

Recipes From Angus Beef Cook-Off

LOUISVILLE, Ken. — The 1995 All-American Certified Angus Beef Cook-Off saw 24 teams compete in three age divisions at the Kentucky Fair and Exposition Center, Louisville, on July 18. The 12th annual event was held in conjunction with the National Junior Angus Show and was hosted by the American Angus Auxiliary.

The teams were judged for both presentation, or showmanship, and recipe. They performed a skit on beef education or Certified Angus Beef product promotion to complement the theme of their entry.

- 1½ teaspoons garlic salt
- ¼ cup ketchup
- ½ cup water
- 1-2 chopped onions
- 1 teaspoon celery salt
- 1 teaspoon onion salt
- 1 teaspoon hickory salt
- 5-6 pounds Certified Angus Beef™ steak

Simmer all ingredients and pour over meat in baking dish or plastic bag. Marinate at least 3 hours. Turn several times. Grill steaks over hot coals, brushing with marinade, until medium rare. Remove to carving board, and let stand 15 minutes. Cut into serving pieces.

Grilled Smoked Beef Tenderloin Wisconsin

First-place recipe, Adult Division

6 Certified Angus Beef™ tenderloin steaks cut 1½ inch thick

- Marinade:**
- 3 tablespoons brown sugar
 - 1 teaspoon salt
 - ½ cup Jack Daniels
 - 1 teaspoon coarse black pepper
 - 1 teaspoon minced garlic
 - 1 tablespoon Worcestershire Sauce
 - ½ cup balsamic vinegar

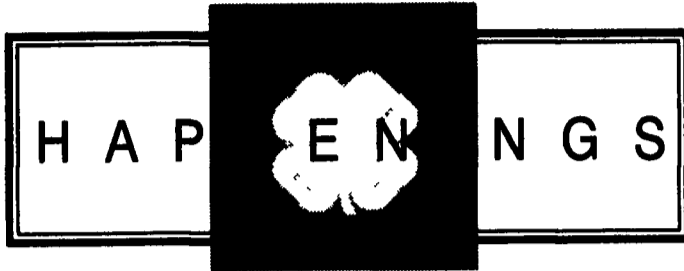
- Molasses-Whiskey Sauce:**
- 1 smoked large white onion (finely chopped)
 - ½ cup smoked mushrooms (finely chopped)
 - 2 smoked tomatoes (cored and finely chopped)
 - 1 teaspoon minced garlic
 - 2 tablespoons butter

- 2 tablespoons molasses
 - 2 tablespoons red-wine vinegar
 - 1 teaspoon soy sauce
 - 2 tablespoons catsup
 - 2 tablespoons Jack Daniels
 - ½ cup beef stock
 - 1 teaspoon cajun spices
- Marinade: Mix all ingredients and marinate for as little as 10 minutes or as long as 8 hours.

Using covered grill, prepare charcoal. Add wood chips soaked in water. Arrange onion (peeled and halved), 4-5 mushrooms and tomatoes on grill so as to get indirect heat. Smoke for 15 minutes. After removing vegetables for sauce, arrange steaks on grill and cook to desired doneness while your partner prepares sauce.

In small saucepan, saute onion, garlic and mushrooms in butter for 2 to 3 minutes. Add all other ingredients, simmer over low heat for 15 minutes.

Accompany with: grilled corn on the cob, grilled onions, peppers, summer squash. (Cut each ½" thick), baste with olive oil, grill about 5 minutes on each side over medium coals.



4-H Horse, Pony Show
The Luzerne County 4-H Horse and Pony Show was held on Aug. 5 at the Luzerne County Fairgrounds. 4-H members from all 12 horse clubs participated in more than 40 classes.

Winning members and their classes were Grooming and Showmanship: (12 years and under) 1st - Cindy Morris of Sweet Valley; 2nd - Megan Ross of Dallas; 3rd - Carrie Martin of Dallas. (13-15 years) 1st - Leigh Ann Hayman of Shickshinny; 2nd - Amanda Adamitz of Shavertown; 3rd - Lisa Isabel of Hunlock Creek. (16 years and older) 1st - Cyndi Boyle of Dallas; 2nd - Dawn Trzesniowski of Wapwallopen; 3rd - Melissa Valeski of Plains. (Novice) 1st - Bill Thomas of Wapwallopen; 2nd - Jamie Laubenstein of Harveys Lake; 3rd - Jessica Gozikowski of Falls.

Open Trail Horse: 1st - Erin Liss of Dallas; 2nd - Amanda Adamitz; 3rd - Devon Lewis. Mini Trail - Novice: 1st - Bill Thomas; 2nd - Jill

Harrison of Alden; 3rd - Jessica Gozikowski of Falls.

Stock Seat Equitation (Junior Division) 1st - Leigh Ann Hayman; 2nd - Cindy Morris; 3rd - Amber Lauri. (Senior Division) 1st - Cyndi Boyle; 2nd - Angela Paugach.

