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CULINARY COMPETITION

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

by *Linda Evans*, assistant editor

Thirty-six teams of Angus juniors recently competed in the 34th All-American *Certified Angus Beef*® (CAB®) Cook-Off July 11 in Des Moines, Iowa. The contest, sponsored by the American Angus Auxiliary and Certified Angus Beef LLC (CAB), is one of the most popular events at the National Junior Angus Show (NJAS).

During the NJAS, sports figures, movie and television stars and pop culture characters were seen milling around the exhibition hall. Characters from *Beauty and the Beast* and *The Wizard of Oz* mingled with football players, cowboys, Charlie Brown and friends, and game show contestants.

Participants prepare a CAB recipe and write and perform a skit that promotes the product in an educational and entertaining way to the judges, the audience at the Cook-Off and, ultimately, to consumers. Teams may consist of two to six juniors and are divided by age and type of beef used in the recipe: steak, roast or other beef.

“Year after year, we are always impressed by our Angus youth participating in the Cook-Off,” says Anne Lampe, co-chair of the competition. “The Angus breed and

the CAB brand are fortunate to have such a strong future in the National Junior Angus Association members.”

As teams vie to present the best recipe and

most informative and entertaining skit, they test their beef industry and CAB knowledge outside of the showing. Teams use the 10 quality standards and other research and



PHOTO BY PEARL'S PICS COURTESY OF THE AMERICAN ANGUS ASS'N

► The North Carolina intermediate roast team won the Black Kettle Award in the Auxiliary-sponsored CAB Cook-Off at the 2017 National Junior Angus Show (NJAS). Pictured are (from left) Anne Patton Schubert, Anne Lampe, and Clayton Lampe, all presenting; **Thomas Smith**, Pleasant Garden; **Justin Wood**, Willow Spring; **Cara Smith**, Pleasant Garden; **Mattie Harwood** and **Marcie Harwood**, both of Richfield; **Taylor Glover**, Pikeville; and Melanie Kiani, Vicki St. Blanc, Garrett Lampe holding Weston Lampe, and Gretchen Lampe, all presenting.

historical facts about CAB in their skits to showcase the brand to consumers.

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

The Black Kettle Award

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

This year, the North Carolina intermediate team entered in the roast category took home the Black Kettle Award. Winning team members include Taylor Glover, Pikeville; Marcie Harward and Mattie Harward, both of Richfield; Cara Smith and Thomas Smith, both of Pleasant Garden; and Justin Wood, Willow Spring.



Black Kettle Award Winner

Family-style French Dip

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

Ingredients for slow cooker:

½ cup reduced-sodium soy sauce
1 cup Coca-Cola® (not diet)
2 10-oz. cans beef broth
¼ cup dry minced onions
1 Tbs. beef bouillon
1 tsp. garlic powder
½ tsp. onion powder
½ tsp. dried oregano
½ tsp. kosher salt
½ tsp. fresh cracked pepper
¼ tsp. dried thyme
1 bay leaf

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

Table 1: Winners of the 2017 Auxiliary-sponsored All-American CAB® Cook-Off

Black Kettle winner			
North Carolina senior roast team — “Family-style French Dip”			
Pat Grote LEAD scholarship winner			
Kansas intermediate steak team — “Steak Guacamole”			
Steak division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Missouri	Missouri	Missouri
2.	Montana	Illinois	Illinois
3.	Texas	Kentucky	Kansas
<i>Intermediate</i>			
1.	Kansas	Kansas	Kansas*
2.	Nebraska	Illinois	Nebraska
3.	(tie) Illinois/ Oklahoma	Nebraska	Illinois
<i>Senior</i>			
1.	Illinois	Kansas	Kansas
2.	Virginia	(tie) Illinois/Virginia	Illinois
3.	Kansas		Virginia
Roast division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Missouri	Nebraska	Nebraska
2.	Nebraska	Missouri	Missouri
3.	Illinois	Illinois	Illinois
<i>Intermediate</i>			
1.	Arkansas	North Carolina	North Carolina*
2.	North Carolina	Arkansas	Arkansas
3.	Illinois	Illinois	Illinois
<i>Senior</i>			
1.	Oklahoma	Oklahoma	Oklahoma
1.	Mississippi	Mississippi	Mississippi
Other beef division			
Rank	Recipe	Showmanship	Overall
<i>Junior</i>			
1.	Missouri	Tennessee	Tennessee
2.	Tennessee	Indiana	Indiana
3.	Indiana	Missouri	Missouri
<i>Intermediate</i>			
1.	Virginia	Illinois	Illinois
2.	Illinois	Virginia	Virginia
3.	Kansas	Kansas	Michigan
<i>Senior</i>			
1.	Florida	South Dakota	South Dakota*
2.	South Dakota	Florida	Florida

*Denotes overall winner of the product division.

