angus Journal*
3201 Frederick Ave.
Saint Joseph, MO 64506

Kara Wilson Lee
CAB Production Brand Manager
17309 Dakota Dr.
Leavenworth, KS 66048

Gretchen Mafi
Oklahoma State University
Associate Professor
Dept. of Animal Science 104A
Stillwater, OK 74078

Miranda Reiman
CAB Industry Information
Assistant Director
75845 Rd. 417
Cozad, NE 69130

Quintin Smith
Quintin Smith Family Angus
5171 Cainsville Rd.
Lebanon, TN 37090

John Stika
CAB President
206 Riffel Rd.
Wooster, OH 44691

Jake Tiedeman
Baldrige-Tiedeman Angus
6500 N. Homestead Rd.
North Platte, NE 69101

Steve White
N TV, Co-Farm Director
3404 W. 13th St. Suite 123 A
Grand Island, NE 68803



ROAST COMPETITION

Garlic Rosemary Studded Roast

3- to 4-lb. CAB® top sirloin center-cut roast	8 fresh rosemary sprigs, cut about 1½-in. in length
3 cloves garlic, minced	1 Tbs. extra virgin olive oil
1 tsp. dried rosemary	additional kosher salt and freshly ground pepper to taste
1 tsp. kosher salt	
6 cloves garlic, split in half lengthwise	

1. Mix minced garlic, dried rosemary and 1 teaspoon salt in a small mixing bowl. Cut approximately 20 slits evenly spaced around the roast, about 1-inch deep, using a paring knife. Rub mixture evenly all over roast and refrigerate 2 or more hours.
2. Preheat oven to 450° F. Remove roast from refrigerator and wipe clean with a paper towel. Rub roast with olive oil and season all sides with additional salt and pepper to taste. Place fat side up in roasting pan fitted with rack.
3. Place roast in oven for 15 minutes. Remove from oven and reduce temperature to 325°. Insert halved garlic cloves and rosemary sprigs evenly into premade slits. Place roast back in oven and continue cooking about 1¼ hours for medium doneness.
4. Remove roast from oven, place on cutting board and loosely tent with foil. Allow to rest 15 minutes before slicing roast across the grain.



PHOTOS BY PEARL'S PICS FOR THE AMERICAN ANGUS ASS'N

► Iowa juniors won second in showmanship, recipe and overall in the junior roast division. Pictured are (from left) **Jude Moser**, Larchwood; **Coryn Wilson**, Donahue; **Cale Jensen**, Plainfield; **Jack Johnson**, Prole; **Korey Moser**, Larchwood; and **Jacob Schermer**, Clarion. They prepared “Garlic Rosemary Studded Roast.”

Royal CAB® Top Sirloin Center-cut Roast

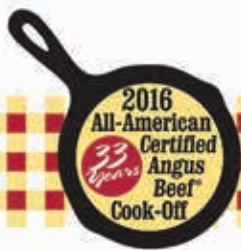
2- to 3-lb. CAB® top sirloin center-cut roast	Seasoning salt mixture:
seasoning salt mixture, recipe follows	2 tsp. freshly ground black pepper
basting sauce, recipe follows	2 tsp. white pepper
	2 tsp. cayenne pepper
	1 tsp. onion powder
	4 Tbs. granulated garlic
	6 Tbs. kosher salt

Basting sauce:
 ½ cup red wine vinegar
 ½ cup olive oil
 8-10 cloves of garlic

- Mix together all ingredients for the seasoning salt mixture in a small bowl.
- Blend together basting sauce ingredients using a hand immersion blender.
- Coat both sides of the roast with the seasoning mixture, rubbing it in as you would a dry rub. Let the seasoned roast rest for at least 30 minutes at room temperature. Sear each side of the roast at an extremely high temperature for 3-4 minutes per side.
- Remove from grill, cover with foil and let it rest while bringing the grill temperature down to 350°-400° F. Put the roast back on the grill and cook to an internal temperature of 126° for medium rare, basting with sauce every 5-10 minutes.
- Remove roast from the grill, cover it with foil and let it rest for 15 minutes. Cut against the grain into ½-inch slices.



► Kansas juniors won third overall in the junior roast division after placing third in recipe and tying for third in showmanship. Pictured are (from left) **Camden Rietcheck**, Gardner; **Carson Woodworth** and **Jensen Woodworth**, both of Enterprise; and **Allyson Rietcheck**, Gardner. They prepared “Royal CAB® Top Sirloin Center-cut Roast.”



ROAST COMPETITION



► Kentucky juniors tied for third in showmanship in the junior roast division. Pictured are (from left) **Lily Jefferies** and **Lucy Jefferies**, both of Canmer; **Bryanna Smith**, Russellville; **Jacob Marksbury**, Buffalo; **Mayson Tolle**, Lawrenceburg; and **Ethan Blevins**, Greenup. They prepared “Kentucky Roast.”

Kentucky Roast

2- to 3-lb. CAB® top sirloin center-cut roast	2 cups potatoes
1½ cup carrots	2 cups water
1 cup celery	1 pkg. McCormick® roast seasoning
1 cup onion, chopped	

- Place beef and vegetables in slow cooker.
- Mix seasoning mix and water until blended. Pour over beef and vegetables. Cover.
- Cook 4 hours on high.
- Stir and serve.

Team Information

Division: **8 to 13**

State: **Missouri**

Team Members:

Molly Busch, *Saint James*
Victoria Busch, *Saint James*
Courtney Dehn, *Dearborn*
Olivia Gerloff, *Bland*
Courtney Keaton, *Anderson*
Rance Wheeler, *Paris*

Smoked Pepper Roast

1 CAB® top sirloin center-cut roast	½ cup kosher salt
4 Tbs. tricolor peppercorns	8 cloves of garlic, minced
3 sprigs rosemary	4 Tbs. olive oil
3 sprigs thyme	

- Heat cast-iron skillet or grill pan over hot coals on barbecue grill. Warm smoker to 300°-325° F.
- Crack peppercorns to coarse grind.
- Pull leaves off rosemary and thyme, then coarsely chop. Mix peppercorns, salt, herb leaves and garlic together and toss with fingers or fork and set to the side.
- Prepare/trim roast. Place roast fat side up, drizzle with olive oil and rub in by hand. Sprinkle rub mix on all sides of roast and press lightly with hands.
- Sear roast in hot skillet on all sides.
- Insert meat thermometer sideways into roast near the center. Put roast in smoker and cook until internal temperature reaches 145°. Cover lightly with aluminum foil.
- After 10 minutes of rest, slice and serve.
- Use catch pan in smoker to catch drippings. Separate fat from drippings. Add salt, pepper and Worcestershire sauce to taste and use as *au jus* to drizzle over sliced roast.

Team Information

Division: **8 to 13**

State: **Montana**

Team Members:

Connor Cook, *Huntley*
Jake Cook, *Huntley*
Parker Cook, *Huntley*
Claire Murnin, *Huntley*

Super Hero Supper Roast

3- to 4-lb. CAB® top sirloin center-cut roast	brisket rub
2 Tbs. olive oil	2 cups beef broth

- Rub the roast on all sides with the oil and place on a rack in a roasting pan or Dutch oven, fat side up. Season well with the brisket rub.
- Set grill or oven temperature to 450° F and preheat. Cook for 25-30 minutes until outside is seared. Add beef broth, cover and lower temperature to 225°. Cook for 2-3 hours, until the internal temperature reads 135°.
- Tent the roast with aluminum foil and let the meat rest for 10 minutes before slicing across the grain into thin slices.

Chopped: The CAB® Way

CAB® top sirloin center-cut roast

Marinade:

1/3 cup tamar sauce
1/2 cup olive oil
1/3 cup fresh lemon juice
1/4 cup Worcestershire sauce

1 Tbs. black pepper A.1.® Sauce
1 Tbs. dried basil
1 Tbs. dried parsley
1 tsp. garlic powder
1 Tbs. black pepper
1 tsp. chipotle chili powder

- ▶ Mix all ingredients in a one-gallon Ziploc® bag and marinate roast for 1 hour.
- ▶ Add olive oil to coat bottom of a Lifetime® liquid-core 5-quart cooker and heat to 350° F. Sear the roast on all sides.
- ▶ Add sliced fresh mushrooms. Reduce heat to simmer and add 1 cup of cooking liquid of your choice (Red cooking wine, chicken broth, stock, water).
- ▶ Cook on simmer for 3-4 hours, adding liquid if needed. The cooking liquid will reduce to make a nice sauce.



