

44 Teams Compete In American Angus Beef™ Cook-Off

DES MOINES, Iowa — Creative juices flowed along with marinades, sauces and gravies as Angus enthusiasts prepared winning recipes during the 17th annual Certified Angus Beef™ (CAB) Cook-Off sponsored by the American Angus Auxiliary. The event was held July 11 in conjunction with the 2000 National Junior Angus Show in Des Moines, Iowa.

This year's winning recipes follow:

HUSKER STEAK SALAD

Nebraska Junior Angus Association
First Place Fresh Meat Recipe Junior Division
24 ounces of Certified Angus Beef™ sirloin steaks
2 cups bottled Italian dressing
1 thinly sliced red onion
¼ cup sliced black olives
¼ cup sliced mushrooms
16 ounces cooked rotelle macaroni
2 tomatoes (bite-sized pieces)
1 green bell pepper (bite-sized pieces)
2 stalks green celery sliced at an angle
Slice CAB steak in thin strips and marinate in 1 cup dressing for at least three hours.

Grill steak to medium rare. Combine onion, olives, mushrooms, green pepper, celery, macaroni and Italian dressing. Mix well.

Cooked steak can be added warm or chilled.

Add tomatoes just prior to serving.

Garnish with halved cherry tomatoes and parsley served on curly or Endive lettuce.

Salad will keep in refrigerator two-three days.

"MISSOURI DOES IT BETTER" STEAKS

Missouri Junior Angus Association
First Place Fresh Meat Recipe Intermediate Division
4 Certified Angus Beef™ KC Strip steaks, cut 1¼-inches thick
Schilling® coarse-ground black pepper
Lowry's seasoning salt
Place steaks on grill over medium-hot coals three-five-inches from the heat source. Cook until red juices come through top side. Turn steaks over using tongs in order to avoid piercing the meat. Generously season the cooked side with the seasoning salt and pepper. Continue cooking to desired doneness. Turn only once!

Season the second side. Serve Hot!

BISTECA DE CALIFORNIA

California Junior Angus Association
First Place Fresh Meat Recipe Senior Division
1¼ lb. Certified Angus Beef™ sirloin steak, 1-inch thick
1 large avocado
½ cup chopped onion
Marinade:

6 Tablespoons frozen margarita drink mix concentrate, defrosted
2 Tablespoons chopped, fresh cilantro
2 Tablespoons vegetable oil
4 cloves garlic, crushed
2 Tablespoons ground cumin
½ Teaspoon salt
4 Teaspoon pepper
Total preparation and cooking time: 40 minutes. Marinade time: overnight.

In small bowl, combine marinade ingredients. Set aside 2 Tablespoons of marinade. Cover and refrigerate. Place beef steak and remaining marinade in food-safe plastic bowl and turn to coat.

Close bowl securely and marinate in refrigerator six-eight hours or overnight. Turn occa-

sionally. Remove steak from marinade. Discard marinade. Place steak on grill over medium heat (ash-covered coals or gas grill). Grill uncovered 16-18 minutes for medium-rare doneness, turning occasionally. Remove steak and keep warm.

Just before serving, in medium bowl combine avocado, onion and reserved marinade. Toss lightly to coat.

Carve steak crosswise into thin slices. Serve immediately with avocado mixture.

Serves four.

BLACK TIE NIGHT

California Angus Association
First Place Fresh Meat Recipe Adult Division
2 Tablespoons cumin seeds
2 Tablespoons chili powder
2 Tablespoons paprika
1 Tablespoon mustard seeds
1 Tablespoon coriander seeds
2 Tablespoons kosher salt
2 Tablespoons packed brown sugar

1 Tablespoon garlic salt
2 Teaspoons cayenne pepper
1 boneless Certified Angus Beef™ prime rib (10-12 lb.)

Rub: In a large pan over medium-high heat, toast the cumin seeds, chili powder, paprika,

mustard seeds and coriander seeds, shaking the pan occasionally, until the spices start to smoke (about two-three minutes). Transfer the mixture to a mortar or coffee grinder. Add the salt, brown sugar, garlic salt and cayenne. Grind the mixture coarsely.

Trim nearly all of the fat from the prime rib. Evenly spread the rub all over the prime rib.

Cover with plastic wrap and refrigerate for at least three hours or as long as 12 hours.

Grill the prime rib, fat side up, indirectly over medium heat for about 2½ hours.

Remove the prime rib when it reaches the desired doneness. Loosely cover the prime rib with aluminum foil and allow it to rest for 30 minutes before slicing, during which time the internal temperature will rise five-ten degrees. Cut into slices ½ to one-inch thick. Serve warm.

Makes 10-12 servings.

ROUNDUP READY ROAST BEEF

Oklahoma Junior Angus Association
First Place "Quick-n-Easy" Recipe Junior Division
1½ lb. Certified Angus Beef™ Quick-n-Easy™ pot roast

Roundup Ready Sauce

¾ cup ketchup
1½ cups water
½ cup red wine vinegar
1 Tablespoon Worcestershire sauce
¼ cup firmly packed brown sugar
2 Teaspoon dry mustard
1 Teaspoon onion salt
1 Teaspoon garlic powder
½ Teaspoon pepper
4-5 drops hot pepper sauce

Prepare roast according to package directions.

Roundup Ready Sauce: Combine all ingredients in 1½ quart saucepan. Bring to a boil, reduce heat and simmer 45 minutes uncovered. Ready to use or store for later use.

Serve roast hot with Roundup Ready Sauce.

Serves six.

QUICK 'N EASY PARTY SANDWICH

Kansas Junior Angus Association
First Place "Quick-n-Easy" Recipe Intermediate Division

1 Certified Angus Beef™ Quick-n-Easy™ pot roast/shredded or diced (approx. 2 lb.)
16 ounces shredded cheddar cheese
4 Hoagie buns (6-inches each), or substitute flour tortillas for "wraps"

Mexican salsa:

1 can Mexican style corn
1 can green chilies
¼ cup cilantro
2 scallions — diced
1 small can black olives
1 can diced tomatoes, drained
Stir together ingredients for salsa and allow flavors to mix.
Prepare open-face sandwiches.

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