Western Pleasure: Ponies (12.2 hands & under) 1st - Amber Lauri; 2nd - Sarah. (over 12.2 hands & not over 14.2 hands) 1st - Elizabeth Heller. (Horses, Jr. rider) 1st - Leigh Ann Hayman; 2nd - Cindy Morris; 3rd - Ashley Culver. (Horses, Sr. rider) 1st - Cyndi Boyle; 2nd - Angela Paugach. Western Riding 1st - Cyndi Boyle.

Reigning: 1st - Cyndi Boyle. Pole Bending: (Pony) 1st - Sarah Heller; 2nd - Amber Lauri; 3rd - Elizabeth Heller. (Horse) 1st - Bradley Spalde of Wapwallopen; 2nd - Donnie Fetterman of Wapwallopen; 3rd - Aimee Jekell of Wapwallopen. Clover Leaf Barrel Race: (Pony) 1st - Sarah Heller; 2nd - Amber Lauri. (Horse) 1st - Bradley Spalde; 2nd - Donnie Fetterman; 3rd - Dave Fetterman.

Raised Box Keyhole: (Pony) 1st - Sarah Heller; 2nd - Amber Lauri; 3rd - Elizabeth Heller. (Horse) 1st - Aimee Jekell; 2nd - Dave

Fetterman; 3rd - Ashley Culver. Hunter Seat Equitation: (Jr.) 1st - Alisha Marianacci; 2nd - Amanda Adamitz; 3rd - Devon Lewis. (Sr.) 1st - Kristen Czwalina of Wyoming; 2nd - Allison Corey of Dallas; 3rd - Sarah Sponenberg. (Sr. over fences) 1st - Melissa Valeski.

Hunter Ponies under saddle: 1st - Megan Ross; 2nd - Bonnie Kretchik; 3rd - Tiffany Cyprih of Dallas. Hunter Horses under saddle: 1st - Alisha Marianacci; 2nd - Allison Corey; 3rd - Devon Lewis.

Working Hunter Horses: 1st - Kristen Czwalina; 2nd - Sarah Sponenberg. (Hunter Hack Ponies) 1st - Megan Ross; 2nd - Bonnie Kretchik; 3rd - Tiffany Cyprih. (Hunter Hack Horses) 1st - Melissa Valeski; 2nd - Erin Liss; 3rd - Devon Lewis.

Draft Horse Single Cart: 1st - Lisa Isabel; 2nd - Maurice Christino.

Lesson Classes: (English Equitation) 1st - Kimberly Groz of Wapwallopen. (English Pleasure) 1st - Kimberly Groz. (Western Pleasure) 1st - David Harrison of Alden. (Western Equitation) 1st - David Harrison.

Walk-Trot: (Equitation) 1st - Jamie Laubenstein; 2nd - Bill Thomas; 3rd - Jessica Gozikowski. (Pleasure) 1st - Bill Thomas; 2nd - Jamie Laubenstein; 3rd - Jill Harrison.

Cross Rails: 1st - Jamie Laubenstein; 2nd - Jessica Gozikowski. Pleasure Pairs: 1st - Erin Liss and Megan Ross; 2nd - Amanda Adamitz and Allison Corey; 3rd - Amy Marie Fairchild and Sarah Sponenberg.

County Team: 1st - Amanda Adamitz, Allison Corey and Megan Ross.

Shishkabob Fruit Buns Wisconsin Junior Angus Association

first place recipe, junior division
3-4 pounds sirloin steak, boneless and cut 1 1/4 inch thick
2 medium onions
2 large green peppers
1 medium cantaloupe melon
1 medium honeydew melon
6 medium peaches, not-quite-ripe
8 large crusty buns, i.e.: Kaiser rolls or French rolls

Original Marinade:

- ¼ cup balsamic vinegar (may use wine vinegar)
- ½ cup olive oil salt and pepper
- 2 tablespoons fresh herbs (chives and oregano; may use 1 lbs. dried herbs)

Slice shishkabob into ¼ inch by 2½ inch slices. Cut peppers and onions into 1 inch by 2 inch sections. Combine marinade ingredients and marinade meat for about 1 hour before cooking. Place meat onto kabob skewers, alternating 2 to 3 pieces with peppers and onions. Keep meat and veggies centered on the skewers.

Cut melons and peaches into chunks, about 1½ inch cubes or pieces. Place onto separate skewers in alternating order.

Grill meat and veggies over medium coals, turning to desired doneness (about 3-5 minutes per side). Add fruit skewers to the grill just before meat is done and turn, about 1 minute per side. Remove meat and veggies from skewers and place into rolls, add leftover marinade if desired. Cut fruit into slices and place in sandwich with meat. Serve extra fruit on the side.

Excellent with pasta primavera salad and chips. Serves 8.

Iowa's Barbecue Beef Iowa Junior Angus Association

first place recipe, senior division

- 1 11 oz. can mandarin oranges and juice
- ½ cup barbecue glaze (not sauce)
- 3 tablespoons brown sugar
- 2 tablespoons white vinegar

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