

Share the Taste

Contestants share their recipes for the 2006 Auxiliary-sponsored
All-American *Certified Angus Beef*® Cook-off.



► Chefs of all ages served up great food and fun times at the 23rd Annual American Angus Auxiliary-sponsored All-American *Certified Angus Beef*® Cook-off.

Perhaps the only thing more exciting than participating in the Auxiliary-sponsored All-American *Certified Angus Beef*® (CAB®) Cook-Off is getting to try out some of the recipes. The recipes featured in the 23rd annual event are provided on the following pages for you to try in your own kitchen.

A total of 35 teams competed in three product competitions — deli meat, Quick-N-Easy™ and fresh meat — July 11 at the 2006 National Junior Angus Show in Indianapolis, Ind. Teams were made up of juniors, ages 9-13; intermediates, ages 14-17; seniors, ages 18-21; and adults.

Entries were judged on recipe for taste and ease of preparation, on showmanship for creativity of presentation and costumes, and overall ranking. For full results of the contest, see "Cooking Up A Storm" on page 219 of the September 2006 *Angus Journal*.

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FRESH MEAT COMPETITION

Junior Division



►Placing first in showmanship and overall in the junior fresh meat division is Indiana. Team members include (from left) **Katarina Rieker, Baron Rieker, Steven Rieker, Zachary Rieker**, all of Columbus; and **Samuel Barker**, Danville. They prepared “Tigger’s Elegant CAB® Prime Rib Roast.”

Tigger’s Elegant CAB® Prime Rib Roast

5 lb. boneless CAB® prime rib
2 medium carrots, peeled
1 pkg. (10 oz.) whole baby domestic white mushrooms
16 small white onions, peeled
2 Tbs. olive oil

2 Tbs. fresh rosemary, chopped
1 tsp. dried thyme
1 bay leaf
1 tsp. dried marjoram
1 tsp. dried sage
2 Tbs. coriander seeds, ground

Rub:

1 Tbs. salt
2 Tbs. ground black pepper
8 large cloves garlic, minced

Marinade:

2 Tbs. golden honey
½ cup rice wine vinegar
1 Tbs. Dijon mustard

Cut carrots into strips 3 in. long and ¼-in. thick. In small bowl, mix the dry rub ingredients. Toss the carrots in the rub mixture. Make marinade. Wipe roast with a damp paper towel. With a sharp, pointed knife, make slits in surface of roast at 2-in. intervals, 3½-4 in. deep and ½-in. wide. Push a carrot strip into each slit, angled slightly toward narrow end of roast. Add leftover rub mixture to marinade. Place roast in large plastic food container, add marinade mixture and refrigerate, covered, overnight. Preheat oven to 350° F. Remove roast from marinade and wipe dry. Reserve marinade. In hot oil in a large Dutch oven, brown roast on all sides, turning with wooden spoon. Pour reserved marinade and beef broth over roast. Insert a meat thermometer into the thickest part of roast. Roast, basting occasionally, about 2½-3 hours, until meat reaches an internal temperature of 135° F for medium-rare or 140° for medium doneness. About one hour before the meat is done, add mushrooms and small white onions to roasting pan.

Transfer roast to a platter. Let stand 5 minutes. Carve meat and serve.



►Placing first in the recipe category of the junior fresh meat division is Missouri. Team members are (from left) **Madison Gooden**, Crocker; **Arin Akin**, Iberia; **Cameron Ward** and **Carter Ward**, both of Plattsburg. They prepared “Zesty Steak Empanada.”

Zesty Steak Empanada

Dough:

2½ cups flour
1½ tsp. salt
1 stick butter
1 egg
⅓ cup water
1 Tbs. vinegar

Filling:

1 lb. CAB® sirloin steak
1 Tbs. minced garlic
¼ cup minced onion
¼ cup minced red pepper
1 tsp. paprika
¼ cup water
2 Tbs. tomato paste
2 Tbs. sour cream

Sift flour and salt into a large bowl. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal with some butter lumps. Beat together egg, water and vinegar in a small bowl with a fork. Add to flour mixture, stirring with fork until just incorporated. (Mixture will look shaggy.) Turn mixture out on a lightly floured surface. Knead gently to bring dough together. Roll out dough and cut into circles.

For filling, prepare steak by slicing and dicing. Brown the meat in a skillet with a little oil. Add garlic, onion, red pepper and paprika; sauté until tender. Mix in the water and tomato paste. Simmer on low for 2-3 minutes. Remove from skillet and put in a refrigerated container and then add sour cream. Refrigerate overnight.

Place a spoon-sized portion of the filling on a circle of the dough. Fold over the edges and glaze with a beaten egg. Continue with remaining ingredients. Place empanadas on an aluminum-foil-wrapped baking sheet and bake in a 350° F oven until golden brown.

Let the empanadas cool before eating.