▶ Nebraska juniors won first in the recipe and showmanship categories, first overall in the junior roast division and top honors in the entire roast competition. Pictured are (from left) **Kacey Dethlefs**, North Platte; **Kasey Meyer** and **Kyra Meyer**, both of Blue Hill; **Rachel Smith**, Osceola; **Nicole Nichols**, Chambers; and **Tavin Uden**, Franklin. They prepared “Chopped: The CAB® Way.”

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

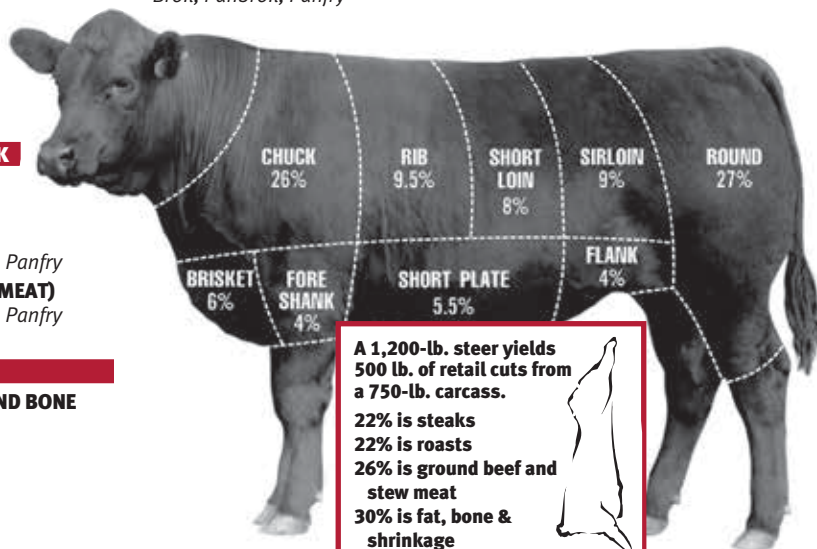
Panfry, Braise

BEEF FOR STEW

Braise, Cook in Liquid

CUBES FOR KABOBS

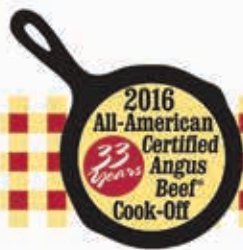
Broil, Braise



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



► Florida juniors won first in showmanship, second in recipe and first overall in the intermediate roast division. Pictured are (from left) **Lane Smith**, Loxahatchee; **Morgan Blommel**, Dade City; **Gabriela Hernandez**, Wellington; and **Taylynn Williamson** and **Laykin Williamson**, both of Dade City. They prepared “Florida Pot Roast.”

Florida Pot Roast

3- to 4-lb. CAB® top sirloin center-cut roast	1 bay leaf
3 tsp. vegetable oil	½ tsp. dried thyme
2 tsp. salt	½ tsp. rosemary
1 tsp. black pepper	4 carrots
2 onions	2 stalks of celery
¼ cup flour	3 large potatoes
3 cups beef broth	8 oz. mushrooms

► 30 minutes preparation. 90 minutes to cook in slow cooker. Parsley to garnish.



► Illinois juniors won third in recipe, tied for third in showmanship and won third overall in the intermediate roast division. Pictured are (from left) **Lindsey Decker** and **Matthew Decker**, both of Philo; **Katelyn Eathington**, Avon; and **Holly Marsh**, Union. They prepared “Italian Stuffed Sirloin Roast.”

Italian Stuffed Sirloin Roast

4-lb. CAB® center-cut sirloin roast

Marinade:

½ cup orange juice
¼ cup lime juice
1 packet Italian dressing mix
½ cup oil
2 Tbs. honey
2 cloves garlic, minced
2 Tbs. fresh basil, chopped

Stuffing:

½ stick butter, softened
1 shallot, minced
2 Tbs. fresh parsley, minced
4 cloves garlic, minced
3 Tbs. fresh basil, thinly sliced

- Mix stuffing ingredients. Cut pocket lengthwise in roast and fill with stuffing. Tie with butcher twine.
- Mix marinade ingredients in zip-close bag and place roast in bag, covering well with marinade. Marinate 4-6 hours in refrigerator. Remove roast from marinade.
- Sear roast on hot grill or in cast-iron skillet until browned on all sides. Wrap in foil and place on grill over medium heat. Cook 30-40 minutes until internal temperature reaches 130° F. Remove from heat and let rest 10 minutes.
- Open foil and slice into thick slices. (Roast can also be cooked in 350° oven for 30-40 minutes.)

Uniquely Kentucky Burgoo

CAB® top sirloin center-cut roast
potatoes
onions
carrots (peeled and chopped)
chopped cabbage
tomato purée or diced tomatoes
whole corn
red pepper pods
diced okra

chopped parsley (or flakes)
beans (great northern, butter beans or lima)
diced celery
1 Ale-8®
salt and pepper
Tabasco®
steak sauce
Worcestershire sauce
water, if desired

- ▶ Cut the meat and place in a CrockPot®.
- ▶ Simmer the meat in Ale-8 until meat is tender. Dice potatoes and onions, then add them plus the carrots, green peppers, cabbage, tomato purée, corn, red pepper, okra, parsley, beans and celery to the meat and broth.
- ▶ Simmer until the mixture is very thick.
- ▶ Season to taste with salt, pepper, Tabasco, steak sauce and Worcestershire sauce.
- ▶ Allow to simmer until time to serve.
- ▶ The first rule of Burgoo is that there are no rules. You can add or delete whatever vegetable you like.



▶ Kentucky juniors tied for third in showmanship in the intermediate roast division. Pictured are (from left) **Thomas Smoot**, Campbellsville; **Catherine Cowles** and **Caroline Cowles**, both of Rockfield; **Abigail Smoot**, Campbellsville; **Kalli Flanders**, Buffalo; and **Makayla Jeffries**, Horse Cave. They prepared “Uniquely Kentucky Burgoo.”

1977 Roast Sandwich with ‘We Will Rock You’ Sauce

CAB® top sirloin center-cut roast
4 tsp. kosher salt
2 tsp. paprika
2 tsp. freshly ground black pepper
1 tsp. garlic powder
1 tsp. oregano
1 tsp. Tony Chachere’s seasoning
soft buns of your choice
sliced onions
bread-and-butter pickles

‘We Will Rock You’ Sauce:
½ cup fresh ground horseradish
½ cup mayonnaise
1 clove garlic, minced
½ lemon, juiced
salt and pepper

- ▶ Mix salt, paprika, pepper, garlic powder, oregano and seasoning in bowl. Rub roast on all sides with the mixture and wrap in plastic wrap. Refrigerate.
- ▶ Preheat grill. Sear the roast on all sides and then place the roast on the grill over indirect heat. Turn every 15 minutes. Cook the roast until the internal temperature reaches 140°F, medium rare.
- ▶ Cover with aluminum foil and let it rest for 20 minutes.
- ▶ Slice the beef very thin. Slather with the sauce and top with onions and pickles.
- ▶ Enjoy!



▶ Louisiana juniors won first in the recipe category, second in showmanship and second overall in the intermediate roast division. Pictured are (from left) **Faith Guice**, Downsville, and **Lani LeBeouf**, Deridder. They prepared “1977 Roast Sandwich with ‘We Will Rock You’ Sauce.”



ROAST COMPETITION



► Indiana juniors won first in the showmanship category, second in recipe and second overall in the senior roast division. Pictured are (from left) **Nick Innis**, Milroy; **Jacob Wickard** and **Jordyn Wickard**, both of Greenfield; **Rosalind Kidwell**, Gentryville; **Sarah Innis**, Milroy; and **Madison Butler**, Vincennes. They prepared “Top Sirloin Roast Beef Sandwiches.”

Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

Paige Birk, *Cape Girardeau*

Reba Colin, *Butler*

Hannah Moyer, *Lamar*

Carrie Otte, *Saint Mary*

Elizabeth Otte, *Saint Mary*

Top Sirloin Roast Beef Sandwiches

3- to 4-lb. CAB® top sirloin center-cut roast
1 pkg. brown gravy mix (powder)
1 pkg. ranch dressing (powder)
1 stick of butter
10-12 pepperoncini peppers

Optional condiments:

cheese
mustard
mayonnaise
hard roll or bun
french fried onion rings

- Place roast in pressure cooker. Sprinkle both mixes over the top. Place the stick of butter on top of the roast. Surround the roast with peppers. Cook for 90 minutes to 2 hours in the pressure cooker or for 6-8 hours in a slow cooker on high.
- Slice or shred roast. Serve on hard roll or bun topped with smoked Gouda cheese, your choice of condiments and french fried onion rings.

CAB® Pot Roast Sandwiches

2- to 3-lb. CAB® top sirloin center-cut roast
Marcum® Pot Roast Seasoning Mix
1 Tbs. honey mustard
1 Tbs. poppy seeds

2 Tbs. onions, minced
Hawaiian rolls
Provolone cheese

- Slowly cook roast using Marcum® Pot Roast Seasoning Mix. Baste throughout cooking; after tender let rest.
- Slice roast against the grain into thin slices. Melt 1 stick of butter in saucepan and add 1 tablespoon of honey mustard, 1 tablespoon of poppy seeds, and two tablespoons of minced onions.
- Cut Hawaiian rolls in half, place the bottom half in pan and lightly glaze with the butter mixture. Place sliced roast on rolls, and put provolone cheese on roast. Place top half of rolls on cheese and glaze with remaining butter mixture.
- Bake in roaster at 375° F for about 15 minutes.



► Nebraska juniors placed second in showmanship in the senior roast division. Pictured are (from left) **Emily Dethlefs** and **Aliesha Dethlefs**, both of North Platte; **Rudy Pooch**, Tecumseh; **Savannah Schafer**, Nehawka; and **Justine Nelson**, Lincoln. They prepared “Parlor Prime Roast.”

Parlor Prime Roast

3- to 4-lb. CAB® top sirloin center-cut roast
1 cup water
1 Tbs. garlic pepper

½ packet Good Seasonings Italian Dressing Mix
½ packet brown gravy mix

- Pour water over roast, sprinkle garlic pepper, Italian seasoning and brown gravy over roast. Cook on low in slow cooker for 6 hours.

Perfect CAB® Shish Kebabs

3- to 4-lb. CAB® top sirloin center-cut roast	1 Tbs. olive oil
1½ cups orange juice	(vegetables according to taste)
½ cup soy sauce	medium sweet peppers, cut into 1-inch pieces, divided
½ cup honey	1 medium onion, cut into wedges
1 clove garlic, mashed	medium fresh mushrooms
1 tsp. salt	squash
1 tsp. ginger	
½ tsp. pepper	

1. Combine the soy sauce, orange juice, honey, salt, pepper and ginger.
 2. Pour mixture into a large resealable plastic bag; add the beef. Make sure you cut your beef to consistent sizes so it cooks uniformly. Seal bag and turn to coat; refrigerate overnight.
 3. Drain and discard marinade. On metal or soaked wooden skewers, thread each skewer with all the same type of ingredients. Some skewers have only meat, some have only peppers, some have only squash and some only have onions. You can grill each skewer for exactly the amount of time needed.
 4. Leave a little space between each piece on the skewer. Don't jam them too tightly together or they won't cook in the middle. They need some room.
 5. Some foods twirl loosely on the skewer. Just thread them onto two skewers.
 6. Mushrooms require a surprisingly long cook time; you'll probably want to put them on the grill even before you add the meat.
 7. Unless you like raw onions, they need to cook longer, too, but avoid really high heat or they will char before they start to turn soft and sweet.
 8. Brush kabobs lightly with oil.
 9. Moisten a paper towel with olive oil; using long-handled tongs, lightly coat the grill rack. Grill until beef and vegetables reach desired doneness, turning occasionally and basting with reserved marinade.
- Yield: 8 servings.



► Oklahoma juniors won third in recipe and third overall in the senior roast division. Pictured are (from left) **Ryan Callahan**, Edmond; **Alisa Friesen** and **Alyson Friesen**, both of Arnett; **Karisa Pfeiffer**, Orlando; **Sydnee Gerken**, Cashion; and **Jaryn Frey**, Kingfisher. They prepared "Perfect CAB® Shish Kebabs."

Tasty Top Sirloin Roast

Marinade:	2 Tbs. soy sauce
1 CAB® top sirloin center-cut roast	2 Tbs. A.1.® Sauce
2 cups water	
1 Tbs. extra virgin olive oil	Barbecue rub:
3 Tbs. barbecue sauce	Your favorite dry beef rub

- Combine water, olive oil, barbecue sauce, soy sauce and A.1. Sauce in a container large enough to hold the roast. Add roast and allow to marinate 15 minutes per side.
- Remove roast from marinade and generously sprinkle your favorite beef rub on all sides of roast.
- Cook roast in an oven at 325° F or an outdoor grill until the internal temperature reaches 145°-150° F for medium doneness or as you prefer.



► South Dakota juniors won first in the recipe category, third in showmanship and first overall in the senior roast division. Pictured are (from left) **Sawyer Styles** and **Madison Styles**, both of Brentford; **Ty Mogck**, Olivet; **Kylee Geppert**, Mitchell; and **Christina Mogck**, Olivet. They prepared "Tasty Top Sirloin Roast."

CONTINUED ON PAGE D10



STEAK COMPETITION



► Illinois juniors won first in the recipe category, second in showmanship and first overall in the junior steak division. Pictured are (from left) **Eli Parr**, Mason City; **Hailey Boyd**, Waynesville; **Reese Anderson**, Chrisman; **Lauren Wolter**, Aviston; and **Logan Mussman** and **Austin Mussman**, both of Grant Park. They prepared “Really Good Steak.”

Really Good Steak

4 CAB® ball tip steaks

3 Tbs. fresh minced ginger
2 Tbs. minced garlic

Marinade:

½ cup cooking sherry
½ cup soy sauce
½ cup oil
1 Tbs. honey

Compound butter:

1 stick salted butter, softened
1½ Tbs. minced garlic
2 Tbs. fresh basil, chopped fine

- Mix marinade ingredients in a zip-close bag, then add steaks. Cover steaks well with marinade. Marinate in refrigerator 4-6 hours. Let steaks sit at room temperature 30 minutes prior to grilling.
- While steaks are marinating, combine butter and herbs. Place on waxed paper and roll into log. Refrigerate until serving time.
- Grill steaks over medium heat about 4-5 minutes per side. Remove steaks to serving plate and immediately top with 1 or 2 slices of compound butter.
- Loosely cover with foil and let rest 5 minutes before serving.



► Kansas juniors won first in the showmanship category, third in recipe and second overall in the junior steak division. Pictured are (from left) **Clay Pelton**, Paradise; **Kelly Newton**, Elk City; **Kelsey Theis**, Leavenworth; and **Jayce Dickerson**, Paradise. They prepared “Sizzlin’ Steak Bites.”

Sizzlin’ Steak Bites

4 CAB® ball tip steaks
6 Tbs. balsamic vinegar
4 Tbs. olive oil
2 Tbs. Worcestershire sauce
2 Tbs. soy sauce

2 cloves garlic, minced
8 Tbs. butter
kosher salt, to taste
fresh ground pepper, to taste

- Cut the steaks into bite-size pieces, removing any fat. Place the next five ingredients in a resealable bag with the steak. Turn to coat, and marinate for 30 minutes.
- Remove from the bag and sprinkle with the kosher salt and pepper. Mix the meat with the seasonings.
- Heat a cast-iron skillet on the grill over medium to high heat. The pan must get very hot. As the pan is heating, add 2 tablespoons of butter and let melt. Swirl the butter around the pan and let it brown. Add a single layer of meat to the pan and let cook for 30-45 seconds. After it browns, turn the meat over with a spatula and let cook on the other side. It should just sear the outside of the meat and still be pink in the center.
- Remove to a plate and add another 2 tablespoons of butter to the pan. Allow to brown and add more meat. Repeat the process until all meat has been cooked. Pour the remaining browned butter over the plate of meat.

