

# ALABAMA

*Junior and Senior High School*

## Beef Cook-off

**FRIDAY, APRIL 11**

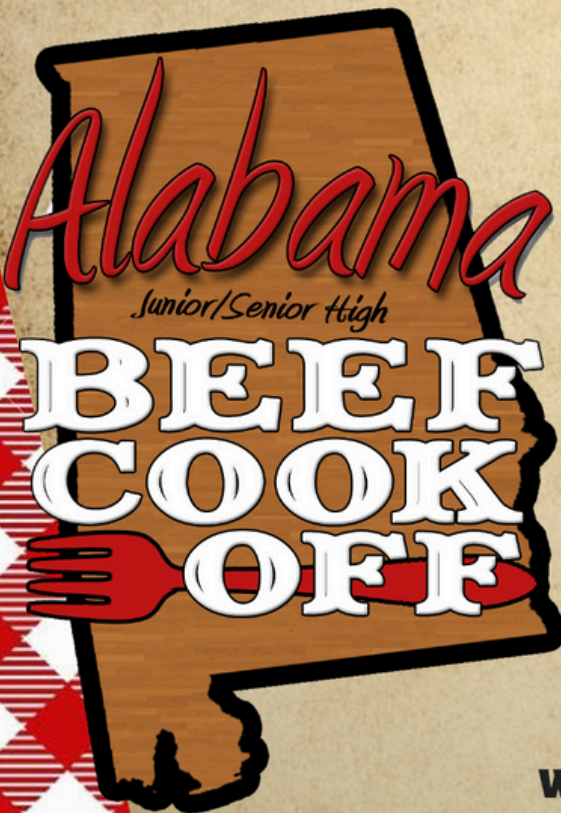
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**ALABAMA BEEF CHECKOFF**



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# BEEF FAJITA SKILLET WITH PICO DE GALLO

*Taylor Lindsey, Phil Campbell High School  
Franklin County*

## INGREDIENTS

1 pound Sirloin Tip Steaks, cut  
1/8 to 1/4 inch thick  
3 teaspoons vegetable oil, divided  
1-1/2 cups thinly sliced bell pepper, any  
color  
1/2 medium white onion, cut into 1/2-inch  
wedges  
1 medium jalapeño pepper, thinly sliced  
Salt  
8 small whole wheat tortillas (about 6-inch  
diameter), warmed

### ***Rub (recipe follows)***

3 cloves garlic, minced  
1 teaspoon ground cumin  
1-1/2 teaspoons ground chipotle chile  
pepper

### ***Pico De Gallo (recipe follows)***

3/4 cup chopped tomatoes  
1/4 cup chopped white onion  
3 tablespoons chopped fresh cilantro  
2 teaspoons minced jalapeño pepper  
1 tablespoon fresh lime juice

## INSTRUCTIONS

### PICO DE GALLO:

1. Combine 3/4 cup chopped tomatoes, 1/4 cup chopped white onion, 3 tablespoons chopped fresh cilantro, 2 teaspoons minced jalapeño pepper, 1 tablespoon fresh lime juice in medium bowl. Season with salt, as desired. Cover and refrigerate until ready to use.
2. Stack beef Sirloin Tip Steaks; cut lengthwise in half and then crosswise into 1-inch wide strips. Combine beef and rub ingredients in large bowl; toss to coat evenly.
3. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add bell pepper, onion and jalapeño; stir-fry 5 to 8 minutes or until vegetables are crisp-tender. Remove from skillet; keep warm.
4. Heat 1 teaspoon oil in same skillet until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining 1 teaspoon oil and beef.
5. Return all beef and vegetables to skillet. Season with salt, as desired. Serve beef mixture in tortillas; top with Pico de Gallo.





# TERIYAKI STEAK

*Lily Beard, J.B. Pennington High School  
Blount County*

## INGREDIENTS

- 1 lb. flank steak
- 1/4 cup soy sauce
- 1/4 cup pineapple juice, reserved
- 1 teaspoon ginger
- 1 tablespoon sugar
- 1 tablespoon oil
- 2 garlic cloves, crushed

## INSTRUCTIONS

1. Cut meat into 1/8-inch slices and prepare the marinade mixture.
2. In a small bowl, combine soy sauce, reserved pineapple juice, ginger, sugar oil and garlic.
3. Pour sauce mixture over meat. Marinate overnight.
4. Cook beef and marinade in a skillet until golden brown and cooked through.





