

Good Food, Good Times In Louisville

Angus Beef Cook-Off Is Success

LOUISVILLE, Ky. — Creative costumes and first-rate food were found at the 20th annual All-American Certified Angus Beef (CAB) Cook-off sponsored by the American Angus Auxiliary. The event was conducted July 15 at the 2003 National Junior Angus Show, in Louisville, Ky. More than 40 teams competed in this year's event.

Here are some of the winning recipes.

Steak Sandwiches

With Chive Butter

For the Steaks:

4 beef tenderloin steaks, about 6 ounces each, salt and freshly ground pepper to taste

1-1/2 cups watercress sprigs, tough stems removed

4 slices of white bread, firm-textured

For the chive butter:

1/4 cup unsalted butter, at room temperature

2 tablespoons fresh chives, chopped or 2 teaspoons dried chives

2 teaspoons fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

To prepare the chive butter, in a small bowl, combine the butter, chives, lemon juice, salt, and pepper. Using a fork, beat vigorously until blended. Transfer to a sheet of plastic wrap and shape into a log about 2-inches long and 1-inch in diameter. Wrap in the plastic wrap and chill until firm.

Prepare fire in grill.

To prepare the steaks, sprinkle them lightly with salt and pepper, and place them on the grill rack. Grill, turning every 2 minutes, for about 8 minutes total for rare, 10 minutes for medium, or until done to your liking. About 4 minutes before the steaks are done, arrange the bread slices on the rack and grill, turning once, until lightly browned.

Transfer the bread to individual plates. Place a small handful of watercress on each bread slice, and place a steak on the watercress. Cut the chive butter into 4 equal slices and place a slice on each steak. Serve at once.

Out-Of-This World Stuffed Tenderloin

4 pounds of beef tenderloin, trimmed

1 medium onion, diced

2 tablespoons olive oil

1/2 pound fresh spinach, chopped

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

1/4 cup Parmesan cheese, shredded

3 tablespoons dried tomatoes in oil, drained and chopped

Saute onion in hot oil in a large skillet over medium heat until tender. Add spinach, salt, and pepper. Saute until spinach wilts, about 1 minute. Remove from heat and stir in cheese and dried tomatoes.

Cut tenderloin lengthwise down the center, cutting to, but no through the bottom. Lay flat and spoon spinach mixture down the center of tenderloin. Fold tenderloin over mixture and tie with string at 1-inch intervals. The tenderloin won't completely close. Chill for 2 hours. Place cut side up on the grill and cover exposed filling with a strip of foil.

Grill on medium to high heat until the meat thermometer inserted in the thickest portion of the tenderloin reaches 145 degrees. If the roast is taking longer

than expected, cut it into thick filets and finish off on the grill. Let the tenderloin set for 10 minutes before slicing.

This can be served with a blue cheesy cream sauce that can be poured over the meat, new potatoes, and sauteed summer squash.

Yields 10 servings, prep time is 25 minutes, and grill time to temperature.

Fearfully Delicious Short Ribs

4 pounds short ribs

BBQ spice rub (see recipe below)

1 tablespoon cooking oil

4 garlic cloves, minced

3 tablespoons onion, finely chopped

1 fresh jalapeno chili pepper, finely chopped

1 cup honey

3/4 cup chicken broth

1/4 cup vinegar

2 tablespoons apple juice

1 tablespoon yellow mustard

1/2 teaspoon black or brown mustard seeds

1/2 teaspoon ground black pepper

1/4 teaspoon cayenne pepper

1 tablespoon cornstarch

1 tablespoon cold water

Salt

BBQ spice rub: In a small bowl combine 4 teaspoons paprika, 2 teaspoons chili powder, 1/2 teaspoon salt, 1 teaspoon ground coriander, 1 teaspoon garlic powder, 1 teaspoon sugar, 1 teaspoon curry powder, 1 teaspoon dry mustard, 1/2 teaspoon ground black pepper, 1/2 teaspoon crushed dried basil, 1/2 teaspoon crushed dried thyme, 1/2 teaspoon ground cumin, and 1/2 teaspoon cayenne pepper.

Preparation: Trim any fat from ribs; cut ribs into 1, 2, or 3 rib portions. Place ribs in a Dutch oven. Add enough water to cover ribs. Bring to a boil, reduce heat. Simmer, covered about 1 1/2 hours or until tender. Drain ribs; let stand until cool enough to handle (about 20 minutes). Pat dry with paper towels. Sprinkle BBQ spice rub evenly over both sides of ribs; rub in with your fingers.