FRESH MEAT COMPETITION

Junior Division CONTINUED



Pit Crew Pasta

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|-----------------------------------------|--------------------------------------------------------------|
| 1 lb. CAB® ground beef | 3 cups bite-size pasta (rotini, penne or macaroni), uncooked |
| 1 medium onion, chopped | 1 cup sliced mushrooms |
| 3½ cups water | 1 cup shredded pizza cheese |
| 1 jar (26 oz.) prepared spaghetti sauce | |

Brown meat and onion in deep nonstick skillet.
Add water, spaghetti sauce and pasta. Cover. Bring to a boil. Reduce heat to low and simmer for 20 minutes, stirring occasionally. Add mushrooms and cook for 5 minutes.
Stir in cheese.
Makes 6 servings.



►Oklahoma team members in the junior fresh meat division include (from left) **Amy Emberson**, Nowata; **Dustin Cook**, Orlando; **Taylor Mouse**, Elk City; **Hanna Runner**, Agra; **Braden Henricks**, Anadarko; and **Jarred Strate**, Enid. They prepared "Pit Crew Pasta."

Texas Taco Soup

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|---------------------------|---------------------------|
| 1½ lb. CAB® ground round | 1 can Rotel® tomatoes |
| 1 medium onion, chopped | 1 can ranch-style beans |
| 1 pkg. taco seasoning | 1 can corn |
| 1 pkg. ranch dressing mix | 1 can potatoes (optional) |

Brown ground round with onion; add taco seasoning. Add all other ingredients and heat thoroughly.



►Texas team members in the junior fresh meat division include (from left) **Tyler Bond-Jones**, Bleiberville; **Emory Geye**, Rising Star; **Mollie Lastovica**, Fredericksburg; and **Karly Wicker**, De Kalb. They prepared "Texas Taco Soup."

Beef Chuck Stew

- | | |
|------------------------------------------|-----------------|
| 2 lb. CAB® boneless beef chuck | potatoes |
| 1 can (14.5 oz.) Hunt's® stewed tomatoes | chopped parsley |
| 1 packet beef stew seasoning | |

Combine all ingredients in slow cooker and cook for 4-6 hours.



►Virginia team members in the junior fresh meat division include (from left) **Kraig Smith**, Catlett; **Morgan Alexander**, Berryville; **Callie Eastin**, Gretna; **Mackenza Muncy**, Midland; **Haley Meadows**, Buchanan; and **Dale Eastin**, Gretna. They prepared "Beef Chuck Stew."

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FRESH MEAT COMPETITION

Intermediate Division CONTINUED



► Illinois team members in the intermediate fresh meat division include (from left) **Gretchen Frost**, Tallula; **Tera Moritz**, Piper City; and **Jennifer Ewing**, Rushville. They prepared "Chipotle Steak."



► Kentucky team members in the intermediate fresh meat division include (from left) **Logan Goggin** and **Amanda Goggin**, both of Danville; **Ruth Ann Myers** and **Colby Myers**, both of Mount Sterling; **Ben Conner**, Hodgenville; and **Blake Boyd**, Mays Lick. They prepared "Western Way Ribeye."



► Maryland team members in the intermediate fresh meat division include (from left) **Jimmy Full**, Mount Airy; **Christina Ritter**, Laytonsville; **Brittany Full**, Mount Airy; **Maggie Lanham**, Buckeystown; **Bobby Velisek**, Gaithersburg; and **Thomas Wolfrey**, White Post, Va. They prepared "Peppered Ribeye Steaks."



► Michigan team members in the intermediate fresh meat division include (from left) **Chelsea Ruggles**, Kingston; **Patti Vaassen**, Ann Arbor; **Danielle Foster**, Niles; and **Erika Boehmer**, Charlotte. They prepared "Supremette's Strip Steak."

Chipotle Steak

2 lb. CAB® sirloin steak, 1-1½-in. thick
½ cup orange juice
2 Tbs. oil
2 Tbs. soy sauce
2 Tbs. honey

1 Tbs. minced garlic
juice of 1 lime
2 tsp. chipotle sauce
1 pkg. taco seasoning mix (1.25-oz. size)

Mix all ingredients for marinade. Cut steak into 8 servings and place in large plastic bag or plastic container. Pour marinade over steak and marinate 24-48 hours. Grill over medium fire 8-10 minutes per side. Serve with pasta salad and green vegetable or salad.

Serves 8.



Western Way Ribeye

CAB® ribeye steaks
salt
pepper

Place ribeyes on grill and sprinkle with salt and pepper on each side when turning. Cook to desired doneness: rare, medium or well-done.



Peppered Ribeye Steaks

2½ tsp. freshly ground black pepper
1 Tbs. dried thyme
1½ tsp. salt
4½ tsp. garlic powder
1½ tsp. lemon pepper

1½ tsp. ground red pepper
1½ tsp. dried parsley flakes
6 1½-in. thick CAB® ribeye steaks
3 Tbs. olive oil
Garnish: fresh thyme sprigs

Combine first 7 ingredients. Brush steaks with oil; rub with pepper mixture. Cover and chill 1 hour. Grill, covered with grill lid, over medium-high heat (350°-400°F) 8-10 minutes on each side or to desired doneness. Garnish, if desired.



Supremette's Strip Steak

¼ cup soft butter (not margarine)
2 Tbs. blue cheese, crumbled
2 tsp. green onion, chopped

½ tsp. fresh lemon juice
salt and pepper to taste
4-6 CAB® New York strip steaks

Mix first 5 ingredients together and chill until firm (at least 2 hours). Grill steaks to medium rare, remove from grill to individual plates and place a generous scoop of butter mixture on each hot steak, allow to melt over steak and serve.