# CREAMY BEEF RIGATONI

*Kortney MacLaughlin, Dora High School  
Walker County*

## INGREDIENTS

1 lb hamburger meat  
1 lb rigatoni pasta  
2 tablespoons butter  
1 tablespoon all purpose flour  
1 ½ cups heavy cream  
1 ½ cups pasta sauce  
1 small onion (finely chopped)  
1 tablespoon minced garlic  
1 teaspoon salt  
½ teaspoon Italian seasoning

⅛ teaspoon crushed red pepper flakes  
¼ teaspoon black pepper  
16 oz shredded mozzarella cheese  
5 pieces parsley, chopped for garnish  
grated parmesan cheese for garnish

## INSTRUCTIONS

1. Bring a large pot of salted water to a boil over high heat. Add rigatoni, reduce heat to medium and cook about 8 to 10 minutes according to package directions.
2. Brown your hamburger meat in a skillet on medium heat until completely cooked.
3. While pasta is cooking go ahead and melt your butter in a large skillet. Add onion and cook until soft and browned.
4. Stir garlic, salt, Italian seasoning, crushed red pepper flakes and pepper in with the onions. Cook 1 minute, but don't let the garlic burn.
5. Stir the flour into the mixture until no white remains.
6. Add cream and tomato sauce and stir until combined. Continue simmering over medium heat until slightly thickened.
7. When the pasta is cooked, drain and stir the pasta into the sauce mixture.
8. Finish by adding some parmesan cheese and parsley for garnish.



# LASAGNA

*Sadie Hughes, White Plains High School  
Calhoun County*

## INGREDIENTS

- |  |                                    |
|--|------------------------------------|
| 1 pound ground beef  | 1½ cup grated Parmesan cheese      |
| 1/2 pound Italian sausage can be added, if desired               | 2 eggs                             |
| 3 cups (32-ounce jar) thick spaghetti sauce                      | 1 cup chopped parsley              |
| 1½ cups water  | 1 teaspoon salt                    |
| 2 cups (15-ounce container) ricotta or small curd cottage cheese | 1½ teaspoon pepper                 |
| 3 cups (12 ounces) shredded mozzarella or Monterey Jack cheese   | 8 ounces SKINNER Lasagne, uncooked |

## INSTRUCTIONS

1. Brown beef in 3-quart saucepan; drain off excess fat. Add sauce and water; simmer about 10 minutes.
2. Combine remaining ingredients, except lasagne, for filling.
3. Pour about 1 cup sauce on bottom of 13x9x2-inch baking pan.
4. Layer 3 pieces of uncooked lasagne over sauce; cover with about 1/2 cup of sauce. Spread 1/2 of cheese filling over sauce.
5. Repeat layers of lasagne, sauce and cheese filling.
6. Top with layer of lasagne and remaining sauce. Shredded cheese can be sprinkled on top.
7. Cover with aluminum foil and bake at 350° for 55 to 60 minutes.
8. Remove foil; bake about 10 minutes longer. Allow to stand for 15 minutes.



# BRECE'S SMASH BURGERS

*Jason Brece Waites, Thorsby High School  
Chilton County*

## INGREDIENTS

1 lb. Ground beef  
1 Tbsp. softened butter  
1 tsp. olive oil  
Fine onion finely chopped to taste  
2 cloves minced garlic  
1 Tbsp. yellow mustard  
Touch of pickle juice  
1 tsp. Worcestershire sauce  
1/2 tsp. Kosher salt  
Black pepper to taste

Sliced cheese to preference (not required)  
Hawaiian rolls (or desired hamburger buns)

## INSTRUCTIONS

### **BUNS:**

Preheat oven to 350 degrees. Butter a baking sheet. Slice the rolls. Butter them. Set aside.

### **BURGERS:**

1. Heat olive oil in a large skillet.
2. Add garlic, salt, pepper, mustard, pickle juice, and Worcestershire sauce to the hamburger meat. Mix well.
4. Scramble the seasoned hamburger meat mixture in a skillet stirring it frequently until completely browned (Do not patty out the meat). Drain the meat mixture
6. Top the bottom buns with hamburger meat mixture, and, cheese if desired. Place the bun tops on the burgers
8. Bake in the preheated oven for 12 - 15 minutes.
9. Enjoy!





# BEEF CURRY

*Adalynn Akin, Pollard McCall Jr. High School  
Escambia County*

## INGREDIENTS

- |  |   |
|--|---|
| 3 tbsp avocado oil                     | 2 tsp chili powder                          |
| Beef Chuck roast, cut in small squares | 3 tsp salt in total                         |
| 2 Large Onions, sliced                 | 2 tsp ground fennel seed                    |
| 2 Serrano Peppers, sliced              | 1.5 tsp of beef bouillon                    |
| 6 Mini Sweet Peppers, sliced           | 1 star anise                                |
| 2 tsp cumin                            | 4 cloves                                    |
| 1 tsp turmeric                         | 1 bay leaf                                  |
| 2 tsp garlic powder                    | 1 tsp coriander seeds                       |
| 1 tsp onion powder                     | 1 tablespoon of fresh ginger, cut or grated |
| 1 tsp smoked paprika                   | ½ cup of heavy whipping cream               |
| 1 tsp cayenne                          |   |

## INSTRUCTIONS

1. Toast coriander seeds, cloves, and star anise in pan until fragrant, then remove.
2. Cut beef chuck up into small squares and put in hot pan with oil. When the beef has browned, remove.
3. Put a small amount of oil in the pan and throw all vegetables and ginger in. Once vegetables have cooked down and are translucent, throw all seasonings in. Once the vegetables have cooked down add half a cup of water and stir.
4. Place the cooked vegetables into a blender and blend until smooth
5. Place your coriander seeds, cloves, and star anise in a spice bag.
6. Place the beef back into the pot along with the vegetables that were blended. Cook for at least a couple of hours to get meat tender. *You may need to add water in at intervals depending on how thick the sauce is.*
7. Add heavy whipping cream in around thirty minutes before meal is ready.
8. Remove the spice bag and your curry is ready!



