

# Cook-Off Highlights Beef's Versatility

BY KARLA PAZOUR  
S.D. State Fair Beef Cook-Off Chair

A tender, aroma-filled comfort food with a taste twist and a refreshing, colorful, tangy salad took top prizes in this year's South Dakota Beef Cook-Off during the recent State Fair in Huron. The winning entrées, Roast Beef Caribbean Style and Citrus Steak Salad, were indicative of the variety of dishes created by home cooks and featuring one of 29 lean beef cuts.

Susan Patrick, Watertown, topped her six competitors in the Cook-Off's adult division—and took home \$500 cash—with a chuck shoulder pot roast prepared in a cast iron Dutch oven. What set this recipe apart, said Cattle-Women Cook-Off Chair Karla Pazour, was a braising mixture of interesting ingredients including ginger, habanero peppers, and cinnamon. "This is not your grandmother's pot roast," said Pazour. "It has a subtle island-taste that still allows the beef flavor to be prominent. Roast Beef Caribbean Style proves that beef can fit into modern cuisines." Patrick, Lincoln Elementary school principal said she used peppers from her brother-in-law's garden. "If you prefer less heat," she advises "use jalapeno instead of habanero or peppers to your taste."

On the lighter side, 15-year-old Michaela DeWald of Milbank put together her beef salad and the winning combination in the youth division against five other entrants, taking home a \$250 cash prize. This ninth grader at Milbank High School is no novice when it comes to cooking. She won the Cook-Off's youth division two years ago with her Western Beef and Corn Casserole. She said she enjoyed this particular recipe, which included top sirloin steak, strawberries, goat cheese and Romaine lettuce. "I liked working with the various food groups," said Michaela, adding that she has polished her competitive cooking skills through her involvement with the 4-H program's Special Foods contests.

"Youth are our consumers of tomorrow," said Pazour.

"It is always amazing how capable our youth contestants are and the variety of recipes they come up with. This year, in addition to Michaela's beef salad, we had everything in the youth division from a lasagna muffin to a complicated beef and spinach roll."

For the second year in a row, the cook-off day also featured the Beef Basket Challenge, a beef-cooking contest between two celebrity South Dakotans. This year, Holly Hoffman, of TV's Survivor fame, and her South Dakota legislator husband, Charlie Hoffman, vied against one another in a one-hour contest to see who could create the best beef entrée with a basket of surprise ingredients, including beef flank steak, provided them at the start of the contest. With spectators cheering them on, the Hoffmans, from Eureka, SD, bantered back and forth while slicing, dicing and cooking. Charlie's braised flank steak won over his wife's grilled beef kabob's in a People's Choice award.

"The Beef Cook-Off and the Beef Basket Challenge ultimately encourages the consumer to be more comfortable trying new beef recipes," says Pazour. "And this year's theme of '29 Lean Cuts of Beef' provided an opportunity to prove that there is a healthy beef cut and recipe for every meal solution."

Patrick, the adult division winner, says her family eats a lot of beef and enjoy coming up with unique ways to use less expensive cuts like the chuck shoulder roast that packs a lot of taste and flexibility. While she and her husband, Jim, compete in outdoor cook-offs with their turn-of-the-century chuck



SUBMITTED PHOTO  
**Susan Patrick, Watertown, took first place in the South Dakota Beef Cook-Off adult division with her Roast Beef Caribbean Style.**



SUBMITTED PHOTO  
**Michaela DeWald, Milbank, won the youth division of the South Dakota Beef Cook-Off with her Citrus Steak Salad.**

wagon, this was the first time she entered the South Dakota Beef Cook-Off. "It was truly a surprise and an honor to win," said Patrick.

The South Dakota Beef Cook-Off and Beef Basket Challenge are hosted by the South Dakota CattleWomen and funded by South Dakota beef producers through Beef Checkoff Dollars. For a complete list of winners and recipes from the 2011 South Dakota Beef Cook-Off to www.sd-beef.org.

## WINNING RECIPES

### Roast Beef Caribbean Style

by Susan Patrick, Watertown  
(Adult Division Winner)

#### STEP ONE:

2 ½ lbs. chuck shoulder pot roast  
4 garlic cloves, cut each in half  
2 tablespoons olive oil  
½ tsp. Rick's Salt, ½ tsp. pepper, 1 tsp. chopped garlic  
Cross cut roast and push garlic clove halves INTO roast (remove after cooking).  
Rub roast with olive oil and sprinkle the roast with Rick's Salt and pepper.

meg (less if fresh)  
2 tsp. fresh ground black pepper  
2 or 3 habanero or jalapeno peppers, diced & seedless (wear gloves for this part)  
2 or 3 garlic cloves chopped finely  
2 Tbsp. DARK brown sugar  
½ cup soy sauce (regular or low sodium)  
½ cup lime juice  
½ cup corn oil (or other vegetable or olive oil)