Three-Herb Steak

4 CAB® ball tip steaks, cut 1½-in. thick
½ cup snipped fresh parsley
¼ cup snipped fresh basil
¼ cup olive oil
1 Tbs. snipped fresh oregano
1-2 tsp. cracked black pepper

½ tsp. salt
1 medium red and/or yellow sweet pepper,
cut into ½-in. rings
1 Tbs. olive oil
salt

1. In small bowl combine parsley, basil, ¼ cup oil, oregano, 1-2 teaspoons black pepper and ½ tsp. salt. Pat about two-thirds of the herb mixture onto both sides of steaks; cover and chill for 1 hour.
2. Meanwhile, brush sweet peppers with 1 tablespoon oil. Sprinkle lightly with salt and additional black pepper.
3. Grill steaks to desired doneness.
4. Sprinkle steaks with remaining herb mixture. Cover and let stand for 5-10 minutes.



► Wisconsin juniors won second in recipe, third in showmanship and third overall in the junior steak division. Pictured are (from left) **Hailey Jentz**, Fennimore; **Kelly Gaffney**, Barneveld; **Clara Henderson**, East Troy; and **Kelby Petersen** and **Collin Petersen**, both of Marshall. They prepared “Three-Herb Steak.”

Grilled CAB Ball Tip Steak Tips with Mushroom Sauce

4 CAB® ball tip steaks
½ tsp. dried thyme
½ bottle (750 mL) of red cooking wine
¼ tsp. salt, or salt to taste
2 cans (29 oz.) beef broth
½ tsp. black pepper, or pepper to taste

4 portobello mushroom caps, sliced
1 shallot, finely chopped
¼ cup butter
2 Tbs. all-purpose flour
1 clove garlic, chopped

1. Preheat outdoor grill to medium-high heat. Melt butter in a large skillet over medium-high heat. Sauté the shallot until transparent, then add mushrooms and cook, covered, until darkened, about 5 minutes. Remove mushrooms from the pan and set aside. Deglaze the pan with one can of beef broth and cooking wine. Increase heat and bring to a boil. Allow the mixture to boil until it has reduced by one-third.
2. Grill the steaks to desired doneness. Season with salt and pepper if desired. Remove to a plate and set aside.
3. When the sauce is reduced, stir in the other can of beef broth and garlic. Return to a boil and continue to cook for another 5-10 minutes. Sauce will be thin like *au jus*. Whisk in flour, and cook until the sauce is the desired thickness. Taste and adjust seasoning(s) if necessary. Stir in the mushrooms. Serve mushroom sauce spooned over steaks.

Spicy Steak

4 CAB® ball tip steaks
1 tsp. garlic powder
1 tsp. fennel seed, crushed
½ tsp. thyme
2 tsp. pepper

½ tsp. cayenne pepper
1 Tbs. paprika
½ tsp. oregano
½ tsp. salt

- Mix all ingredients together and rub on steaks before grilling.

Team Information

Division: **14 to 17**

State: **Arkansas**

Team Members:

Nicholas Pohlman, *Prairie Grove*
Hailey Roye, *Fayetteville*
Allyson Sellers, *Vilonia*

Team Information

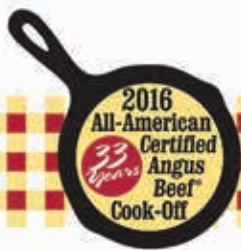
Division: **14 to 17**

State: **Iowa**

Team Members:

Kara Collison, *Rockwell City*
Abigail Greiman, *Perry*
Haley Greiman, *Perry*
Olivia Johnson, *Prole*
Avery Mather, *State Center*

CONTINUED ON PAGE D12



STEAK COMPETITION



► Kansas juniors won first overall in the intermediate steak division, took top honors in the entire steak competition, and won the Black Kettle Award and the Pat Grote LEAD Award. Pictured are (from left) **Sarah Pelton** and **Grady Dickerson**, both of Paradise; **Alexandria Cozzitorto**, Lawrence; **Cale Hinrichsen**, Westmoreland; **Kady Figge**, Onaga; and **Eva Hinrichsen**, Westmoreland. They prepared “Tantalizing Steak Tacos.”

Tantalizing Steak Tacos

4 CAB® ball tip steaks	1 Tbs. sriracha sauce (add more if you want it a little spicier)
CAB® Signature seasoning	small flour tortillas
olive oil	1 large avocado, peeled, pit removed and cut into thin slices
4 Tbs. Worcestershire sauce	1 cup chopped tomatoes
½ cup peanut butter	shredded or crumbled mozzarella cheese
3 Tbs. soy sauce	¼-½ cup cilantro leaves, chopped
2 Tbs. vinegar	
2 Tbs. lime juice	

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



► Louisiana juniors won first in the recipe category, third in showmanship and second overall in the intermediate steak division. Pictured are (from left) **Miranda Graves**, Abita Springs; **Morgan Fruge**, Jennings; **Abigail Jenkins**, Bush; and **Kara LeBeouf**, Deridder. They prepared “New Orleans Style Ball Tip Steaks.”

New Orleans Style Ball Tip Steaks

4 CAB® ball tip steaks	2 tsp. steak seasoning
1 Tbs. olive oil	

- Step 1: Brine steaks for 1 hour.
- Step 2: Take out steaks and pat dry.
- Step 3: Season with dry rub.
- Step 4: Place olive oil in skillet and heat. Sear steak until desired doneness is reached.
- Step 5: Remove from heat and let rest for 10 minutes.

Shrimp étouffée recipe:

3 Tbs. olive oil	1 can mild Ro-tel® tomatoes
2 medium onions, chopped	1 can tomato sauce
2 Tbs. flour	1 pinch crawfish boil seasoning
1 cup water	1 tsp. sugar
1 stick butter	1 lb. shrimp, peeled

- Step 1: Sauté onions in olive oil.
- Step 2: Mix water and flour, and add to onions.
- Step 3: Add butter, Ro-tel, tomato sauce, crawfish boil seasoning and sugar to mixture and let simmer about 30 minutes.
- Step 4: Add shrimp and continue to simmer 30 minutes. Season to taste.
- Final Step: Place steaks on plate. Top with shrimp étouffée.

Maple Steak Breakfast Wrap

2-4 CAB® ball tip steaks, fat removed and cut into thin strips	6 large eggs
2 Tbs. butter	4 12-in. sun-dried tomato tortillas
1 medium onion, julienned	8 slices pepper jack cheese
salt and freshly ground black pepper	1-2 Tbs. pure maple syrup per wrap
	vegetable oil for brushing

- ▶ In large skillet, heat butter over medium heat. Add in onions and cook, stirring occasionally, until deep brown and caramelized, about 20 minutes. Season with salt and pepper and set aside.
- ▶ Heat a large cast-iron grill pan over medium-high heat. Sprinkle steak strips with salt and pepper. Cook until super caramelized, about 6-10 minutes. Rest meat 10 minutes.
- ▶ Whisk eggs with a little salt and pepper. Scramble until firm.
- ▶ On a flat tortilla lay 2 slices of cheese. Add some steak, scrambled eggs and onions. Drizzle 1-2 tablespoons of pure maple syrup over contents. Roll up, brush with a little vegetable oil and griddle for 2-3 minutes per side.
- ▶ Serve with a side of maple syrup for dipping if desired.