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THE CHEF'S CHALLENGE

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

After the contest reveals the secret

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

Secret ingredients for this year were Millstream root beer, Steizing potato chips, Maytag blue cheese, Iowa corncob syrup and fresh Brussels sprouts.

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

The 2017 NJAA Division winner is Chelsey Figge, Onaga, Kan. The team of Jake McCall, Greenville, Va., and Cody Boden, Clear Brook, Va., took second place; Morgan Fruge, Jennings, La., and Hunter Monismith, White Castle, La., were third. Deb and Sara Hatlewick, Jamestown, N.D., won the adult division.

Both winning recipes follow.

Flat-iron Steaks with Blue Cheese Cream Sauce

Steak marinade:

¼ cup red wine vinegar
¼ cup olive oil
favorite steak rub (I use a combination of Jim Baldrige, Bull Shit™ brand, Traeger Steak Seasoning, Beef Commission seasoning, salt and pepper)
Seal in baggie for 20 minutes (I use vacuum-seal bags)

While marinating steaks:

Sauté 1 onion until tender and browned.

Heat to boil:

1 cup heavy cream
4-5 Tbs. Worcestershire sauce

- ▶ Add onions to cream mixture and add 1 cup blue cheese. Stir until melted. Reduce heat to low to keep warm.
- ▶ Remove steaks from marinade, drain excess and grill to desired temperature. I prefer medium rare. Let rest 5 minutes.
- ▶ To serve, place a small amount of sauce under steak and top with a large spoonful of sauce.

Glazed Roasted Brussels Sprouts:

- ▶ Remove stem and halve Brussels sprouts. Place in a roasting pan with olive oil, salt and pepper for approximately 30 minutes or until nice roasted color and tender.
- ▶ Mix 1 cup corn syrup with a ¼ to ½ cup of root beer and add to the Brussels sprouts to coat. Return to oven to glaze. (This step can be done in a pan on stovetop also).

Chocolate Chippers

- ▶ Melt a chocolate dipping sauce of ½ cup chocolate chips and 1 tsp. oil (can use a purchased dipping sauce also). Dip each potato chip into the chocolate sauce and set aside to harden. (They can be put in a cooler or fridge, but don't overcool. Make sure to use a parchment or wax paper.)

Steak with Root Beer Barbecue Sauce

1 flat-iron steak

Root Beer Marinade:

1 Tbs. root beer
1 Tbs. corncob syrup
2 Tbs. ketchup
1 tsp. chopped dried onion
5-6 drops Worcestershire sauce

- ▶ Mix marinade ingredients and marinate steak for up to several hours. Next, dry-rub steak in secret spicy butter homestyle dry rub. Grill to perfection.

Semi-sober Cheesy Steamed Brussels Sprouts:

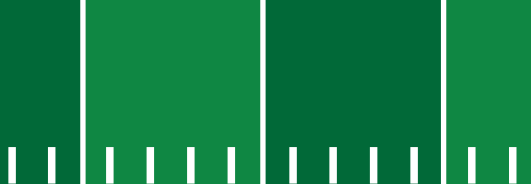
4 Tbs. butter, melted
1-2 Tbs. olive oil
2 Tbs. root beer
1 Tbs. corncob syrup
1-2 cloves garlic, diced
1 pkg. crumbled blue cheese
1-1½ lb. Brussels sprouts, cleaned and quartered
salt and pepper to taste

- ▶ In warm skillet, melt and mix butter, olive oil, root beer, syrup and garlic over medium heat and mix thoroughly for several minutes. Add Brussels sprouts and extra butter, if needed. Cover and caramelize the Brussels sprouts. Remove from heat and sprinkle crumbled blue cheese on top to add a salty and creamy texture.

State-Fair-style Corn on the Cob:

1 bag potato chips, smashed
crumbled Parmesan cheese
½ cup sugar

- ▶ Mix smashed potato chips and parmesan together and set aside. Steam corn on the cob in sugar water until kernels are tender. Remove from heat and sprinkle chip and Parmesan mixture on top. Serve hot!
- ▶ Serve with a root beer float in a frosted mug with vanilla ice cream and your choice of root beer.



► **Chelsey Figge** won first in the junior division of the Chef's Challenge.



► **Debra Hatlewick** and **Sara Hatlewick** won first in the adult division of the Chef's Challenge.



► **Cody Boden** and **Jake McCall** won second in the junior division of the Chef's Challenge.



► **Hunter Monismith** and **Morgan Fruge** won third in the junior division of the Chef's Challenge.