Sauce: In a medium saucepan heat oil over medium-high heat. Add the garlic, onion, and jalapeno peppers; cook for 2-3 minutes or until tender. Stir in honey, broth, vinegar, apple juice, yellow mustard, dry mustard, mustard seeds, black pepper, and cayenne pepper. Bring to a boil; reduce heat to low. Simmer, covered, for 10 minutes. Stir together cornstarch and cold water; add to mustard mixture in saucepan. Cook and stir until slightly thickened and bubbly. Cook and stir for 2 minutes more. Season to taste with salt. Remove from heat.

Place ribs, bone side down, on a lightly greased rack of the grill directly over medium coals. Brush some of the sauce over ribs; grill for 15-20 minutes or until ribs are heated through and glazed with sauce.

To serve, reheat remaining sauce until bubbly; serve with ribs. Makes 4-6 servings.

American Idol Fajitadillas

4 8-ounce Quick-N-Easy™ Top

Sirloin steaks

4 ounces shredded Monterey

Jack (or favorite cheese)

2 10-12-inch flour tortillas

1 tablespoon olive oil or melted butter

Salsa

Sour cream

Guacamole

Fajita seasoning

Over medium heat on a grill heat top sirloin steak until warmed through, approximately 4-5 minutes on each side. Remove from heat and slice in thin strips across the grain. Season with fajita seasoning. Brush oil (or butter) lightly on one side of flour tortilla shell. Place the oil side down while filling the tortilla.

Scatter cheese on tortilla shell. Top with strips of meat (4-8 ounces). Leave a half-inch border from the edge of the shell. Top with more shredded cheese. Top with a tortilla. Brush top of tortilla lightly with oil (or butter).

Place on grill on medium heat. Leave on 4 minutes or until edges of tortilla begin to char and grill marks appear on the bottom of tortilla. Turn the tortilla over and grill the same way. Cut into 6-8 wedges. Serve with sour cream and guacamole. Makes 1 fajitadilla.

Steak And Salad Roll-Ups

Quick-N-Easy™ Prime Rib slices, thinly sliced

1 bottle Greek salad dressing

Romaine lettuce

black olives, sliced

Feta cheese

Red onion, thinly sliced

Tomatoes, chopped

Flour tortillas

Heat prime rib according to package directions. Remove from package and thinly slice prime rib. Drizzle 1/4 cup (or to taste) Greek salad dressing over prime rib — set aside.

In a medium bowl, mix together 4 medium-sized handfuls of romaine lettuce, sliced black olives, feta cheese, thinly sliced red onion and chopped tomatoes. Pour bottle Greek salad dressing over salad (to taste). Toss.

To assemble: Divide salad equally among 4 flour tortillas. Divide prime rib slices into four equal portions and lay on top of salad.

Fold right and left sides of tortillas over filling; fold bottom edge over and continue to roll up tightly. Cut rolls in half diagonally; secure with wood toothpicks if necessary. Cut diagonally in the center of the roll.

Talgate'n Steak

4 (12-ounce) Quick-N-Easy™

Top Sirloin steaks

1 medium sized red bell pepper

Peach salsa:

1/2 cup peach preserves

1 tablespoon fresh lemon juice

1 teaspoon lemon peel, freshly grated

1 large garlic clove, crushed

1/4 teaspoon fresh ginger, grated

1/4 teaspoon salt

Warm or just sear steaks for medium doneness — warm to the touch. Top with red bell pepper ring and garnish with peach salsa.

Clampett's Stew

Quick-N-Easy™ Pot Roast

1 package frozen stew vegetables

1 can beefy mushroom soup

1 can French onion soup

Pepper to taste

Cook pot roast per package directions. Steam vegetables according to package directions. Cut pot roast into 1 to 1 1/2-inch pieces. Combine soups together. Drain vegetables and add to soup mixture. Pepper to taste. Heat through and serve.

Beef 'N' Cheese Wraps

4 flour tortillas

1 carton (8-ounce) onion and

chive cream cheese spread

1 cup carrots, shredded

1 cup (4-ounce) Monterey Jack cheese, shredded

1 pound roast beef, thinly sliced

Leaf lettuce, shredded

Spread cream cheese on a side of each tortilla; top with carrots and Monterey Jack cheese. Layer with beef and lettuce. Roll up tightly and wrap in plastic wrap. Refrigerate at least 30 minutes. Cut in half or into 1-inch slices. Makes 4 servings.