Team Information

Division: **14-17**

State: **Michigan**

Team Members:

Amanda Kosal, *Deckerville*

Austin Pillars, *Martin*

John Reid, *Eaton Rapids*

Maggie Reid, *Eaton Rapids*

Brady Zellmer, *Nashville*

Steak-n-Egg Sandwich with a Twist

4 CAB® ball tip steaks	8 Tbs. olive oil
8 oz. pepper jack cheese	6 eggs
6 croissants, regular sandwich size	2 green tomatoes, sliced thin
kosher salt and freshly ground pepper to season steak and tomatoes	1 cup self-rising cornmeal
	6 oz. arugula (optional)

- ▶ Cut the croissants in half horizontally. Place them, cut side up, on a baking sheet. Sprinkle cheese on the bottom halves of the croissants, dividing evenly. Bake until the croissants are warmed through and cheese is melted. Also may be heated in microwave until cheese begins to melt.
- ▶ Season the steaks with salt and pepper. In large nonstick frying pan over medium-high heat, warm 1 tablespoon olive oil. Add the steak and cook until desired doneness. Transfer to cutting board. Cover loosely with aluminum foil and let rest for 5 minutes. Cut the steak across the grain into thin slices.
- ▶ Slice green tomatoes into thin slices. Sprinkle with kosher salt and pepper and roll in cornmeal. Place in a preheated nonstick frying pan with 6 tablespoons of olive oil. Cook until done. Place on paper towels to drain.
- ▶ In a bowl, beat together the eggs, salt and pepper. In a medium nonstick frying pan over medium-high heat, warm the remaining olive oil. Add the eggs to be fried a couple at a time. Cook until done. Place fried egg on the bottom halves of the croissants. Top with the steak, fried green tomatoes and arugula (per individual).
- ▶ Cover each with the top half of a croissant and serve.

Team Information

Division: **14-17**

State: **Mississippi**

Team Members:

Elizabeth Rone, *Courtland*

Gabrielle Simpson, *Tupelo*

Haley Walker, *Potts Camp*



OTHER BEEF COMPETITION



► Nebraska juniors placed third in recipe in the intermediate steak division. Pictured are (from left) **Caitlin Havelka**, Anselmo; **Lane Egger**, Columbus; **Reagan Skow**, Palisade; and **Miles Stagemeyer** and **Jace Stagemeyer**, both of Page. They prepared “CAB® Grilled Quesadillas.”

CAB® Grilled Quesadillas

4 CAB® ball tip steaks	8-10 uncooked tortillas
8 oz. mushrooms	1 lb. Monterey jack cheese, grated
½ green pepper	4 Tbs. butter
½ red pepper	salt
½ yellow pepper	pepper
1 onion	

- Season steaks with a sprinkling of salt and pepper or your favorite seasoning. Grill steak over medium heat to preferred degree of doneness.
- Thinly slice mushrooms, green pepper, red pepper, yellow pepper and onion. Melt butter in skillet. Sauté mushrooms, green pepper, red pepper, yellow pepper and onion until tender. Thinly slice cooked steak. Combine the vegetables and steak.
- On one-half of the uncooked tortilla, place approximately 1 tablespoon of Monterey jack cheese (more if you would like), ¼ cup of meat and vegetable mixture, and add more cheese on the meat and vegetables. Fold half of the tortilla over the other half. Press along the edge of the tortilla to seal it. Repeat with the remaining tortillas, cheese, meat and vegetables.
- Place filled tortillas on grill for 3-5 minutes per side or until the tortilla is crisp.

Team Information

Division: **14-17**

State: **North Carolina**

Team Members:

Marcie Harward, *Richfield*

Mattie Harward, *Richfield*

Cara Smith, *Pleasant Garden*

Thomas Smith, *Pleasant Garden*

Fireside Fajitas

2 lb. CAB® ball tip steak	½ tsp. red pepper flakes
½ cup olive oil	1 tsp. salt
2 Tbs. Worcestershire sauce	1 tsp. black pepper
¼ cup fresh lime juice	2 tsp. sugar
4 garlic cloves	¼ cup chopped fresh cilantro
1 Tbs. cumin	2 red bell peppers, chopped
1½ tsp. chili powder	2 green bell peppers, chopped
½ tsp. chipotle chili powder	2 red onions, chopped

- Mix all ingredients before peppers. Score the steak. Pour half into a zippered bag with the steak, and half into a zippered bag with the chopped peppers and onions. Marinate for at least an hour.
- Grill steak on high heat for 3 minutes per side for medium rare and slice against the grain in ½-inch slices. Cook peppers and onions on medium high heat until tender.
- Serve with tortilla shells, cheese and avocado cilantro sauce.

Avocado cilantro sauce:

1 avocado	salt and pepper to taste
½ cup Greek yogurt	1 Tbs. fresh lemon juice
½ cup fresh cilantro	

- Combine all ingredients in food processor until smooth. Serve on the side for dipping.

CAB® Gold Medal Stir Fry

4 CAB® ball tip steaks, sliced thin

Marinade (per pound):

1 can (20 oz.) pineapple chunks in juice

1 Tbs. fresh ginger, grated, or 1½ tsp. ground ginger

1 Tbs. soy sauce

1 tsp. vegetable oil

1 clove garlic, finely chopped

½ tsp. cornstarch

vegetables to taste — ½ to 1 cup each:

broccoli, chopped

snow peas

sweet peppers (lots of colors)

mushrooms

carrots

summer squash

zucchini

onions

2 scallions, chopped (optional)

1. Drain pineapple, reserving 1 cup of chunks, ½ cup juice (reserving juice for other purposes).
2. Combine ½ cup of the juice, ginger, soy sauce and meat in a bowl.
3. Cover bowl; marinate for 15 minutes.
4. In large nonstick skillet heat oil, add garlic and sauté 30 seconds until fragrant.
5. Remove the meat from the marinade and place in skillet.
6. Stir-fry just until the meat is cooked through. Remove the meat and keep warm.
7. Combine marinade and cornstarch in bowl.
8. Add vegetables and marinade to skillet; stir-fry 4 minutes or until veggies are crisp tender and mixture is thickened.
9. Stir in 1 cup pineapple chunks, scallions and meat; heat through.

Music City Steaks

CAB® ball tip steak

⅓ cup fresh lemon juice

¼ cup Worcestershire sauce

Marinade:

½ cup soy sauce

½ cup olive oil

1 tsp. ground white pepper

¼ tsp. hot pepper sauce (optional)

1½ Tbs. garlic powder

3 Tbs. dried basil

1½ Tbs. dried parsley flakes

1. Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.
2. Pour marinade over steaks. Cover and refrigerate from 30 minutes to 8 hours. Grill meat to desired doneness.



► Oklahoma juniors won first in the showmanship category and third overall in the intermediate steak division. Pictured are (from left) **Jackson Ray**, Holdenville; **Hudson Myers**, Edmond; **Madelyn Gerken** and **Victoria Gerken**, both of Cashion; and **Charley Johnson** and **Sydney Johnson**, both of Orlando. They prepared “CAB® Gold Medal Stir Fry.”

Team Information

Division: **14-17**

State: **Tennessee**

Team Members:

Ben Mayfield, *Pulaski*

Shelley Rowlett, *Martin*

Weston Rowlett, *Martin*

Deanna Schoolfield, *Paris*



STEAK COMPETITION

Team Information

Division: **14-17**

State: **Wisconsin**

Team Members:

Bree Gaffney, *Barneveld*
Jack Henderson, *East Troy*
Samuel Henderson, *East Troy*
Emma Hermsdorf, *Cottage Grove*
Dylan Horstmeyer, *Marshall*
Kolin Huth, *Richland Center*

Blazin' Wisconsin Steaks

4 CAB® ball tip steaks

Marinade:

¼ cup fresh lime juice
3 chipotle peppers in adobo sauce

Sauce:

1 can (4 oz.) chopped green chilies
½ cup whipping cream
½ cup dairy sour cream
2 Tbs. chopped fresh cilantro

1. Place marinade ingredients in blender container. Cover; purée until smooth. Place steaks and marinade in plastic bag. Seal bag and refrigerate 15 minutes to 2 hours.
2. Remove steaks from marinade and grill to desire doneness.
3. Prepare sauce. Place green chilies in blender container. Cover and purée until smooth. Combine chilies and cream in heavy small saucepan. Place on grill and cook until hot, about 5 minutes, stirring frequently. Stir in sour cream and cilantro. Cook and stir 1-2 minutes or until just heated through. Do not boil.
4. Serve steaks with sauce. Garnish with tomatoes.