FRESH MEAT COMPETITION

Intermediate Division CONTINUED



Aunt Bee's Filet of Beef

5-lb. CAB® whole tenderloin
1 tsp. coarse black pepper

1½ tsp. garlic salt
1 tsp. Canadian steak seasoning

Heat grill. While grill is heating, sprinkle black pepper and garlic salt over tenderloin. Top with layer of Canadian steak seasoning.

Grill whole tenderloin until it reaches medium rare on meat thermometer, approximately 1-1½ hours. Do not turn. Slice to desired thickness.

Serve with baked potatoes, salad and corn-on-the-cob.



► Winning the Pat Grote LEAD Award, as well as showmanship and overall honors in the intermediate fresh meat division, is Ohio. Team members are (from left) **Bailey Harsh**, Radnor; **Lauren Grimes**, Hillsboro; **William Harsh**, Radnor; and **Lindsey Grimes**, Hillsboro. They prepared "Aunt Bee's Filet of Beef."

CAB Kabobs with Vegetables

2 lb. CAB® tenderloin
1 lb. tomato, cut into quarters (or cherry tomatoes, if preferred)
1 lb. fresh pineapple, chunked
2 onions, chunked
1 lb. fresh whole mushrooms

white rice
fresh fruit
½ tsp. minced garlic
margarine or butter
salt and pepper to taste

Cut tenderloin into chunks suitable for kabobs. Alternate beef and vegetables as preferred on kabob skewer. Place on aluminum foil on grill and cook about 10 minutes or until done. Serve with rice, asparagus and fresh fruit.



► South Carolina team members in the intermediate fresh meat division include (from left) **John Petty**, Clover; **Karen Hawkins**, Belton; **Katie Pruitt**, Abbeville; **Savannah Groce**, Fountain Inn; and **Ashley Hawkins**, Belton. They prepared "CAB Kabobs with Vegetables."

Flat-Iron Steak Supreme

2 1-lb. CAB® flat-iron steaks
⅓ cup balsamic vinegar
⅓ cup pure maple syrup
4 Tbs. Dijon mustard, divided
3 Tbs. chopped fresh thyme
1 Tbs. olive oil

⅓ cup chopped pecans
2 Tbs. pure maple syrup
1 tsp. kosher salt
½ tsp. pepper
3 oz. crumbled Blue Cheese
Garnish: Fresh thyme sprigs

Combine vinegar, maple syrup, mustard and thyme in a shallow dish or large zip-top plastic freezer bag; add steaks, turning to coat. Cover or seal and chill 2 hours, turning occasionally.

Heat olive oil in a large, heavy skillet over medium-high heat; add pecans, stirring to coat. Stir in 2 Tbs. maple syrup and cook, stirring constantly, 1 minute. Remove pecans from pan and spread on waxed paper to cool.

Remove steaks from marinade, reserving marinade. Sprinkle steaks evenly with salt and pepper.

Grill, covered with grill lid, over medium-high heat (350°-400° F) 4-5 minutes on each side or to desired degree of doneness. Keep warm.

Whisk together reserved marinade and remaining 2 Tbs. mustard in a small saucepan. Bring to a boil; cook at least 2 minutes. (Sauce should be thick and syrupy.)

Cut steaks into ½-in.-thick slices; sprinkle with pecans and blue cheese. Serve with sauce.

Garnish, if desired.

Makes 4 servings.



► Placing first in the recipe category of the intermediate fresh meat division is Virginia. Team members are (from left) **Luke Muncy**, Midland; **Kaitlyn Meadows**, Buchanan; **Nathan Butler**, Midland; **Casey Johnson**, Nokesville; **Will Epperly**, Moneta; and **Mehgan Fleming**, Bluemont. They prepared "Flat-Iron Steak Supreme."

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FRESH MEAT COMPETITION

Intermediate Division CONTINUED



►South Dakota team members in the intermediate fresh meat division include (from left) **Weston Geppert**, Mitchell; **Andrew Rogen**, Brandon; **Heidi Graff**, Rutland; **Sydney Geppert**, Mitchell; and **Brian Graff**, Rutland. They prepared "Savory Sirloin Strips."

Savory Sirloin Strips

1½-lb. CAB® sirloin steak, cut into strips
¼ cup soy sauce
3 Tbs. vegetable oil
3 Tbs. sesame seeds
1½ Tbs. sugar

⅓ cup finely chopped onion
¼ cup finely chopped green onion
⅓ tsp. minced garlic
½ tsp. Accent®
pepper

Mix soy sauce, oil, sesame seeds, sugar, onion, green onion, minced garlic, Accent® and pepper together. Marinate sirloin steak strips at least 3-4 hours or overnight. Grill steak strips on outdoor grill.



Senior Division



►Winning the Black Kettle Award and placing first in showmanship and overall in the senior fresh meat competition is Indiana. Team members are **April Harris**, Ridgeville; **Jacob Saunders**, Cloverdale; **Katelyn Wilson**, Orleans; **Lucas Neumayr**, New Richmond; and **Kara Wilson**, Orleans. They prepared "Pepperrock Stuffed Beef Filets."

