

Beef Cook-Off Winners Announced

SACRAMENTO, Calif. — The 1992 National Beef Cook-Off® (NBCO) "Best of Beef" title and \$15,000 in cash and prizes were awarded to John Hund of San Francisco. Hund was one of 64 contestants participating in the 19th annual National Beef Cook-Off held in Sacramento, Calif., on Sept. 17-19. A total of \$35,000 in prize money was awarded to 11 winners.

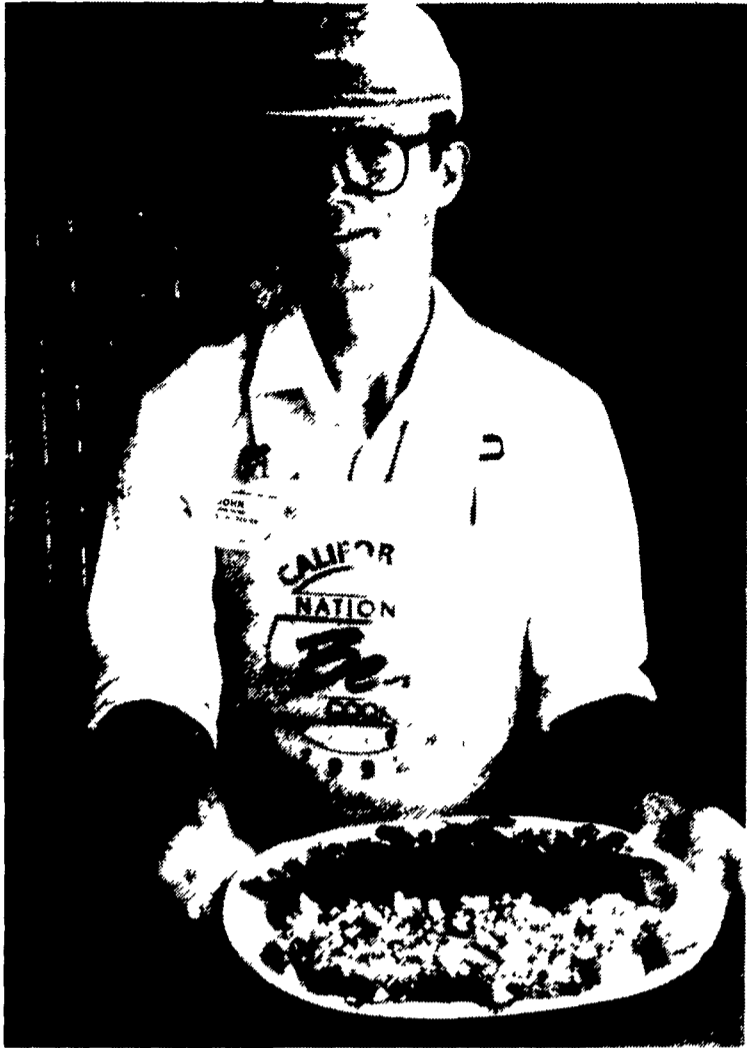
The NBCO, one of the foremost cooking events in the nation, generates publicity that reaches millions of consumers with positive messages about beef's place on America's dinner plate.

Hund's recipe, "Margarita Beef with Orange Salsa," exemplifies California cuisine at its best, using citrus fruits and beef in an imaginative and creative fashion. It showcases the popularity of grilling in an outstanding main dish versatile enough to serve for a quick family meal or a casual weekend dinner party. After marinating, the recipe takes less than one hour to prepare. This recipe is ideal for today's time-pressed cooks like Hund, an auto shop manager, husband and father.

"Tenderloin Steaks with Pepper Jelly Sauce," created by Frances C. Andrews of Wilson, N.C., was the first-place recipe in the Indoor Conventional category, earning her \$5,000. Andrews also earned additional honors and a prize of \$1,000 for "Most Convenient Beef Recipe."

Joyce L. Bowman of Raleigh, N.C., was the big \$5,000 winner in the Microwave category with "Curried Beef, Black Bean and Corn Salad."

"This year's Cook-Off winning recipes continue to showcase how beef fits into today's menus," said chief judge Peter Kump, noted syndicated writer. "It's always a challenge to judge these recipes because the competition is so intense. Yet, contestants continue to come up with innovative ways to prepare beef with an increasing focus on healthful, versatile and easy-to-prepare recipes."



National Beef Cook-Off® winner John Hund, San Francisco, walked away with \$15,000 and the "Best of Beef" title with his classic California creation "Margarita Beef with Orange Salsa."

The 20th annual National Beef Cook-Off will be held in Cheyenne, Wyo., Sept. 11-13.

The National Beef Cook-Off is sponsored by the American National CattleWomen, Inc. in cooperation with the Beef Industry Council and the Beef Board. The 1992 event was hosted by the California CattleWomen. National corporate contributors of the 1992 contest were TAPPAN® and KINGSFORD® with Lucky stores providing all groceries for the competition. Walco International was a contributor for the ranch tour.

Margarita Beef with Orange Salsa

Preparation time: 30 minutes
Marinating time: 4 hours or overnight, as desired

Cooking time: 22 to 26 minutes
1-½ -pound well-trimmed boneless beef top round steak, cut 1 inch thick

¾ cup frozen orange juice concentrate, thawed
¼ cup tequila
¼ cup fresh lime juice
2 tablespoons olive oil
2 tablespoons chopped fresh ginger
2 medium cloves garlic, crushed

1 teaspoon each salt and dried oregano leaves
¼ teaspoon ground red pepper
Orange Salsa*
Cilantro sprigs
Lime wedges

Combine orange juice concentrate, tequila, lime juice, oil, ginger, garlic, salt, oregano and red pepper. Place steak in plastic bag; add marinade, turning to coat. Close bag securely and marinate in refrigerator 4 hours or overnight, as desired. Prepare Orange Salsa. Remove steak from marinade; discard marinade. Place steak on grid over medium coals**. Grill 22 to 26 minutes for medium rare (150°F) to medium (160°F) doneness, turning once. Remove steak to carving board; let stand 10 minutes. Carve steak crosswise into thin slices; arrange on serving platter. Garnish with cilantro and lime. Serve with Orange Salsa. 5 to 6 servings.

*Orange Salsa

Preparation time: 5 minutes
2 oranges, peeled and cut into ½ -inch pieces
1 small red or white onion, chopped
1 jalapeno pepper, seeded and finely chopped
¼ cup chopped fresh cilantro
2 to 3 tablespoons fresh lime juice
2 tablespoons olive oil
¼ teaspoon each salt and dried oregano leaves



North Carolina contestant, Frances Andrews of Wilson, wins \$5,000 and top honors in the Indoor Conventional category at the 1992 National Beef Cook-Off® held in Sacramento, Calif. Andrew's recipe, "Tenderloin Steaks with Pepper Jelly Sauce," also won honors as the "Most Convenient" Recipe.

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