# HERB & GARLIC STEAK KABOBS WITH BAKED RICE

*Bryleigh Brown, Pelham Park Middle School  
Shelby County*

## INGREDIENTS

16 oz. sirloin steak, cut into 2" cubes  
1 purple onion, cut into 2" squares  
1 green bell pepper, cut into 2" squares  
1 red & yellow bell pepper, cut into 2" squares  
2 cloves minced garlic  
1 Tablespoon soy sauce  
8 oz. coca-cola  
6 oz, extra virgin olive oil  
1 Tbsp dijon mustard  
10 basil leaves  
4-8 rosemary sprigs  
4-8 skewers  
Canola oil spray  
2 Tbsp melted butter

## INSTRUCTIONS

1. Mix minced garlic, soy sauce, coca-cola, olive oil & dijon mustard together and pour over sirloin steak and marinate for 1 hour. Place rosemary sprigs and skewers (if wooden) in water to soak for 5 minutes. Drain marinade into a bowl.
2. Butterfly cut each piece of steak down the middle, brush with marinade & add 1 basil leaf, then fold closed. With rosemary held tightly near the skewer, begin sliding peppers, onions, and meat onto skewers. Leave at least 1" rosemary exposed at top.
3. Preheat the oven to 475 degrees. Heat a grilling pan on the stove to medium-high heat. When hot, spray canola oil onto the pan & add the skewers onto the hot pan. Sear each side for 2 minutes.
4. Remove skewers from the grill pan and place on a broiling sheet in a preheated oven for 5-6 minutes, flipping once after 2-3 minutes. Remove skewers from the oven.
5. Fluff rice with fork and place on serving dish, placing steak kabobs on rice and drizzle with melted butter. Serve with horseradish cream sauce.

### **BAKED RICE:**

Preheat the oven to 325 degrees. Add beef bouillon to boiling water and stir until dissolved. Place uncooked rice in a casserole dish and sprinkle ½ pkg of soup mix over the rice. Put butter on top of rice and pour beef bouillon over rice. Cover the casserole dish with a lid and bake for 60 minutes.

### **BAKED RICE:**

1 cup long grain rice  
½ stick butter  
½ pkg Lipton French Onion Soup Mix  
2 tsp Knorr's Beef Bouillon  
2 cups boiling water

### **HORSERADISH CREAM SAUCE (combine all ingredients):**

½ cup sour cream  
1 tsp lemon zest  
2 Tbsp prepared horseradish  
1 Tbsp mayonnaise  
1 clove minced garlic  
1 tsp dijon mustard  
pinch of salt & black pepper



# ISAAC'S BUTTER GARLIC BITES

*,Isaac Robertson, Shepherd's Hill Christian School  
Clay County*

## INGREDIENTS

- 1 ½ lbs of Sirloin Steak
- 1 bunch of Fresh Broccoli
- 1 ½ tsp of Pink Himalayan Salt
- 1 tsp Black Pepper
- 1 tsp fresh Rosemary
- 1 tbsp Vegetable Oil
- 2 tbsp Unsalted Butter
- 2 tsp minced Garlic
- 1 tbsp chopped Fresh Parsley

## INSTRUCTIONS

1. Cut steak into bite-sized pieces. Toss with salt, pepper, and rosemary.
2. Preheat a large skillet over medium-high heat. Add 1 tablespoon vegetable oil. Add steak in a single layer and cook 2-3 minutes without stirring to get a crust on one side. Stir and cook 1 minute more. Do not overcook. Remove from heat and place on a plate. Reduce heat in the skillet to medium.
3. Add broccoli to skillet with a little coating of oil. Cook until tender. Remove and set aside.
4. Add butter and garlic to skillet on medium, cook for 1 minute until fragrant. Add steak, parsley and broccoli. Toss to combine.
5. Remove from the pan immediately, season with salt if desired and serve warm.