Pepperrock Stuffed Beef Filets

4 CAB® filets, sliced 1½- to 2-in. thick
4 slices peppered bacon
garlic salt
2 oz. Pepper Jack cheese, shredded

4 oz. frozen chopped spinach
1 Tbs. olive oil
¼ cup chopped onion
¼ cup shredded blend of Parmesan, Romano and Asiago cheeses
salt and freshly ground pepper, to taste

Stuffing:

2 oz. Pepper Jack cheese, thinly sliced

Defrost spinach in microwave. Wring spinach dry by nesting in paper towel and wringing towel over sink until spinach has given off all its liquid. Place in mixing bowl. Sauté onion in olive oil and add to spinach along with shredded cheeses and salt and pepper. Mix thoroughly.

Lightly sprinkle each steak with garlic salt. Cut a slit into the edge of each filet, cutting into the center, and stuff with 1 thin slice of Pepper Jack cheese and 1 oz. of the spinach mixture. Wrap each filet with a slice of peppered bacon and secure with a toothpick. Grill to desired doneness. Lightly top each steak with shredded Pepper Jack cheese just before removing from grill. May be stuffed, wrapped and refrigerated several hours before grilling.

Note: When preparing stuffing, you may prepare enough to make Spinach and Cheese Cakes as a side. Use a 10-oz. package of spinach, ½ cup chopped onion, and ½ cup of blended cheeses. After stuffing steaks, add ½ cup Italian bread crumbs and an egg to the remaining spinach blend. Combine the mixture with a fork, form into patties, and fry in olive oil 3 minutes on each side.



►Placing first in the recipe category of the senior fresh meat division is Michigan. Team members include (from left) **Ricka Boehmer**, Williamston; **Julie Thelen**, Saline; **Rachael Vaassen**, Ann Arbor; and **Wren Schroeder**, Decker-ville. They prepared "Las Vegas Strip Steak."

Las Vegas Strip Steak

CAB® strip steaks, cut ¾-in. thick
1 large yellow onion, sliced into rings ¼-in. thick
1 Tbs. butter

2 Tbs. balsamic vinegar
1 tsp. brown sugar

In large frying pan, caramelize onion in butter over medium heat until onion begins to turn golden brown. Add balsamic vinegar and brown sugar to onions. Continue to cook and stir until caramelized. Remove from heat.

Grill steaks to medium rare (10-12 minutes) over medium coals using direct heat on the barbecue grill. To serve, place several onion rings on each steak, hot off the grill. Top each steak with 2 tsp. Boursin Cheese with Herbs using a melon baller to form cheese into balls. Place one ball of cheese on top of onion rings and steak. Serve immediately.





QUICK-N-EASY COMPETITION

Junior Division



Beans for Real Cowboys

16 oz. CAB® frankfurters, sliced into 1-in. chunks
6 CAB® precooked hamburger patties, crumbled
1 can pork and beans
1 can kidney beans
1 can butter beans
½ cup molasses
1 Tbs. mesquite liquid smoke
1 cup barbecue sauce
1 green onion, sliced
2 strips bacon

Mix all ingredients, except bacon. Pour into Dutch oven, laying bacon on top. Heat through over a campfire, stirring often. (Or mix in a microwave-safe bowl and microwave until hot.)

Serve with corn bread.



► Winning showmanship in the junior Quick-N-Easy division is Kansas. Team members are (from left) **Trenton Blythe** and **Eric Blythe**, both of White City; and **Ransom** and **Cole Gardiner**, both of Ashland. They prepared “Beans for Real Cowboys.”

Keep on Truckin’ Quick-N-Easy™ Panini Sandwiches

1-2 pkgs. CAB® Quick-N-Easy™ pot roast

Sauce:

1 medium Vidalia sweet onion, finely chopped
1 medium tomato, finely chopped
½-1 Tbs. minced jalapeño pepper
½-1 Tbs. minced cilantro
1 (8 oz.) container of sour cream

Sandwiches:

1 green pepper, cut in strips
1 onion, cut in thin wedges
1 Tbs. oil
3 Tbs. butter, softened
8 slices firm Italian or sourdough bread, ½-in. thick
1 avocado, thinly sliced
8-12 slices of your favorite cheese (Provolone, Pepper Jack, etc.)

Prepare meat according to package directions, drain and shred. Set aside.

Combine sauce ingredients and set aside.

In panini grill, cook green pepper and onion in oil until tender, remove from pan and set aside.

Butter one side of each slice of bread. Place 4 slices of bread, butter side down, on work surface, top with 1-2 slices of cheese, shredded beef, green pepper and onion (if desired), avocado and about 2 Tbs. of sauce. Top with remaining slices of bread, butter side up. Cover and cook over medium heat about 4 minutes or until golden brown, turning once. Serve warm.



► Michigan team members in the junior Quick-N-Easy division include (front row, from left) **Justin Ruggles**, Kingston; **Dylan Kennedy**, Nashville; (back row, from left) **Breanna Taylor**, Gregory; **Rachel Reid**, Eaton Rapids; and **Dee Anne Merriman**, Lowell. They prepared “Keep on Truckin’ Quick-N-Easy Panini Sandwiches.”

