



A Cajun Victory

Juniors turn up the heat on Auxiliary-sponsored CAB® competition.

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Angus enthusiasts from across the country traded their boots and showsticks for aprons and beef recipes to compete in the Auxiliary-sponsored All-American *Certified Angus Beef®* (CAB®) Cook-Off at the 2007 National Junior Angus Show (NJAS) July 3 in Tulsa, Okla. Thirty-five teams from 14 states competed in the 24th annual contest that showcased the talents of more than 200 chefs, as well as the exceptional taste of CAB brand meats.

Competitors participated in one of three product competitions — fresh meat, deli meat, or heat-and-serve — that were broken into divisions based on age. Winners were selected for both showmanship and recipe categories within each product competition. For showmanship, teams are evaluated on dish presentation and creativity of a skit and costumes. For the recipe category, judges select winners based on the taste of the food and ease of preparation.

The senior fresh meat team from Louisiana swept the competition and took the top award after first winning the overall senior fresh meat competition, including both recipe and showmanship categories, with their recipe for “Crab-Stuffed Filet Mignon with Crab Sauce.” Team members include Allison Gravois, Vacherie; Ben Greene, Covington; Matthew Greene, Covington; Katie Hymel, Vacherie; Stephanie Hymel, Vacherie; and Kayla St. Blanc, Folsom. In memory of Paul St. Blanc, an avid supporter of the contest, the Black Kettle Award is given to the highest-scoring team among all age groups.

“We learned more about CAB and its role in the beef industry and had a lot of fun doing it,” said Greene, who helped write his team’s skit, a spoof on the television cooking show *Iron Chef America*. Greene said that the contest benefits the industry by having younger people learn about and promote CAB products.

Fresh meat winners

Placing first in both the adult showmanship and recipe division, and earning the overall adult fresh meats division award was Missouri, with “Granny’s Beef Kabobs on Mini Pot-Passers.” The team consisted of Gary Naylor, Buffalo; Pam Naylor, Buffalo; Joann Pipkin, Republic; Tammy Pleimann, Jackson; and Payree Short, Ava.

The intermediate team from Ohio claimed overall fresh meat honors after winning the recipe category with “Granny’s Filet of Beef.” Team members include Krystin Bachman, Lancaster; Lauren Grimes, Hillsboro; Lindsey Grimes, Hillsboro; Bailey Harsh, Radnor; William Harsh, Radnor; and Tyler Wise, Tiffin. Each member received a paid registration to the Leaders Engaged in Angus Development (LEAD) Conference from the Pat Grote Fund for their achievement.

Winning the intermediate showmanship category in the fresh meat division was





Michigan. The team, consisting of Justin Kennedy, Nashville; Chelsea Ruggles, Kingston; and Patricia Vaassen, Ann Arbor, prepared “Mel’s All-American CAB Burger.”

Michigan won first overall in the junior fresh meat division with their “Rodeo Roundups ‘Loose Meat’ CAB Sandwich.” Team members Dylan Kennedy, Nashville; Hailey McNees, Grand Junction; Randy McNees, North Branch; Dee Anne Merriman, Lowell; and Justin Ruggles, Kingston, claimed both recipe and showmanship categories.

Deli meat winners

In the deli meat division, Texas juniors won the overall award. Team members, whose “Ranch-Style Monte Cristo Sandwich” also earned junior recipe and showmanship honors, include Emory Geye, Rising Star; Tyler Jones, Bleiberville; Clayton Stevenson, Brenham; Wade Wells, Hamilton; and Tylee Jo Williams, Lockney.

Taking first place in recipe, showmanship and overall in the senior deli meat division was Kansas with “Southwest Beef Linguini.” Team members include Chelsea Dickinson, Glasco; Ben Gruver, Luray; David Lundgren

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Louisiana’s Winning Recipe: Crab-Stuffed Filet Mignon with Crab Sauce

- 4 CAB® filet mignons, 6-7 oz. each
- 2 Tbs. olive oil
- 1 tsp. onion, minced
- 1 tsp. green onion, minced
- 1 tsp. celery, minced
- 1 tsp. green bell pepper, minced
- 1 tsp. garlic, minced
- 2 Tbs. shrimp stock
- 1 Tbs. bread crumbs
- 1 Tbs. Creole seasoning
- 1½ cups lump crabmeat

Prepare crabmeat bordelaise sauce and cover to keep warm. Heat 1 Tbs. olive oil in a medium skillet over high heat. Add the onion, green onion, celery, bell peppers and garlic. Sauté for 1 minute. Add crabmeat, stock, bread crumbs and 1 tsp. of Creole seasoning. Cook for 2 minutes. Remove from heat and set aside to cool for at least 15 minutes. Makes 1 cup.

Using a small knife, cut a slit about 2 inches (in.) long and 2 in. deep into the side of each steak to make a pocket. Sprinkle the remaining 2 tsp. of Creole seasoning over the meat, using ½ tsp. for each steak and inside its pocket. Use your hand to coat the meat thoroughly inside and out. Stand the filets on their uncut edges and open the pockets. Using a spoon, fill each pocket with ¼ cup

of the cooled stuffing. Heat the remaining 1 Tbs. oil in a skillet over high heat. When the oil is hot, add the filets and sauté until rare, about 3 minutes on each side, or medium rare, about 4 minutes on each side. To serve, place filet on a dinner plate, and cover with a generous amount of the crabmeat bordelaise sauce.