**NOTES:** Cook steak bites in batches if needed. If the pan is overcrowded, you won't get a good crust.





# GARFIELD PIE

*BrookLynn Loveland, Elberta High School  
Baldwin County*

## INGREDIENTS

### **MEAT SAUCE:**

2 carrots, finely chopped  
3 celery stalks, finely chopped  
1 medium onion, finely chopped  
1/2 cup Extra Virgin Olive Oil, divided into 2  
1 lb 90/10 Ground Beef Sirloin  
1 lb 96/4 Extra Ground Beef  
3 (28oz) cans San Cento San Marzano Peeled,  
smashed in a bowl set to the side  
White wine – one round around the pan  
1 Tbsp salt, add more to taste

2 (9oz) packages oven ready lasagna noodles  
1 (8oz) Mozzarella log, sliced  
2 cups grated parmesan cheese

### **BESCIAMELLA (WHITE SAUCE):**

2 sticks butter  
2 cups milk  
6 tbsp all purpose flour  
1 tsp salt

## INSTRUCTIONS

### **MEAT SAUCE:**

1. In a large saucepan over medium heat place, 1/4c Extra Virgin Olive Oil, Onion, Celery, Carrots. Salute for 7 minutes.
2. Add ground beef and cook until there isn't any pink. Once cooked drain and place back into the saucepan. Add the tomatoes, white wine and 1/4c Extra Virgin Olive Oil and Stir. Simmer.
3. Add your salt. Wait 5 minutes and taste, if you need to add more salt to taste.
4. Cook on low/medium for 3 hours until most liquid has evaporated.

### **BESCIAMELLA (WHITE SAUCE):**

1. Melt butter into a medium saucepan.
2. Slowly add the milk.
3. Whisk the flour and salt into the buttermilk mixture until it is the texture of "Queso"

### **ASSEMBLY AND BAKING:**

1. Add a light coat of meat sauce to 9x13 pan pan. Place noodles on top of the sauce, making sure they do not overlap.
2. Layer Meat sauce, Besciamella, Mozzarella, Parmesan then noodles. (Creating 2-3 layers)
3. On the last layer, add the remaining cheese and Besciamella.
4. Cover with foil and bake at 375 for 30-45 minutes.
5. At 30 minutes, you will stick a fork into the Garfield Pie. If the fork comes out clean and easily, your pie is ready to pull from the oven.
6. Remove the foil and cook another 5 minutes to melt the cheese.



# MINI MEATLOAF

*Kendra Bates, Appalachian High School  
Blount County*

## INGREDIENTS

1 lb ground beef (80/20 blend recommended)  
1/2 lb ground pork  
1/2 cup breadcrumbs (panko or regular)  
1/4 cup milk  
1 egg  
1/2 small onion, finely chopped  
2 garlic cloves, minced  
1 tbsp Worcestershire sauce  
1 tbsp ketchup  
1 tsp cayenne pepper  
1 tsp smoked paprika

1 tsp salt  
1/2 tsp black pepper  
1 jar bacon jam

### **BARBECUE GLAZE:**

1/2 cup barbecue sauce  
2 tbsp honey  
1 tbsp apple cider vinegar

### **TOPPING:**

1 cup real bacon bits (split between the six meatloafs)  
Shoestring onion rings (store-bought or homemade)

## INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, combine breadcrumbs and milk, letting it soak for 2 minutes.
3. Add the ground beef, ground pork, egg, onion, garlic, Worcestershire sauce, ketchup, smoked paprika, salt, and pepper. Mix until just combined (do not overmix).
4. Divide the meat mixture into 6 equal portions. Place the meat mixture into the mini loaf pans.
5. Pat meat mixture fully into loaf pans, making sure the meat mixture fills the entire pan including the corners and is flat on the top.
6. Bake for 25–30 minutes, or until the internal temperature reaches 165°F (74°C).
7. Take each meatloaf out of the individual pans and let rest for 10 minutes on a baking sheet lined with parchment paper.
8. Inject 1 tablespoon of bacon jam into the inside middle of each meatloaf. Split the tablespoon into 3 equal injections for each meatloaf. Inject from the top of the meatloaf.
9. In a small bowl, mix the barbecue sauce, honey, and apple cider vinegar. Glaze the top and sides of each meatloaf with BBQ glaze.
10. Gently press bacon bits into the sides and top of the meatloaf.
11. Prepare shoestring onion rings according to package directions or make your own by frying thinly sliced onions dredged in seasoned flour.
12. Top each mini meatloaf with a small pile of crispy onion rings before serving.



# ASADA FAJITAS

*Caleb Cunningham, Gaston High School  
Etowah County*

## INGREDIENTS

NY strip steak  
Green bell pepper, sliced  
Red bell pepper, sliced  
Yellow onion, sliced

### **GUACAMOLE:**

Avocados  
Medium tomato, diced  
Yellow onion, diced  
Lime juice  
Salt  
Pepper

## INSTRUCTIONS

1. Cut the skirt steak into chunks.
2. Combine all marinade ingredients in a bowl, mixing well. Taste the marinade and adjust seasoning as needed.
3. Add the steak to the marinade and mix thoroughly. Let the steak marinate overnight in the refrigerator.
4. Dice all vegetables. Heat a large frying pan over medium heat and add olive oil. Slice the marinated steak into thin pieces and set aside.
5. Cook the vegetables in the pan until the onions are slightly translucent but not fully cooked. Move the vegetables to one side of the pan and add the steak to the empty side. Cook the steak for a couple of minutes per side or until medium rare and vegetables are tender.
6. Adjust seasoning as needed and mix everything together.