“Priceless” Philly Beef ‘n’ Cheese Sandwich

1 17-oz. pkg. CAB® Quick-N-Easy™ pot roast
8 oz. sliced Provolone cheese
4 hoagie rolls
1-2 white onions, thinly (approximately ½-in.) sliced and sautéed
1 large bell pepper, cut in thin (approximately ½-in.) strips and sautéed
butter or margarine

Turn oven to low broil. Heat the roast as directed on package. While roast is heating, split hoagie in half lengthwise and spread both halves with butter or margarine. Toast the bottom half of the hoagie roll in oven and remove. Once the roast is heated, flake or shred into four equal portions. Place 2 oz. of sliced cheese on each toasted hoagie roll and top with ¼ of the roast beef. Put both halves of sandwich in oven, allowing the cheese to melt and the top half of the hoagie roll to toast to a golden brown. Top with sautéed onions and peppers as desired.

Yields 4 sandwiches.

Tastes delicious with cole slaw and french fries.



► Missouri team members in the junior Quick-N-Easy division include (from left) **Chase Thummel**, Sheridan; **Hannah Bartholomew**, Archie; **Caleb Sayre**, Creighton; **Sam Wallace**, Stotts City; **Jason Thompson**, Mount Vernon; and **Jake Heimsoth**, Lathrop. They prepared “Priceless” Philly Beef ‘n’ Cheese Sandwich.

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QUICK-N-EASY COMPETITION

Junior Division CONTINUED



► Placing first in recipe and overall in the junior Quick-N-Easy division is South Dakota. Team members are (from left) **Brittany Bush**, Britton; **Alex Rogen**, Brandon; and **Kylee Geppert**, Mitchell. They prepared “Baked Beef Chimichangas.”

Baked Beef Chimichangas

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|--------------------------------|------------------------------------|
| 3 Tbs. vegetable oil | 2 (8 count) cans of crescent rolls |
| 1 small onion, chopped | ½ cup salsa |
| 1 tsp. garlic powder | ½ cup sour cream |
| 2½ cups CAB® shredded beef | ¼ cup chopped green onions |
| 2 cups shredded cheddar cheese | |

Heat oil in a medium skillet over medium heat. Add onion and garlic powder. Cook until tender — about 10 minutes. Add beef, cook until heated through. Remove from heat. Stir in 1 cup cheddar cheese.

Preheat oven to 350° F. Unroll crescent roll dough. Separate into 8 rectangles. Pinch perforations to seal. Spread 1 Tbs. salsa over each rectangle to within ½ inch of edges.

Grease a baking sheet. Spoon ⅓ beef mixture over each rectangle. Roll up dough from short end; press edges together to seal. Place chimichangas seam-side-down on baking sheet.

Bake chimichangas until golden brown — about 20 minutes. Top with remaining cheese. Bake until cheese is melted. Top with sour cream and green onions.



Intermediate Division



► Placing first in the recipe category of the intermediate Quick-N-Easy division is Kansas. Team members are (from left) **Meghan Blythe**, White City; **MacKenzie Flory**, Baldwin City; **Esther McCabe** and **Hannah McCabe**, both of Elk City; and **Allison Blythe**, White City. They prepared “Cruella’s Wickedly Delicious Prime Rib Dinner with Blazin’ Sauce.”

Cruella’s Wickedly Delicious Prime Rib Dinner with Blazin’ Sauce

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|-------------------------------------------|------------------------------------|
| 4 6-oz. CAB® precooked prime rib portions | 1 Tbs. garlic salt |
| | 1 tsp. paprika |
| Cruella’s Special Seasoning: | Blazin’ Sauce: |
| 2 Tbs. seasoning salt | 1 can (4 oz.) chopped green chiles |
| 1 Tbs. mustard powder | ½ cup whipping cream |
| 1 tsp. black pepper | ½ cup dairy sour cream |
| ½ tsp. dry mesquite flavored seasoning | 2 Tbs. chopped fresh cilantro |

Take thawed, precooked prime rib and quickly chargrill 1-2 minutes per side to give flavor. Season lightly with Cruella’s Special Seasoning. Serve immediately with Blazin’ Sauce and sides.

Prepare sauce by placing green chiles in blender container. Cover. Puree until smooth. Combine chiles and whipping cream in small, heavy saucepan. Cook over medium heat until hot, about 5 minutes, stirring frequently. Stir in sour cream and cilantro. Cook and stir 1-2 minutes until heated through. Do not boil.

Serve with 2 cups asparagus pieces (2-inch pieces), 1 medium yellow squash (cut lengthwise in half, then crosswise into ¼-inch-thick slices), twice-baked cheesy potatoes or corn-on-the-cob and Texas toast.



Integrity is built into the **Certified Angus Beef®** brand. It is the only brand that tracks every pound of meat from initial identification through sales to consumers, ensuring they get genuine CAB® products.