Add ½ (or more) of the braising mixture to the seared roast in a roasting pan (I use a cast iron Dutch oven). Depending upon the size of the pan and the fit of the roast in the pan, it is important to have the bottom surface of the pan covered at a depth of about 1". Add 3 Tbsp. more directly on top of the roast. (It is important to reserve some mixture for later and not have roast "swimming!")  
Bake at 300 degrees for 2 hours. Remove roast from oven and add 3 Tbsp. more of the mixture on the top of the roast. If the mixture on the bottom of the pan has reduced to less than 1", add enough mixture to bring it back to the 1" level on the surface. Reduce heat to 250 degrees and bake for 2 additional hours.

Remove the pan from oven. Let it set in the pan for 10 minutes without any heat. Remove meat from pan and remove the garlic cloves. Let the roast rest for 10 minutes on the cutting board before slicing. Slice and place on serving platter.

Serving: Splash 1Tbsp. of braising mixture across each slice/serving. Garnish with lime.

\*Allowing the meat to marinate in braising mixture overnight will tenderize even the tougher cuts of beef. If you marinate overnight, remove it from marinade and wipe it with olive oil and then sear it and place it in a roasting pan with fresh braising mixture and follow all of the steps listed above.

### Citrus Steak Salad

by Michaela DeWald, Milbank  
(Youth Division Winner)

#### INGREDIENTS

1 lb. top sirloin steak, stir-fry, thinly sliced  
1 Tbsp. olive oil  
8 cups torn Romaine lettuce  
2 cups sliced fresh strawberries  
1 medium red onion, sliced  
1 can (110) mandarin oranges, drained  
1 cup pecan halves, toasted  
½ cup fresh goat cheese, crumbled  
Vinaigrette:  
6 Tbsp. olive oil  
¼ cup cider vinegar  
¼ cup orange juice  
2 Tbsp. minced fresh parsley  
2 Tbsp. honey  
1 garlic clove, minced  
1 tsp. chili sauce  
½ tsp. salt

In small bowl, whisk vinaigrette ingredients; set aside. Heat oil in large fry pan, sauté steak for 4 to 6 minutes (steak strips are slightly pink).

Divide Romaine among four plates; top with steak strips, strawberries, onion, oranges, pecans and cheese. Serve with vinaigrette. Garnish with parsley and a rose strawberry. Serves 4.

# Between the Bread: Chef's Secrets To Building The Perfect Sandwich

Family Features

Best Foods Real Mayonnaise

Chef Bobby Flay knows a thing or two about creating flavorful sandwich recipes made with real, simple ingredients. Now he's letting others in on his secrets as he teams up with Hellmann's® and Best Foods® to help America build the perfect sandwich.

"Everyone has an opinion about how to make the perfect sandwich, from the must-have ingredients to the highly personal sandwich architecture," said Flay. "No matter the sandwich recipe, I always use Hellmann's® mayonnaise to bring out the best in my sandwich, plus I have to cut the bread diagonally to make it just right. That's my idea of a perfect sandwich."

Here are some of Flay's tips on how he adds his personal touch to sandwiches:

— Thick, crusty breads like ciabatta are great for sandwiches to help complement softer ingredients like tomatoes and cheese.

— Bring a crunch to your sandwich with vegetables like sliced cucumber or fennel. Not only do they add a fresh taste, they won't wilt when they come in contact with condiments.

— Add bright colors to the sandwich with parsley leaves, finely diced red onions, or green, yellow and red peppers.

— Don't be afraid to experiment with new flavors. Jazz up your sandwich with a little cranberry relish, chopped, toasted nuts, lemon-basil or even a little thousand island coleslaw — the sky's the limit.

Here are some of Bobby's savory sandwich creations. Visit [www.facebook.com/Hellmanns](http://www.facebook.com/Hellmanns) to share how you build the perfect sandwich and enter the Hellmann's® Build Your Perfect Sandwich Sweepstakes for a chance to win great prizes.

### TURKEY CUBAN

SERVES: 2  
PREP TIME: 15 MINUTES  
COOK TIME: 4 MINUTES

1/4 cup Hellmann's or Best Foods Dijonnaise Creamy Dijon Mustard  
2 tablespoons leftover cranberry relish  
Salt and freshly ground black pepper  
4 slices good quality Italian bread  
8 thin slices Swiss cheese  
4 thin slices cooked ham  
6 slices leftover cooked turkey  
8 dill pickle slices  
4 tablespoons Hellmann's or

Whisk mustard with cranberry relish in small bowl; season with salt and pepper.