### **GUACAMOLE:**

1. Slice the avocados, onion, and tomato. Add lime juice.
2. Mash the avocado with a fork and mix in the other ingredients. Season with salt and pepper to taste. *Optional: lime juice, cilantro*

### **PICO DE GALLO:**

1. Slice tomatoes, onions, and cilantro.
2. Combine together with seasonings listed above to your taste.
3. Add lime juice in small amounts at a time until desired tartness level.

### **MARINADE:**

El Paso fajita seasoning (2 packs)  
Lime juice  
Worcestershire sauce  
Cumin  
Cayenne pepper  
Paprika (for color)  
Garlic powder  
Beef broth

### **SIDES & SEASONINGS:**

Black beans  
Cilantro, chopped  
Lime, cut into wedges  
Cucumber, sliced  
Flour tortillas  
Olive oil  
Salsa  
Lettuce, shredded  
Sour cream  
Radishes, sliced  
Pico de gallo





# HOMESTYLE BEEF ROAST

*Ashlon Vincent, Belgreen High School  
Franklin County*

## INGREDIENTS

3-5 pound beef chuck roast - see notes for instructions from frozen

1 tablespoon oil

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon garlic powder

½ teaspoon black pepper

½ teaspoon smoked paprika

1 pound baby red potatoes

4 large carrots - chopped into large chunks

1 large yellow onion - chopped

4 cups beef broth

2 tablespoons Worcestershire sauce

2 cloves garlic, minced

## INSTRUCTIONS

1. Turn on your instant pot and set it to “saute”. In a small bowl stir together salt, pepper, garlic powder, onion powder, and smoked paprika. Rub mixture all over the roast to coat all sides.
2. Drizzle oil in an instant pot, wait about 30 seconds, then use tongs to place roast in the pot. Do not move it for 3-4 minutes until well-seared and browned. Use tongs to turn the roast onto another side for 3-4 minutes, repeating until all sides are browned.
3. Switch instant pot to “pressure cook” on high and set to 60-80 minutes (60 for a 3 pound roast, 80 for a 5 pound roast). Add potatoes, onions, and carrots to the pot (just arrange them around the roast) and pour beef broth and Worcestershire sauce over everything. Place the lid on the pot and turn to a locked position. Make sure the vent is set to the sealed position.
4. When the cooking time is up, do a natural release for 10 minutes (don’t touch anything on the pot, just let it depressurize on it’s own for 10 minutes). After 10 minutes, turn vent to the venting release position and allow all of the steam to vent and the float valve to drop down before removing the lid.
5. Transfer the roast, potatoes, onions, and carrots to a platter and shred the roast with 2 forks into chunks. Use a handheld strainer to scoop out bits from the broth in the pot.
6. Serve. Enjoy!



# MEATLOAF

*Adrian Randolph, Marion County High School  
Marion County*

## INGREDIENTS

2lbs hamburger meat  
1 medium yellow onion (diced)  
1 pack McCormick meatloaf seasoning mix  
1 egg  
1/3 cup ketchup  
1 Tbsp milk  
1 Tbsp onion powder  
½ Tbsp parsley  
½ tsp pepper  
½ tsp salt  
10 Saltine Crackers (crushed)

### ***TOPPING (OPTIONAL):***

1 cup ketchup  
3 Tbsp brown sugar

## INSTRUCTIONS

1. Mix together topping ingredients and set aside. Combine all other ingredients into a large mixing bowl. Knead with hands until mixed well. Put mixture into 2 loaf pans or a 9X13.
2. Preheat oven to 400. Bake for 45 minutes.
3. Remove the loaf from the oven and add topping (optional). Place back in the oven for an additional 15-20 minutes.
4. Remove from oven to cool for 10 minutes. Serve hot.



# BULGOGI & COCONUT RICE

*Elizabeth Williams, Carbon Hill High School  
Walker County*

## INGREDIENTS

1 ½ pounds beef sirloin steak, cut very thin  
⅓ cup soy sauce  
2 green onions, chopped, dark green parts separated from white and light green parts  
¼ yellow onion, thinly sliced  
3 tablespoons white sugar  
3 cloves garlic, minced

2 tablespoons toasted sesame seeds  
1 tablespoon sesame oil  
¼ teaspoon Korean red pepper flakes  
¼ teaspoon minced fresh ginger  
⅛ teaspoon ground black pepper  
1 teaspoon honey

### **COCONUT RICE:**

1 ½ cups uncooked jasmine rice  
1 (14 ounce) can light or full-fat coconut milk, well shaken and stirred  
1 ¼ cups water  
2 teaspoons sugar  
1 ½ teaspoons kosher salt  
1 teaspoon coconut oil

## INSTRUCTIONS

1. Whisk soy sauce, white and light green parts of green onions, yellow onion, sugar, garlic, sesame seeds, sesame oil, red pepper flakes, ginger, and black pepper together in a large glass or ceramic bowl.
2. Add steak slices and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 hour, or up to 1 day.
3. Heat a wok or large skillet over medium heat. Working in batches, cook and stir steak and marinade together in the hot skillet, adding honey to caramelize the steak, until steak is cooked through, about 5 minutes.
4. Garnish bulgogi with dark green parts of green onions.