QUICK-N-EASY COMPETITION

Intermediate Division CONTINUED



Inside-Out Bacon Cheeseburgers

8 CAB® Quick-N-Easy™ uncooked, frozen hamburger patties
2 Tbs. ranch dressing
4 slices bacon, cooked and crumbled

2 slices American cheese, cut into quarters
4 hamburger buns, split, lightly toasted
4 lettuce leaves
8 slices tomato

Preheat grill to medium heat. Mix ranch dressing with bacon. Spoon about 1 Tbs. of the bacon mixture onto center of 4 of the patties; top with 2 cheese quarters and second burger patty. Pinch edges of patties together to seal.

Grill patties 7-9 minutes on each side or until cooked through (160° F). Cover bottom halves of buns with lettuce and burger patties. Top with tomatoes and top halves of buns.

Makes 4 servings.



► Placing first in showmanship and overall in the intermediate Quick-N-Easy division is Texas. Team members include (from left) **Taylor McQueen**, Gilmer; **Katy Satree**, Montague; **Gretchen Ettredge**, Pilot Point; and **Megan Ahearn**, Wills Point. They prepared “Inside-Out Bacon Cheeseburgers.”

Senior Division

All-American CAB® Sports Dog

CAB® frankfurters

Place frankfurters on grill, turning often, until centers are warm and desired appearance (grill marks or charcoaled) has been reached. Place inside bun and dress with desired condiments, such as ketchup, mustard, onions, chili or relish.



► Kentucky team members in the senior Quick-N-Easy division include (front row, from left) **Ericka Waggener**, Harrodsburg; **Luke Ayres**, Lancaster; (back row, from left) **Deidre Sherrard**, Upton; **Nikki Bugg**, Burgin; **Megan Cole**, Lancaster; and **Charles Toll**, Lawrenceburg. They prepared “All-American CAB® Sports Dog.”

CAB Hot Beef Sandwich

1 CAB® Quick-N-Easy™ Pot Roast with Gravy
8 slices sourdough bread
½ cup sliced mushrooms (optional)

½ cup sautéed onions (optional)
¼ cup finely chopped and sautéed sweet red pepper (optional)

Prepare pot roast according to package directions and slice, reserving gravy. Arrange 1 slice of sourdough bread on each plate. Divide pot roast evenly over the bread slices, top with second slice of bread. Serve with mashed potatoes. Just before serving, spoon gravy over sandwiches and potatoes. If desired, ½ cup sautéed onions, or ½ cup of sliced mushrooms may be heated and added to the gravy, or add finely chopped and sautéed sweet red pepper.



► Placing first in the recipe category of the senior Quick-N-Easy division is Minnesota. Team members include (from left) **Alison Johnston**, Houston; **Bethanie Meiners**, Caledonia; **Taylor Vaughn**, Goodhue; and **Chelsey Drysdale**, Wabasha. They prepared “CAB Hot Beef Sandwich.”

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QUICK-N-EASY COMPETITION

Senior Division CONTINUED



► Placing first in showmanship and overall in the senior Quick-N-Easy division is Oklahoma. Team members are (from left) **Kelsey Pfeiffer**, Orlando; **Cali Emberson**, Nowata; **Karisa Pfeiffer**, Orlando; **Jordan Davis**, Foss; and **Gina Blanton**, Marlow. They prepared "Holiday CAB Prime Rib with Mushroom Sauce."

Holiday CAB® Prime Rib with Mushroom Sauce

4 fully-cooked portions CAB® Quick-N-Easy™
Prime Rib slices (8-10 oz. ea.)
1 Tbs. butter
1 Tbs. minced garlic

Mushroom Sauce:

1 lb. sliced fresh mushrooms
¼ cup butter
2 Tbs. white wine
⅛ tsp. cumin
⅛ tsp. garlic powder
⅛ tsp. salt and pepper

Heat ½ Tbs. butter and ½ Tbs. garlic in large skillet over medium heat. Sear or lightly brown 2 prime rib slices. Turn only once. Remove; keep warm. Use remaining ½ Tbs. butter and ½ Tbs. garlic to cook remaining slices of prime rib.

Sauté mushrooms in butter, add wine and sprinkle with seasonings. Top prime rib with sauce and serve.



► Angus enthusiasts of all ages enjoyed the performances of the Cook-Off teams.

CANDID PHOTOS BY SHAUNA ROSE HERMEL



► With Quick-N-Easy CAB, Santa won't have to be late, according to the Oklahoma senior team.

Adult Division

Quick & Easy Pulled Beef

4 lb. CAB® Quick-N-Easy™ shredded beef
¾ cup dark brown sugar
1 tsp. Worcestershire sauce
1 tsp. Tabasco® sauce
1 tsp. salt, or to taste

¼ tsp. ground black pepper
1½ cups ketchup
2 onions, chopped
1 cup vinegar

Mix sauce ingredients. Pour over shredded beef in slow cooker and heat for 4-5 hours on low heat. Serve on onion buns or toasted poor boy buns with pasta salad or bean salad and dill pickles. This can also be prepared with a 4- to 5-lb. boneless chuck roast. Cook beef in sauce for 5 hours. Cool and pull meat using two forks. Return to sauce and reheat.



► The Illinois moms took the stage for a musical performance and shared a recipe for "Quick & Easy Pulled Beef."