Crabmeat bordelaise sauce:

- 1 Tbs. shallot, minced
- 4 turns freshly ground black pepper
- 1 Tbs. garlic, minced
- 2 cups beef glaze (thickened stock)
- 2 Tbs. unsalted butter, room temperature
- 1 Tbs. chopped green onions
- ½ lb. lump crabmeat
- 1 tsp. Creole seasoning

Combine the shallot, garlic and Creole seasoning in a small non-reactive saucepan, and place over high heat. Cook for 30 seconds. Watch carefully so it doesn’t burn. Add crabmeat, salt and pepper, and bring back to a boil. Stir in glaze, and bring back to a boil. Reduce heat and simmer, skimming off fat and impurities for about 10 minutes. Turn heat up to high, skim remaining impurities from the top and cook for 1-2 minutes more. Whisk in the butter until thoroughly incorporated, about 30 seconds. Add green onions and remove from heat.

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and Kristen Lundgren, both of Ottawa; Courtney Rump, Galva; and Bailey Shaw, Erie.

In the intermediate deli division, Kansas took first place overall in addition to recipe and showmanship honors. The team of Meghan Blythe, White City; Megan Fink, Randolph; MacKenzie Flory, Baldwin City; Clinton Laflin, Olsburg; Hannah McCabe, Elk City; and Tanner Rayl, Hutchinson, prepared "CAB Salad Skewers."

Heat-and-serve winners

Taking home overall honors in the heat-and-serve category is the Missouri junior team with "Beefy Breakfast Burritos." The team, consisting of McKenzie Adam, Long Lane; Jacob Heimsoth, Lathrop; Caleb Sayre, Creighton; Chase Thummel, Sheridan; Sydney Thummel, Sheridan; and Samuel Wallace, Stotts City, won both recipe and showmanship categories.

South Dakota earned the overall senior heat-and-serve division honors. Team members include Sydney Geppert, Mitchell; Weston Geppert, Mitchell; Brian Graff, Rutland; Heidi Graff, Rutland; Andrew Rogen, Brandon; and Matthew Tollefson, Clark. Their "Barbecue Beef Pizza" also earned them first in the showmanship category.

Winning the senior recipe category is Oklahoma and their "Celebrity 'Prime' Rib with Chipotle Butter." Team members include Brooklynn Bell, Delaware; Jordan Davis, Foss; Cali Emberson, Nowata;

Colton Henricks, Anadarko; Kelsey Pfeiffer, Orlando; and Amanda Rauh, Thomas.

The intermediate team from Texas captured overall intermediate heat-and-serve honors after winning both recipe and showmanship categories. Team members Megan Ahearn, Wills Point; Brittany Blum, Howe; Gretchen Ettredge, Pilot Point; Katy Satree, Montague; and Mollie Lastovica, Fredericksburg, presented "Quesadilla Burgers."

Generous support

This year, the Friends of the Black Kettle provided custom-designed T-shirts for all participants. All recipe award winners received a gift bag complete with St. Blanc's famous jambalaya recipe and hot sauce. All showmanship award winners received grill tongs provided by the Kentucky Angus Association.

Anne Patton Schubert, contest co-chairman, says the committee hopes to

continue its work and support future contests. Additional awards were provided by the American Angus Auxiliary, Certified Angus Beef LLC (CAB), and Vernon Hathaway, Harker's Distribution Inc., Le Mars, Iowa.

The overall winning recipe in this year's Cook-Off is featured on page 249. See all the other recipes starting on page 273 in the August *Angus Journal*.





Fresh Meat Competition

	Recipe	Showmanship	Overall
Junior division:			
1.	Michigan	Michigan	Michigan
2.	Georgia	Georgia	
3.	Oklahoma	Oklahoma	
Intermediate division:			
1.	Ohio	Michigan	Ohio
2.	Michigan	Ohio	
3.	Texas	Missouri	
Senior division:			
1.	Louisiana	Louisiana	Louisiana*
2.	Indiana	Indiana	
3.	Minnesota	Virginia	
Adult division:			
1.	Missouri (Team A)	Missouri (Team A)	Missouri (Team A)
2.	Missouri (Team B)	Missouri (Team B)	

Heat-and-Serve Competition

	Recipe	Showmanship	Overall
Junior division:			
1.	Missouri	Missouri	Missouri*
2.	Kansas	Kansas	
3.	Illinois	Illinois	
Intermediate division:			
1.	Texas	Texas	Texas
2.	Kansas	Kansas	
Senior division:			
1.	Oklahoma	South Dakota	South Dakota
2.	South Dakota	Oklahoma	

Deli Meat Competition

	Recipe	Showmanship	Overall
Junior division:			
1.	Texas	Texas	Texas*
2.	Kansas	South Dakota	
3.	South Dakota	Kansas	
Intermediate division:			
1.	Kansas	Kansas	Kansas
2.	Maryland	Maryland	
Senior division:			
1.	Kansas	Kansas	Kansas

Black Kettle Winner:

Louisiana senior fresh meat entry, "Crab-Stuffed Filet Mignon with Crab Sauce"

Pat Grote LEAD Scholarship Winner:

Ohio intermediate fresh meat entry, "Granny's Filet of Beef"

*Denotes overall winners in product competition.