### **COCONUT RICE:**

1. Place rice in a fine mesh strainer, and rinse with cold water, stirring rice using your fingers to remove excess starch, until water from rice runs clear, about 1 minute.
2. Place rinsed rice, coconut milk, water, sugar, and salt in a medium saucepan; stir until sugar dissolves, about 1 minute.
3. Bring mixture in saucepan to a boil over medium heat. Cover, reduce heat to low, and simmer, undisturbed, for 11 minutes. Turn off heat; steam, covered, until rice is tender and liquid is absorbed, about 10 minutes. Uncover and gently stir in coconut oil.





# GRILLED MARINATED STEAK KOBOBS

*Kaylee-Jo Riker, Alexandria High School  
Calhoun County*

## INGREDIENTS

2 lbs Sirloin Steak, cut into bite size cubes  
1 Red, Orange and Green Bell Pepper, cut into chunks  
1 large Red Onion, cut into cubes  
4 cloves Fresh Garlic, minced  
1 tsp. Low-sodium Seasoning Salt  
3/4 tsp. Ground Black Pepper  
2 tbsp. Dijon Mustard  
2-1/2 tbsp. Worcestershire Sauce

1/4 cup Lemon Juice, freshly squeezed  
1/4 cup Lite Soy Sauce  
1/2 cup Olive Oil  
Metal Skewers or skewers that have been soaking in water for 30-45 minutes

## INSTRUCTIONS

1. Preheat grill to high heat.
2. In a large bowl combine the garlic, seasoning, black pepper, Dijon mustard, Worcestershire sauce, lemon juice, lite soy sauce and whisk while pouring in the olive oil.
3. Place the peppers, onions and cubed sirloin into the marinade. Toss to coat and let sit for a few.
4. Skewer the steak and peppers alternating with the red onion until all the steak is skewered.
5. On a preheated grill, place the skewers down and immediately reduce the temperature to medium/medium-high. Cook, turning occasionally, until there's a nice char on the outside.
6. Remove and let rest for 5 minutes or so before serving. Enjoy!



# RED WINE BRAISED SHORT RIBS

*Isabella Lezama, Thorsby High School  
Chilton County*

## INGREDIENTS

5 lb. bone-in beef short ribs, cut crosswise into 2" pieces  
Kosher salt and freshly ground black pepper  
3 Tbsp. vegetable oil  
3 medium yellow onions, chopped  
3 medium carrots, peeled, chopped  
2 celery stalks, chopped  
3 Tbsp. all-purpose flour  
1 Tbsp. tomato paste

1 750-ml bottle dry red wine (preferably Cabernet Sauvignon)  
10 sprigs flat-leaf parsley  
8 sprigs fresh thyme  
4 sprigs fresh oregano  
2 sprigs fresh rosemary  
2 fresh or dried bay leaves  
1 head of garlic, halved crosswise  
4 cups low-sodium beef stock

## INSTRUCTIONS

1. Preheat oven to 350°. Season short ribs with salt and pepper. Heat oil in a large Dutch oven over medium-high. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate. Pour off all but 3 Tbsp. drippings from pot.
2. Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2–3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven. Cook until short ribs are tender, 2–2½ hours.
3. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper. Serve in shallow bowls over mashed potatoes with sauce spooned over.



# MISSISSIPPI POT ROAST

*Ivy Hart, Flomaton High School  
Escambia County*

## INGREDIENTS

1 (3-4 pounds) chuck roast.  
1 packet ranch dressing mix  
1 packet au jus gravy mix  
1/4 cup butter  
4-5 pepperoncini peppers

## INSTRUCTIONS

1. Place roast in the slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix.
2. Place peppers on top of the mixes, and add the butter.
3. Cook over low heat for 8 hours. Serve with noodles, rice or mashed potatoes. Enjoy!



# BRAISED BEEF SHORT-RIBS WITH GARLIC MASHED POTATOES AND ROASTED PARMESAN GREEN BEANS

*Katie Huffman, Oak Mountain High School  
Shelby County*

## INGREDIENTS

3 TBSP olive oil  
1 yellow onion  
6 whole beef short ribs, bone-in  
salt and pepper to taste  
¼ cup all-purpose flour  
1 cup pinot noir  
1 ½ cups low-sodium beef broth  
2 TBSP tomato paste  
2 sprigs fresh thyme  
2 sprigs fresh rosemary

### **MASHED POTATOES:**

3 lbs yukon gold potatoes  
1 cup unsalted butter  
¾ cup whole milk  
6 cloves garlic  
1 (5.3 oz) block of Boursin  
Cheese  
salt to taste