DELI MEAT COMPETITION

Junior Division



Beefy Pepper Cheese Rolls

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|------------------------------------------------|-----------------------------------------------|
| 2 pkg. crescent rolls | ¼ cup mayonnaise or Miracle Whip® |
| 1½ lb. CAB® deli-style roast beef, sliced thin | ¼ cup prepared horseradish |
| 1 lb. Co-Jack cheese, sliced thin | ¼ to ½ cup thinly sliced pepperoncini peppers |

Separate crescent rolls to form 8 rectangles; press perforations together. Mix mayonnaise and horseradish together and spread on crescent roll rectangles. Place one slice of roast beef on each rectangle; top with two slices of cheese and another slice of roast beef. Put one to two teaspoons of peppers in center of each rectangle. Roll and seal edge. Bake in 400° F oven for 12-15 minutes or until golden brown. Serve with leafy green salad and fruit or vegetable. Makes 8 servings.



► Illinois team members in the junior deli division include (from left) **Ashley McEwen**, Bushnell; **Kayla Widerman**, Good Hope; **Emily Harrell**, Roseville; and **Gabrielle Lemenager**, Clifton. They prepared “Beefy Pepper Cheese Rolls.”

Speedy Toasted CAB Sandwich

- | | |
|-------------------------------------|-----------------------------------|
| 8 slices CAB® deli-style roast beef | 1 fresh green pepper, sliced thin |
| 8 slices CAB® deli-style pastrami | 1 Tbs. butter |
| 4 slices Provolone cheese | ⅛ tsp. garlic salt |
| 8 slices whole wheat bread | 4 tsp. Thousand Island dressing |
| 1 cup sliced fresh mushrooms | |

Heat electric skillet to 300° F. Butter one side of bread, placing 4 slices, butter side down, on hot skillet. Top each with 2 slices roast beef and 2 slices pastrami, ¼ of the fresh mushrooms and ¼ of the green peppers. Sprinkle with garlic salt and top with cheese slices. Place remaining bread slices on top, butter side up. Toast until golden brown and crispy. Turn to toast other side. When toasted, open sandwich between bread and meat and spread with Thousand Island dressing.

Serve warm with chips and a pickle.



► Placing first in the recipe and showmanship in the junior deli meat division is Kansas. Team members include (from left) **Tyler Blythe**, White City; **Jake Schmalstieg**, McLouth; **Johanna Lundgren**, Ottawa; **Tyler Otensmeier**, McLouth; and **Hadley DeHoff**, Tonganoxie. They prepared “Speedy Toasted CAB Sandwich.”

Intermediate Division

Western Wrap

- | | |
|-------------------------------------------------|-----------------------------------|
| 8 oz. CAB® deli-style roast beef, thinly sliced | 6-12 large iceberg lettuce leaves |
| 8 oz. light cream cheese spread | ¾ cup shredded cheddar cheese |
| 2 Tbs. smoky barbecue sauce | 3 plum tomatoes, thinly sliced |
| 6 8-in. flour tortillas | ½ small red onion, thinly sliced |

Mix cream cheese and barbecue sauce together; spread 2 Tbs. on tortillas, and layer with lettuce and beef. Sprinkle with cheddar cheese and top with tomatoes and onion. Roll up tightly and serve.



► Placing first in the showmanship category of the intermediate deli meat division is Iowa. Team members are (from left) **Ashley** and **Caitlin Kuehn**, both of Durant. They prepared “Western Wrap.”

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DELI MEAT COMPETITION

Intermediate Division CONTINUED



► Placing first in the recipe category of the intermediate deli meat division is Kansas. Team members are (from left) **Peter Lundgren**, Ottawa; **Brooke Bergkamp**, Arlington; **Bailey Shaw**, Erie; **Tanner Rayl**, Hutchinson; and **Jacinda Dickinson**, Glasco. The team prepared "Super-Quick Beef Taco Soup."

Super-Quick Beef Taco Soup

½ lb. CAB® deli-style roast beef, cut into 1-in. pieces	1 can (14.5 oz.) ready-to-serve chicken broth
1 cup mild or medium salsa	1 small can corn or 1 cup frozen corn
¼ cup red or green bell pepper, chopped	corn tortilla chips
½ tsp. ground chili powder	1 small tomato, chopped
1 tsp. dried cilantro	½ cup shredded cheddar or Co-Jack cheese
1 Tbs. fresh chopped cilantro	

Mix salsa and bell pepper in a 2-quart saucepan. Heat quickly until peppers soften. Add chili powder, cilantro, corn and broth. Heat to boiling; reduce heat and simmer, uncovered, for 15 minutes.

Divide beef and place 4-6 broken tortilla chips among 4 soup bowls. Pour soup over beef and tortilla pieces. Top with tomatoes and cheese.

Serve with tortilla chips, salsa, guacamole and tortilla rollups.



► Maryland team members in the intermediate deli division include (from left) **Jessica Clarke**, Rocky Ridge; **Emily Velisek**, Gaithersburg; **Candace Howard**, Keymar; **Shelby Stabler** and **Kelsey Stabler**, both of Laytonsville; and **Tyler Donnelly**, Emmitsburg. They prepared "CAB Deli Wrap."