► Illinois juniors won first in the showmanship category, third in recipe and second overall in the senior steak division. Pictured are (from left) **Keegan Cassidy**, Bloomington; **Erica Harrell**, Roseville; **Laramie Chaffin**, Roodhouse; **Sierra Day**, Cerro Gordo; and **Andrew Livingston**, Nokomis. They prepared "Sweet Onion Marinated Steak."

Sweet Onion Marinated Steak

4 CAB® ball tip steaks

Marinade:

1 large sweet onion, chopped
¼ cup brown sugar
½ cup balsamic vinegar
¼ cup olive oil
2 tsp. fresh rosemary, chopped fine

Balsamic orange reduction:

1 medium sweet onion, chopped
½ cup balsamic vinegar
1 cup orange juice
3 Tbs. honey
1 tsp. pepper
½ tsp. salt
1 tsp. fresh rosemary, chopped
1 Tbs. butter

- Mix marinade in shallow container with lid. Generously season steaks with coarse salt and fresh ground pepper and place in marinade for 4-6 hours in refrigerator. Let sit at room temperature 30 minutes before grilling.
- Mix reduction ingredients except butter in small pan and cook until reduced by half. Add butter and stir.
- Grill steaks 4-5 minutes per side to 125° F. Tent with foil and let rest 5-10 minutes. Drizzle with balsamic orange reduction. Garnish with chopped chives and sprinkle of sea salt.

Philly Cheese Steak Egg Rolls

2 cups cooked CAB® ball tip steak
10 egg roll wrappers
½ green pepper, thinly sliced
½ purple onion, thinly sliced
3 Tbs. butter
½ tsp. garlic powder
5 slices provolone cheese, halved
canola oil for frying
1 egg, lightly beaten

Sauce:
½ cup light mayonnaise
1 Tbs. milk
1 tsp. horseradish
¼ tsp. garlic powder
⅛ tsp. fresh cracked pepper

1. Fill your fryer or pot at least 1 inch deep with canola oil. Heat to 375° F.
2. In a sauté pan, melt butter over medium-high heat. Add the pepper strips and onions and cook until soft and tender (about 5 minutes), then toss in the steak and garlic powder; stir to combine. Remove from heat and let cool to room temperature.
3. Once cool, place an egg roll wrapper on a clean, dry surface and brush all the edges with the lightly beaten egg. Place a couple of strips of steak, pepper and onions at an angle in the center of the wrapper and top with half of a slice of provolone cheese. Fold the bottom corner of the wrapper over the filling, then fold in the right side and left side. Roll toward the remaining corner and seal closed.
4. Repeat with remaining egg roll wrappers and filling.
5. Place two to three egg rolls in the hot oil at a time. Cook and turn for 3-5 minutes or until all sides are golden brown. Drain on plate lined with a paper towel.
6. Combine the sauce ingredients in a small bowl and whisk till combined. Add more horseradish if you want it with more of a kick.

Chesapeake Treasure Surf and Turf

2 12-oz. CAB® ball tip steaks
Wildtree™ Ranchers Steak Rub (or your favorite steak rub)

- ▶ Brush steaks lightly with olive oil. Apply rub generously to both sides of steak.
- ▶ Refrigerate in zippered bag for 4-24 hours. Grill steaks just until done.
- ▶ Serve with Maryland Crab Cakes.

Maryland Crab Cakes:

2 slices dried bread, crusts removed
milk
1 Tbs. mayonnaise
1 Tbs. Worcestershire sauce
1 Tbs. baking powder
1 Tbs. McCormick® parsley flakes
1 tsp. Old Bay® Seasoning
1 lb. lump crabmeat

- ▶ Break bread into small pieces in large bowl. Moisten with milk. Add mayonnaise and Worcestershire sauce; mix well. Add remaining ingredients; mix lightly. Shape into patties.
- ▶ Refrigerate patties 30 minutes to help keep them together when cooking. Broil or fry until golden-brown on both sides.
- ▶ Serve crab cake over or beside steak.

Team Information

Division: **18-21**

State: **Iowa**

Team Members:

Taylor Duckett, *New Liberty*

Baxter Knapp, *Bloomfield*

Maggie Maas, *Adair*

Lucas Moser, *Larchwood*

Nicholas Prevo, *Pulaski*



▶ Maryland juniors won second in recipe, third in showmanship and third overall in the senior steak division. Pictured are (from left) **Taylor Clarke**, Rocky Ridge; **Jacob Keeney**, Thumont; and **Lauren Schur**, Sabillasville. They prepared “Chesapeake Treasure Surf and Turf.”

CONTINUED ON PAGE D18



STEAK COMPETITION



► Missouri juniors won first in the recipe category, second in showmanship and first overall in the senior steak division. Pictured are (from left) **Sydney Thummel**, Sheridan; **Cooper Sadowsky**, Eagleville; **Chris Kahlenbeck**, Union; and **Brittany Eagleburger**, Buffalo. They prepared “Crown Jewel Marinade.”

Crown Jewel Marinade

4 CAB® ball tip steaks

Marinade:

¼ cup soy sauce

½ cup olive oil

1 lemon squeezed and strained or ¼ cup lemon juice

¼ cup Worcestershire sauce

1 Tbs. minced garlic

1 Tbs. dried parsley flakes

1 tsp. black pepper

1 Tbs. minced onions

- Place steaks in zippered bag. Mix all marinade ingredients together. Add marinade to bag, squeeze out air and seal. Refrigerate for at least 2 hours (more is better).
- Remove steaks from marinade. Grill on hot grill to desired temperature. Remove from grill and allow to rest before thinly slicing across the grain.



OTHER BEEF COMPETITION



► Illinois juniors won first in the showmanship category, second in recipe and first overall in the junior other beef division and went on to win top honors in the entire other beef competition. Pictured are (from left) **Jack Dameron** and **Anne Dameron**, both of Towanda; **Ella Brooks**, Prophetstown; **Amelia Miller** and **Adam Miller**, both of Gridley; and **Emily Brooks**, Prophetstown. They prepared “Grilled Beef and Cheese Sandwich.”

Grilled Beef And Cheese Sandwich

2 lb. CAB® precooked shredded beef

1 cup freshly grated Gouda cheese

1 cup freshly grated sharp cheddar cheese

1½ tsp. freshly ground pepper

1 tsp. salt

1 medium onion, chopped fine

2 Tbs. butter

1 Tbs. olive oil

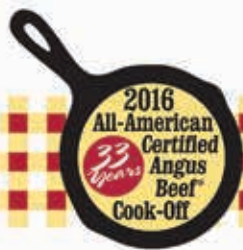
¾ cup mayonnaise

¾ cup grated horseradish

1 loaf sourdough bread, sliced

butter, softened, for spreading on bread

- Sauté onion in butter and olive oil until soft. Let cool.
- Mix beef, cheeses, cooled onion, salt and pepper.
- Mix mayonnaise and horseradish together. Spread one side of each bread slice with horseradish mixture.
- Place a generous amount of beef and cheese mixture on one slice of bread and top with second slice.
- Butter sandwich on both sides and grill on hot flat pan until browned on both sides and heated through.
- Note: This makes 10-12 sandwiches. Meat mixture may be frozen for later use. Thaw and continue with sandwich assembly.



OTHER BEEF COMPETITION

Beef Salad Sandwiches

1 lb. CAB® precooked shredded beef, ground $\frac{3}{4}$ cup mayonnaise
 2 stalks celery, sliced $\frac{1}{2}$ cup shredded cheese
 2 Tbs. onion, diced salt and pepper, to taste
 $\frac{1}{3}$ cup pickle relish

► Mix all together and make sandwiches.