### **GREEN BEANS:**

1 pound green beans  
2 Tbsp olive oil  
2 large cloves garlic  
Salt + pepper, to taste  
1/2 cup parmesan, freshly  
grated  
1/2 a lemon, juice

### **GARNISHES:**

Parsley  
Parmesan cheese

## INSTRUCTIONS

1. Preheat oven to 350 degrees F. In a large dutch oven, heat one tablespoon of oil over medium high heat. Add onion and cook for a few minutes, stirring constantly. Set onion aside on a plate
2. Season the ribs with salt and pepper and coat all sides with flour. Add 2 more tablespoons of oil to the pot and turn heat to high. Add ribs and brown on all sides, about 45 seconds per side. Set aside on a plate.
3. Add the wine to deglaze the pan. Scrape the bottom of the pan to release any browned bits of flavor. Bring to a boil and cook for 2 minutes. Add beef broth, salt, and freshly ground black pepper. Stir in tomato paste. Taste the broth and add additional seasonings, if needed.
4. Add ribs, onion, and sprigs of rosemary and thyme to the pot. Cover with the lid and place into the oven. Cook at 350 degrees for 1 1/2 hours, then reduce heat to 325 degrees and cook for an additional 30-45 minutes. Ribs should be very tender, nearly falling from the bone.
5. Remove the pan from the oven and allow it to rest for 20 minutes, with the lid on, before serving. Skim off any fat that has risen to the top of the liquid, before serving.

### **MASHED POTATOES:**

1. Set your milk, butter, Boursin Cheese, and sour cream on the counter to come to room temperature. Score the potatoes width-wise and add them to the pot. Cover with cold water by about an inch, season generously with salt, and bring to a boil. Reduce heat and gently simmer for 25 minutes, or until fork-tender.
2. Drain the potatoes and let sit for 5 minutes to cool slightly. Peel the potatoes and return them to the pot (heat off). Let them sit for 2-3 minutes to dry, ensuring no moisture remains. Mash the potatoes through a sieve or ricer and return them to the pot. Add the room-temperature butter a few tablespoons at a time.
3. In a separate saucepan, warm the milk and grated garlic until fragrant. Once all the butter is added, slowly fold in the warmed milk and garlic. Add in the room-temperature Boursin Cheese. Gently fold to combine. Add the salt. Taste and adjust seasonings as needed. Top with grated parmesan cheese.

### **GREEN BEANS:**

1. Preheat oven to 400F. Line a large baking sheet with parchment. Place green beans on baking sheet. Toss in olive oil, minced garlic, salt, and pepper. Spread in an even layer after tossing. Sprinkle grated parmesan over green beans, covering evenly.
2. Transfer green beans to the oven for about 20 minutes, or until they are lightly browned and the cheese is melted and slightly crispy. The beans should be fork-tender, but still have a crunch to them! Remove green beans from oven and top with freshly squeezed lemon juice and parsley. Season with extra salt and pepper, as needed. Serve hot!





# BBQ BEEF CUPS

*Hope Hill, First Assembly Christian School  
Clay County*

## INGREDIENTS

1 pound ground beef  
3/4 cup barbecue sauce  
1 Tablespoon dry minced onion  
12 ounce can refrigerated biscuits  
1 cup shredded cheddar cheese

## INSTRUCTIONS

1. Preheat oven to 400 F degrees. Spray muffin tin with nonstick cooking spray.
2. In a large pan, brown and crumble 1 pound ground beef. Turn off heat and drain excess grease from ground beef.
3. Put ground beef back in pan and add in 3/4 cup barbecue sauce and 1 Tablespoon dry minced onion. Stir well.
4. Separate 12 ounce can refrigerated biscuits and place into greased muffin tins. Press dough up and along the sides.
5. Divide meat mixture between muffins (you may have just a small amount leftover).
6. Sprinkle the biscuit cups with 1 cup shredded cheddar cheese (dividing evenly between all the cups).
7. Bake for 10-12 minutes until biscuits are golden brown and cheese is melted.



# PEPPERCORN FILET MIGNON

*Ashley Nimmer, Spanish Fort High School  
Baldwin County*

## INGREDIENTS

2 filet mignon  
Salt and pepper to taste

### **PEPPERCORN SAUCE:**

48 oz Beef broth  
6 Short Beef ribs  
2 shallots  
1 Tbs Worcestershire sauce  
3 tbsp  
2 cup heavy cream

### **ASPARAGUS:**

1 pack of asparagus  
3 tbsp olive oil  
1 tsp salt  
1 tsp pepper

### **MASHED POTATOES:**

4 potatoes  
3 tbsp garlic salt  
3 tbsp onion powder  
¼ heavy cream

### **HOLLANDAISE SAUCE:**

2 large egg yolks  
3 tsp lemon juice  
Pinch of cayenne pepper  
1 stick of butter