CAB Deli Wrap

3 slices any CAB® deli-style meat	herbed cream cheese
1 chopped spring onion	baby salad greens
¼ cup chopped fresh tomato	seasoned flour tortilla

To prepare one serving, spread tortilla with cream cheese. Layer deli meat, greens, tomato and onion. Roll tortilla. Enjoy.



► Michigan team members in the intermediate deli division include (from left) **Drew Bordner**, Sturgis; **Justin Kennedy**, Nashville; **Hope Bordner**, Sturgis; and **Jeannine Wilson**, Gregory. They prepared "CAB Orange Barrel Hoagies."

CAB Orange Barrel Hoagies

3-4 lb. CAB® deli-style roast beef	1 lb. fresh mushrooms
Mozzarella, Provolone, Cheddar or other cheese	hoagie buns or Texas toast
1 large vidalia onion, sliced in thin wedges	butter

Toast buttered hoagie bun in toaster oven. Sauté onions and mushrooms, heat the meat and place on hoagie bun. Top meat with onions and mushrooms, then cheese. Return to oven and warm.





DELI MEAT COMPETITION



CANDID PHOTOS BY MICKY WILSON



► **Above:** If it walks like a chicken ...

► **Right:** Nebraska teammates answer questions from the judges during the deli meat competition.

Intermediate Division CONTINUED

Nebraska Beef Taco Wraps

$\frac{3}{4}$ lb. CAB® deli-style roast beef, thinly sliced
 $\frac{1}{2}$ cup black bean dip
 4 large flour tortillas
 1 cup thinly sliced lettuce

$\frac{3}{4}$ cup chopped tomato
 1 cup (4 oz.) shredded taco seasoned cheese
 salsa (optional)

Spread black bean dip evenly over one side of each tortilla. Layer deli roast beef over bean dip, leaving $\frac{1}{2}$ -in. border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up over filling and roll closed.

Cut each roll in half. Serve with salsa, if desired.

Makes 4 servings.

Nutritional information per serving: 455 calories; 39 g protein; 41 g carbohydrates; 15 g fat; 1,497 mg sodium; 94 mg cholesterol; 3.5 mg niacin; 0.4 mg vitamin B₆; 2.7 mcg vitamin B₁₂; 4.7 mg iron; 7.3 mg zinc.



► Nebraska team members in the intermediate deli division include (from left) **Jara Settles**, Hoskins; **Kourtney Nelson**, Crete; **Mercedie Weber**, Albion; and **Jessica Clowser**, Milford. They prepared "Nebraska Beef Taco Wraps."

Beef Taco Wraps Oklahoma Style

$\frac{3}{4}$ lb. CAB® deli-style roast beef, thinly sliced
 $\frac{1}{2}$ cup fat-free black bean dip
 4 large (about 10-in. diameter) flour tortillas
 1 cup thinly sliced lettuce
 $\frac{3}{4}$ cup chopped tomato

1 cup (4 oz.) shredded reduced-fat taco seasoned cheese
 1 cup (8 oz.) sour cream
 salsa and guacamole dip

Spread black bean dip evenly over one side of heated tortilla. Layer deli roast beef over bean dip, leaving $\frac{1}{2}$ -in. border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up and over filling and roll closed.

Cut each roll in half. Serve with salsa, sour cream and guacamole dip.



► Oklahoma team members in the intermediate deli division include (from left) **Brooklynn Bell**, Delaware; **Mae-gan Nunley**, Marlow; **Jacee May**, Stillwater; **Justin Strate**, Enid; **Kass Pfeiffer**, Orlando; and **Colton Henricks**, Anadarko. They prepared "Beef Taco Wraps Oklahoma Style."

CONTINUED ON PAGE 208



DELI MEAT COMPETITION

Senior Division CONTINUED



Cajun Roast Beef with Pasta & Veggies

- | | |
|------------------------------------------------------------------|---------------------------------------------|
| 1 lb. CAB® deli-style roast beef | ½ cup chopped fresh mushrooms |
| 12 oz. of your favorite pasta | 2 Tbs. Cajun seasoning, or to taste |
| 2 Tbs. olive oil | 1 cup dried tomato vinaigrette dressing |
| ½ tsp. bottled minced garlic (or fresh) | 1 cup shredded Mozzarella cheese (optional) |
| 1 small onion, sliced into rings | |
| 1 each — small green, red and orange bell peppers, thinly sliced | |

Cook pasta according to package directions and drain. Sauté garlic, peppers, onions, mushrooms and 2 tsp. Cajun seasoning in olive oil until veggies are tender.

Cut roast beef into strips and sprinkle with Cajun seasoning. Combine veggies, roast beef, pasta and dressing, tossing to coat. Garnish with Mozzarella cheese, if desired.



► Placing first in recipe, showmanship and overall in the senior deli meat division is Kansas. Team members are (from left) **David Lundgren** and **Kristen Lundgren**, both of Ottawa; **Courtney Rump**, Galva; **Kyleigh Santee**, Langdon; **Tess Ludwick**, Ottawa; and **Chelsea Dickinson**, Glasco. They prepared "Cajun Roast Beef with Pasta and Veggies."

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