Arrange bread on flat surface, then evenly spread with mustard mixture. Evenly top 2 of the bread slices with 2 slices cheese, ham, turkey, remaining cheese and pickles. Top with remaining bread, mustard-side down.

Spread 1 tablespoon mayonnaise on top of each sandwich and cook in medium skillet over medium heat or in panini press, mayonnaise-side down.

Arrange brick\* on sandwiches in skillet and cook 2 minutes or until the bottoms are golden brown. Remove brick, then evenly spread tops of sandwiches with remaining 2 tablespoons mayonnaise; turn over. Arrange brick on sandwiches and cook an additional 2 minutes or until bottoms are golden brown and cheese is melted. Cut in half and serve warm.

\*Wrap brick in heavy-duty aluminum foil to use as a press.



### CHICKEN MUFFULETTA WITH SPICY OLIVE RELISH MAYONNAISE

SERVES: 8  
PREP TIME: 10 MINUTES  
COOK TIME: 10 MINUTES

Roasted red peppers (from a jar), drained  
1/2 or 1 jalapeno chile, chopped (depending on how spicy you like)  
2 cloves garlic, finely chopped  
1/2 cup Hellmann's or Best Foods Real Mayonnaise  
2 tablespoons sherry vinegar  
3/4 cup prepared olive relish  
1/4 cup coarsely chopped fresh flat leaf parsley  
4 boneless, skinless chicken breasts  
2 tablespoons olive oil  
16 1/4-inch slices provolone cheese  
1 large round loaf of bread, sliced in half crosswise  
Aluminum foil  
2 bricks or a cast iron pan and a few heavy cans

Combine red peppers, jalapeno, garlic, mayonnaise and vinegar in a food processor and process until smooth. Scrape the mixture into a medium bowl and fold in the olive relish and parsley. Set aside.

Heat the grill to high or the grill pan over high heat.

Brush chicken breasts with oil on both sides and sprinkle with salt and pepper, if desired. Grill for 4 to 5 minutes per side until golden brown and just cooked through. Remove from the grill, let rest 5 minutes then slice into 1/4-inch slices on the bias.

Spread some of mayonnaise mixture on the bottom half of the bread, add half of the cheese, half of the chicken and repeat with the remaining ingredients (mayonnaise mixture, cheese and chicken in that order).

Spread the cut-side of the top of the loaf with more mayonnaise mixture and place, mayonnaise-side down, on chicken. Wrap tightly in foil, place on baking sheet and place bricks or a heavy cast iron pan on top. Refrigerate for at least 1 hour (to allow the flavors to meld) or overnight.



### TURKEY REUBEN WITH THOUSAND ISLAND COLESLAW

SERVES: 4  
PREP TIME: 15 MINUTES  
COOK TIME: 10 MINUTES

1/2 cup Hellmann's or Best Foods Real Mayonnaise, divided  
1/4 cup finely chopped dill pickle  
2 tablespoons ketchup  
1 tablespoon red wine vinegar



Turkey Cuban

2 teaspoons Dijon mustard  
2 cups coleslaw mix  
8 slices rye bread  
8 slices Swiss cheese  
1 pound sliced cooked turkey

Combine 1/4 cup mayonnaise, pickle, ketchup, vinegar and mustard with wire whisk in medium bowl. Season, if desired, with salt and pepper. Stir in coleslaw mix; set aside.

Top 4 bread slices with cheese, turkey, coleslaw mixture, then remaining bread slice. Evenly spread outside of sandwiches with remaining 1/4 cup mayonnaise. Cook sandwiches, in batches, in 12-inch nonstick skillet over medium heat, turning once, 8 minutes or until golden brown.

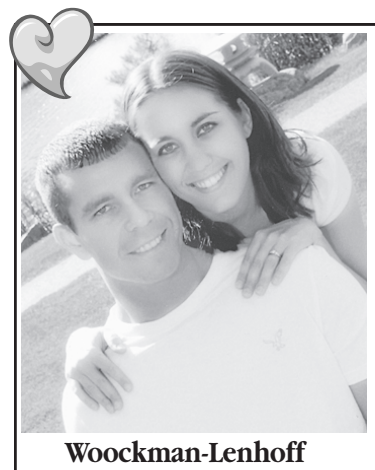
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Woockman-Lenhoff

Amanda Woockman and Ryan Lenhoff announce their engagement.

Parents of the couple are Gary and Elaine Woockman of Crofton, NE, and Roger and Vi Lenhoff of Yankton, SD.

Amanda graduated from Augustana College. She now works at McGladrey & Pullen.

Ryan is a graduate of USD. He works at Wells Fargo.

The couple is planning an Oct. 1, 2011, wedding.

## Social Media Is Your Business on the Social Scene?

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