## INSTRUCTIONS

1. In a cast iron skillet cook your steak. Add salt and pepper to taste.

### **PEPPERCORN SAUCE:**

1. Pour 24 ounces of beef broth into a medium pot and bring to a boil. Put olive oil on a pan and cook your six short beef ribs. After the beef ribs are cooked slice up your shallot and put into the pan.
2. Pour 12 ounces of beef broth into the pan with the shallots. put your short beef ribs into the medium pot of beef broth and let it cook down. Bring the pan of shallots and beef broth to a simmer and cook down the beef broth. After simmering down combine and add Worcestershire sauce in. Let simmer for 8 hours. Take out short ribs and strain.
3. Remove oil from beef broth. Sauté another shallot in butter. After shallots are transparent add 2 cups of heavy whipping cream. Add beef broth mixture after cooking down heavy whipping cream mixture then add pepper to taste.

### **MASHED POTATOES:**

1. Peel and slice potatoes. Boil potatoes until soft.
2. Mash potatoes until little to no clumps. Add heavy cream, onion powder, and garlic salt.

### **ASPARAGUS:**

1. Preheat oven to 400. Place asparagus on pan with salt and pepper and cook for 10 minutes.

### **HOLLANDAISE:**

1. Separate yolks and blend in a blender for 30 seconds. Heat the butter in a microwave. Add lemon juice and cayenne to blender. Blend the mixture while pouring in hot butter.



# Bo Kho

*Shelby Hua, Auburn High School  
Lee County*

## INGREDIENTS

### **BEEF & MARINADE-**

- 1 ½ pounds of chuck roast, Cut into 1 1/2 - inch cubes
- 1 teaspoon brown sugar
- 1teaspoon fish sauce
- 1 teaspoon Chinese five ground spice powder
- ½ teaspoon freshly ground black pepper
- ½ teaspoon kosher salt

## INSTRUCTIONS

### **STEW-**

- 3 tablespoons avocado oil
- ½ large shallot, minced
- 3 garlic cloves, minced
- 4 tablespoons tomato paste
- 1 (12-ounce) can coconut soda (Coco Rico)
- 2 ½ cups of water
- 2 whole star anise
- 2 slices fresh ginger, about ¼ inch thick
- 1 cinnamon stick
- 3 lemongrass stalks, bottom 5 inches of tender parts only, bruised
- 2 carrots, peeled cut into 1-inch pieces
- 2 golden potatoes, peeled and cut into 1-inch cubes
- 2 tablespoons fish sauce
- 2 tablespoons brown sugar
- ¼ teaspoon msg (optional)
- Fresh ground pepper to taste
- Fresh cilantro for garnish
- 4-5 Vietnamese baguettes, toasted

1. Combine the chuck and all of the marinade ingredients in a mixing bowl and mix well. Cover and marinate in the fridge for at least 1 hour, or up to 24 hours.
2. Heat a Dutch oven or other heavy pot over medium-high heat. Add 2 tablespoons of the avocado oil and half of the marinated chuck steak. Brown on all sides, 2 to 3 minutes; set aside on a large plate. Repeat with the remaining chuck steak.
3. Reduce the heat to medium. Add the remaining 1 tablespoon avocado oil, along with the shallot and garlic, and cook until fragrant, about 45 seconds. Add the tomato paste and cook until slightly browned, 2 to 3 minutes. Return the browned meat, along with any meat juices on the plate, to the pot and add the coconut soda and water. Mix well and bring the mixture to a boil, then reduce the heat to a low simmer. Add the star anise, ginger, cinnamon stick, and lemongrass. Using a skimmer, skim any foam that may arise at the top and discard. Partially cover and simmer for 2 hours.
4. Add the carrots and potatoes. Cover and continue cooking until the carrots and potatoes are tender, about 45 minutes.
5. Remove the star anise, ginger, cinnamon stick, and lemongrass stalks and discard. Season the stew with the fish sauce, brown sugar, and MSG (if using), and give it a stir before removing from the heat.
6. Ladle into serving bowls and top with pepper and cilantro. Accompany with a toasted Vietnamese or French baguette, and enjoy!



# HEARTY SLOW COOKER BEEF STEW

*Maeleigh Gray, Geneva High School  
Geneva County*

## INGREDIENTS

1 ½ pounds beef stew meat, cut into cubes  
3 large potatoes, cut into cubes  
1 pound carrots, cut into 3/4-inch chunks  
1 large onion, chopped  
1 (10.5 ounce) can cream of mushroom soup  
1 (8 ounce) can tomato sauce

1 can diced tomatoes  
1 (1 ounce) package dry onion soup mix  
1 tablespoon dried parsley flakes  
1 teaspoon ground black pepper

## INSTRUCTIONS

1. Combine beef, potatoes, carrots, and onion in a slow cooker.
2. Mix together condensed soup, tomato sauce, onion soup mix, parsley, and pepper in a large bowl until well combined; pour over beef mixture.
3. Cook on low until meat and vegetables are tender, 6 to 8 hours. Stir before serving.