Deli Beef Strata

2 pounds deli roast beef, thinly sliced

1 pound baby Swiss cheese, thinly sliced

2 packages refrigerated crescent rolls

1/3 cup mayonnaise (not salad dressing)

1/4 cup ground horseradish

1 large green bell pepper, sliced thin

1 medium sweet onion, sliced thin (Vidalia or red works well)

2 tablespoons butter

Melt butter in small skillet. Add green pepper and onion and saute until tender, about 5 minutes. Lightly season with salt and pepper. Meanwhile spray a 9x13-inch pan with cooking spray. Unroll 1 package of crescent rolls, leaving in rectangles, and press in bottom of pan to form a crust. Mix mayonnaise and horseradish and spread half over crescent rolls in pan.

Layer half of the beef slices, half of the cheese slices, all of the onions and peppers, half the cheese slices and half the beef slices over the bottom crust. Spread remaining mayonnaise and horseradish mixture over top layer of beef. Unroll the other package of crescent rolls, leaving in rectangles and press over top layer of beef to form top crust.

Bake in oven at 400 degrees for 20 minutes, or until crust is golden brown. Let it cool for a few minutes before cutting into squares. Makes 12 servings. This is good with a fresh vegetable or green salad and fruit for a quick, easy meal. The strata can be prepared ahead of time and refrigerated; bake immediately before serving.

Roast Beef, Veggie Wraps

2 cups coleslaw or broccoli slaw mix, shredded

1/4 cup and 2 tablespoons ranch dressing

4 large flour tortillas

1 container (8-ounce) whipped cream cheese

16 slices thin deli roast beef (12-16 ounce)

In medium bowl toss slaw mix with 1/4 cup ranch dressing to coat evenly. In small bowl, stir cream cheese with 2 tablespoons ranch dressing to mix well. On one side of each tortilla, spread about 1/4 cup cream cheese mixture; top with 4 slices roast beef, and then about 1/3 cup slaw mixture. Roll tightly and wrap with plastic wrap. Refrigerate until serving. To serve, cut in half diagonally or into 1 1/2-inch slices. Makes 4 servings.

Blues Brothers Dip

1 16-ounce can sauerkraut, drained

1 pound Swiss cheese, cubed

3 8-ounce packages corned beef, chopped

1/2 cup Thousand Island dressing

Combine all ingredients in crockpot and heat on medium setting 10-15 minutes until cheese melts. Serve on squares of hearty rye bread.

Grow Tomatoes Not Mosquitoes

(NAPS) — Areas in and around a garden can be ideal breeding grounds for mosquitoes. Aside from being a seasonal nuisance, mosquitoes may carry and transmit numerous diseases, such as West Nile virus. With over 4,000 cases of West Nile virus reported by the Centers for Disease Control in 2002, it's becoming increasingly important to protect against mosquitoes and their bites.

Rebecca Kolls, Master Gardener and host of the television program "Rebecca's Garden," offers some advice for reducing mosquitoes around the garden and preventing mosquito bites.

One way to help avoid mosquito bites is to limit outdoor activity at dusk and dawn, when mosquito activity is highest, said Kolls. However, as most gardeners know, these are the best times to work in the garden. Therefore, when you're outdoors, remember to protect yourself:

- Use a DEET-based insect repellent such as Ultra-thon insect repellent from 3M. Originally developed to protect U.S. troops, Ultra-thon insect repellent lotion was rated the number one insect repellent by a leading consumer magazine.

- Wear long-sleeved shirts, long pants, socks and a hat to minimize the areas of exposed skin.

- Consider replacing your outdoor floodlights with yellow bug lights.

The general rule of thumb is that if it can hold water, it can breed mosquitoes, said Kolls. Since gardening and water go hand-in-hand, gardeners should be on the lookout for the following:

- Be sure to empty excess water from the saucers underneath outdoor plants every couple of days.

- If left outside, gardening tools, watering cans, buckets, and wheelbarrows become ideal collectors of rainwater. Therefore, bring these materials indoors after use, or turn them upside-down outside when not in use.

- Cover rain barrels with a fine mesh, such as window screening, to keep mosquitoes out.

- Holes in the garden hose and dripping outdoor faucets should be mended to prevent puddles of water from forming.

- Empty and replace the water in birdbaths every two to four days.

- Water gardens and ornamental ponds are natural places for mosquitoes to lay eggs. If you don't have fish in these ponds, consider adding them. If adding fish is not an option, change the water in the pond at least once a week, particularly when the weather is warm. Finally, keep ground cover, overhanging plants and other surrounding vegetation trimmed and away from the water surface.