► Iowa won third in showmanship and third overall in the junior other beef division. Pictured are (from left) **Emily Collison**, Rockwell City; **Keegan Mather**, State Center; **Colton Becker**, Atlantic; **Carson Mather**, State Center; **Craig Becker**, Atlantic; and **Michael Maas**, Adair. They prepared “Beef Salad Sandwiches.”

Shredded Spicy Beef Tacos

2 lb. CAB® precooked shredded beef	1 Tbs. chili powder
$\frac{1}{4}$ cup lime juice	1 tsp. paprika
3 Tbs. tomato paste	$\frac{1}{2}$ tsp. cumin
$\frac{1}{4}$ cup beef broth	$\frac{1}{2}$ tsp. salt
1 medium onion, diced	$\frac{1}{2}$ tsp. pepper
1 serrano pepper, diced small	1 pkg. soft flour taco shells
1 jalapeño pepper, diced small	avocado-cilantro-lime sauce (See recipe below)
3 garlic cloves, minced or pressed	

Instructions for meat:

► Combine all the ingredients except beef, shells and sauce in large bowl. Place shredded beef in slow cooker. Pour mixture over shredded beef and cook on low for 3-4 hours.

Avocado-cilantro-lime sauce:

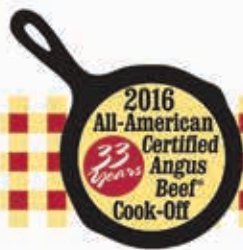
1 avocado, pitted	1 tsp. chipotle seasoning
$\frac{1}{4}$ cup fresh lime juice	$\frac{1}{2}$ tsp. garlic
$\frac{1}{4}$ cup chopped cilantro leaves	$\frac{1}{2}$ tsp. cumin
$\frac{1}{2}$ jalapeño pepper, seeded	salt to taste
2 Tbs. olive oil	

- Simply add all the ingredients to an electric blender and pulse until smooth. Add $\frac{1}{4}$ cup of water to thin if needed. Store in refrigerator until ready to serve.
- Desired toppings for tacos include diced tomatoes, sour cream, salsa, shredded cheese and avocado-cilantro-lime sauce.
- Assemble tacos when ready to eat.



► Michigan juniors won top honors in the recipe category of the junior other beef division. Pictured are (from left) **Jaycie Brown**, Pinckney; **Thea Zellmer**, Nashville; **Blake Pillars**, Martin; **Kristopher Kosal**, Deckerville; and **Paige Zellmer**, Nashville. They prepared “Shredded Spicy Beef Tacos.”

CONTINUED ON PAGE D20



OTHER BEEF COMPETITION



► Missouri juniors won second in showmanship, third in recipe and second overall in the junior other beef division. Pictured are (from left) **Samuel Jordan** and **Ella Jordan**, both of Saint Joseph; **Alexis Koelling**, Laddonia; **Gavin Rhode**, Gower; **Kyle Houston**, Savannah; and **Isaac Rhode**, Gower. They prepared “Going for Gold Shredded Beef Sandwiches.”

Going for Gold Shredded Beef Sandwiches

2 lb. CAB® precooked shredded beef	1 Tbs. butter
1 can beef broth	1 onion, sliced
2 Tbs. Italian seasoning	cheese
½ tsp. salt	buttered, toasted deli rolls
½ jar (16 oz.) pepperoncini peppers, with juice	

- Combine the first five ingredients. Let simmer in slow cooker or in a Dutch oven on the grill for a few hours.
- Shortly before serving, heat a skillet over medium heat with butter. Add the onion and sauté until light golden brown. Set aside.
- Butter and toast deli rolls.
- Heap a generous portion of meat on each roll, and then spoon some of the cooking liquid over the meat. Top with cheese, a few peppers from the pot, if you wish, caramelized onions and the roll top.
- Serve with dishes of the cooking liquid for dipping, if desired, and your favorite side dishes.
- Yields 8 servings.



► Illinois juniors won first in the recipe category and third overall in the intermediate other beef division. Pictured are (from left) **Emily Kiesewetter**, Farmington; **Ashlyn Mool**, Lexington; **Paige Lemenager**, Hudson; **Lauryn Mool**, Lexington; and **Lizzie Schafer**, Owaneco. They prepared “Beefy Egg Rolls.”

Beefy Egg Rolls

2 lb. CAB® precooked shredded beef	½ lb. provolone cheese, shredded
2 Tbs. butter	1 pkg. (1 lb.) large eggroll wrappers (20 wrappers)
1 Tbs. olive oil	1 egg white with 2 Tbs. water
1 large onion, chopped	vegetable oil for frying
8 oz. button mushrooms, diced	
1 tsp. coarse ground pepper	Dipping sauce:
1 tsp. salt	¼ cup mayonnaise
1 bottle (12 oz.) root beer	½ cup sour cream
½ tsp. cinnamon	1 Tbs. garlic, minced
¼ cup Worcestershire sauce	3 Tbs. jalapeño, finely diced
2 Tbs. red wine vinegar	salt and pepper to taste
⅓ cup fresh or jarred jalapeño, finely diced	

- Melt butter and olive oil in large skillet. Add onion and cook until beginning to soften. Add mushrooms and cook another 5-6 minutes until cooked through. Add beef, salt, pepper, root beer, cinnamon, Worcestershire sauce, vinegar and jalapeño. Simmer 15-20 minutes to thoroughly heat and blend flavors. (Liquid will evaporate.) Let this mixture cool. Add cheese. Beat egg white and water.
- To assemble: Brush edges of wrappers with egg mixture. Place about ¼-½ cup of filling in center of wrapper, spreading the filling out into a line diagonally across wrapper. Bring one corner of eggroll wrapper over filling and tuck under filling. Fold the side corners in and finish rolling.
- Heat oil in pan or fryer to 350° F. Cook eggrolls in several batches until crispy on all sides. Remove to paper towels and serve with dipping sauce.

Chimichangas with Homemade Tortillas

2 lb. CAB® precooked shredded beef 2 pkg. dry fajita seasoning
2 cans diced green chilies

► Mix together and heat and serve on homemade tortillas.

Homemade tortillas:

2 cups flour ¾ cup water
½ tsp. salt 3 Tbs. olive oil

► In large bowl mix together and then let rest 10 minutes. Divide dough into 8 equal pieces and roll out on floured surface. In large skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly brown.

CAB® Shredded Beef Sandwiches

CAB® precooked shredded beef 1 can (15 oz.) pinto beans, rinsed
ciabatta rolls, split in half
thinly sliced provolone cheese
¼ cup mayonnaise
1 avocado, mashed

Refried beans:

1 Tbs. vegetable oil
½ small red onion, finely chopped
1 jalapeño, seeded, finely chopped

Iceberg slaw:

¼ cup fresh lime juice
¼ cup sour cream
½ head of iceberg lettuce, thinly sliced (about 4 cups)
½ small red onion, thinly sliced
1 jalapeño, seeded, thinly sliced
½ cup fresh cilantro leaves

- Refried beans: Heat oil in a small saucepan over medium heat. Add onion and jalapeño and cook until soft.
- Add beans and ½ cup water, then coarsely mash. Bring to a boil, reduce heat and simmer, stirring occasionally, until thickened, 5-8 minutes. Season with salt and pepper.
- Iceberg slaw: Whisk lime juice and sour cream. Add lettuce, onion, jalapeño and cilantro. Season with salt and pepper and toss until blended.
- Brisket and assembly: Preheat oven to 350° F. Place rolls cut side up on baking sheet. Top bottom halves with cheese. Toast until cheese melts, about 5 minutes.
- Heat the beef. Spread top half of each roll with some mayonnaise, then mashed avocado. Spoon refried beans over melted cheese; top with beef, iceberg slaw and top half of bun.

Beef Barbecue & Coleslaw Wrap

1 lb. CAB® precooked shredded beef ½ cup green pepper, chopped
½ tsp. olive oil ½ cup yellow pepper, chopped
1 bottle barbecue sauce 4 10-in. sun-dried or tomato tortillas
1 medium onion, diced 1 cup prepared coleslaw, drained

- Heat oil in pan, sauté onion and peppers until tender.
- Add beef and barbecue sauce, and heat until warm.
- Divide meat mixture among tortillas; add coleslaw.
- Wrap and serve.

Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Catie Collison, Lake City

Madison Collison, Rockwell City

Julia Deppe, Waverly

Jordan Johnson, Fort Dodge

Lexi Knapp, Bloomfield

Morgan Knapp, Bloomfield



► Kansas juniors placed third in showmanship in the intermediate other beef division. Pictured are (from left) **Tanner Hite**, Valley Center; **Nicholas Siemens**, Towanda; **Baylee Wulfkuhle**, Beryrton; and **Grace Shive** and **Sydnee Shive**, both of Mount Hope. They prepared “CAB® Shredded Beef Sandwiches.”



► South Dakota juniors won first in the showmanship category, second in recipe and first overall in the intermediate other beef division. Pictured are (from left) **Mason Schelske**, Virgil; **Brianna Erdmann**, Leola; **Alexa Montagne**, Elk Point; **Cadee Schelske**, Virgil; **Wyat James**, Bruce; and **Morgan Kwasniewski**, Clear Lake. They prepared “Beef Barbecue & Coleslaw Wrap.”

CONTINUED ON PAGE D22



OTHER BEEF COMPETITION



► Virginia juniors won second in showmanship, third in recipe and second overall in the intermediate other beef division. Pictured are (from left) **Ryan Borer**, Buchanan; **Suter Clark**, Gretna; **Mikayla St. Clair**, Berryville; **Zach McCall**, Greenville; and **Gordon Clark**, Gretna. They prepared “Virginia’s Slow-cooked Meat Boats.”

Virginia’s Slow-cooked Meat Boats

- | | |
|---|--|
| 1 pkg. CAB® (2-3 lb.) precooked shredded beef in natural juices | 1 Tbs. Worcestershire sauce |
| ½ cup of water | 1 Tbs. soy sauce |
| 1 cup stock (chicken, beef, shrimp, etc.) | ½ Tbs. Chinese 5-spice blend |
| ¼ cup balsamic vinegar | ½ tsp. fresh ground pepper |
| 1 Tbs. Dijon mustard | 10 fresh rolls |
| 1 Tbs. honey | 2 Tbs. cornstarch dissolved in ½ cup of cold water |
| 1 Tbs. light brown sugar | |

- Open the package of shredded beef and place into a medium pot with ½ cup of water. Heat the beef on low, stirring occasionally until it is heated through.
- In a separate pot, add the other ingredients (except for the cornstarch) and bring to a boil. Add the liquid to the beef and simmer for 10 minutes. Drain off the liquid into a bowl, add ½ cup back to the beef and cover the beef with a lid. Place the liquid back into a pot and bring to a simmer, slowly stirring in the cornstarch. When the gravy has thickened to the desired thickness, remove from heat.
- Create a pocket in the top of a homemade roll. Place a serving of beef in the pocket and add gravy. Put on a bib and enjoy your meat boat!
- Preparation time is 30-45 minutes. With a conventional roast it would be 6-8 hours.



► Kansas juniors won first place in the recipe and showmanship categories and first overall in the senior other beef division. Pictured are (from left) **Laura Carpenter**, Wamego; **Madison Wulfkuhle**, Berryton; **Anna Carpenter**, Wamego; **Morgan Woodbury**, Quenemo; and **Sarah Loomis**, Council Grove. They prepared “Scooby-Doo’s So Easy It’s (Not) Scary CAB® Tacos.”

Scooby-Doo’s So Easy It’s (Not) Scary CAB® Tacos

- 2 lb. CAB® precooked and shredded beef in natural juices
- 1-2 Tbs. olive oil
- 1 onion, diced
- 5 garlic cloves, minced
- ¾ cup orange juice
- 2 Tbs. lime juice
- 1 can (14 oz.) crushed tomatoes
- 1½ Tbs. chipotle powder (or less to reduce heat)
- 1 Tbs. paprika
- 1 Tbs. dried oregano
- 1 tsp. allspice powder
- 1 tsp. coriander powder

For serving:

Flour or corn tortillas, warmed

Suggested toppings:

- pico de gallo
- sour cream
- queso fresco or shredded cheese
- cilantro leaves
- avocado slices
- lime wedges

- In a pan, sauté onion until softened, add garlic and continue to sauté a few minutes more. Add remaining ingredients (except beef) and simmer 30-40 minutes. If you’re pressed for time, just heat through.
- Blend with a stick blender if desired (optional). Add the beef, stir and bring back to a simmer until heated through. If you have time, allow mixture to simmer longer to meld flavors.
- Fill your choice of tortillas with meat and desired toppings. Enjoy!
- Use this filling for enchiladas, quesadillas, Mexi-burgers, on nachos, in a taco salad, whatever your heart desires.

Mexican Shredded Beef Tacos

Beef:

3 lb. CAB® precooked shredded beef
1-2 Tbs. olive oil
5 garlic cloves
1 onion, diced
¾ cup orange juice
2 Tbs. lime juice
14 oz. crushed tomatoes
2 cups beef/chicken broth/stock
water
salt and pepper

Spice mix:

1½ Tbs. chipotle powder
1 Tbs. paprika
1 tsp. allspice powder
1 tsp. coriander powder
2 tsp. onion powder or garlic powder or 1 tsp. each
1 tsp. salt
black pepper

- Combine the spice mix ingredients in a bowl. Sprinkle 4 teaspoons over the beef and pat so it sticks.
- Heat the olive oil in a large pot over high heat. Add the beef and brown on all sides.
- Remove to a plate.
- Turn the hot plate down to medium. If the pot looks dry, add more olive oil. Add the garlic and onion, and cook for 3-5 minutes until soft.
- Add the orange juice and lime juice. Scrape the pot so the brown bits mix into the liquid. Put the beef back in the pot and add the remaining spice mix, canned tomatoes, beef broth and enough water so the beef is mostly, but not completely, submerged.
- Cover, and bring to a simmer so it's bubbling gently, not rapidly. Cook for 2 hours with the lid on and then 30 minutes with the lid off until the beef is tender enough to shred.
- Remove the beef and shred with forks. Leave the sauce to simmer with the lid off for 10-15 minutes to thicken to your taste. Add salt to taste. Optional: purée with stick blender to make it smooth.
- To serve, toss the beef in the sauce, using as much as you want. Serve with extra sauce on the side.



► Kentucky juniors won third in recipe, showmanship and overall in the senior other beef division. Pictured are (from left) **Logan Boyd**, May's Lick; **Tyler McGinnis**, Shelbyville; **Kaitlin Fouts**, London; **Leslie Craig**, Harrodsburg; and **Corbin Cowles**, Rockfield. They prepared "Mexican Shredded Beef Tacos."

Virginia's Brunswick Stew

2-lb. pkg. CAB® precooked shredded beef in natural juices
1 Tbs. olive oil
½ cup chopped onion
1 stalk celery, chopped
¼ cup cola
2 cans (29 oz.) diced tomatoes with liquid

½ cup ketchup
¼ cup hickory-flavored barbecue sauce
½ tsp. salt
½ tsp. pepper
½ tsp. hot sauce
1 green bell pepper
2 cans (29.5 oz.) cream-style corn

- Heat olive oil in a pot, and sauté the onion and celery. Open package of precooked beef and add to pot. Pour in the cola, and simmer.
- Stir in tomatoes, ketchup and barbecue sauce. Season with the salt, pepper and hot sauce. Place the whole green pepper into center of the mixture.
- Cook, stirring occasionally, for 1 hour, or until thickened.
- Stir the cream-style corn into the mixture. Continue cooking for 1 hour, or to desired consistency.
- Remove the green pepper, chop and return to the stew.
- Preparation time: 30 minutes
- Cook time: 2 hours



► Virginia juniors won second in recipe, showmanship and overall in the senior other beef division. Pictured are (from left) **Lauren Beasley**, Bluemont; **Callie Eastin**, Gretna; **Hannah Cox**, Staunton; and **Helena St. Clair**, Berryville. They prepared "Virginia's Brunswick Stew."

