

## **Washington Junior Team**

### Downhome Farmstyle Tri-Tip

- 4-6 Hereford beef tri-tip steaks
- 1 cup beef broth
- 2 tsp garlic juice or minced garlic
- 1/2 cup red wine
- 2 tsp. course ground pepper
- 2 tsp. Traeger Cajun Shake

*Combine beef broth, wine and garlic juice together in a small bowl. Pour mixture into meat syringe and inject into meat. Massage meat to help distribute the marinade mixture evenly throughout and cover lightly with Cajun shake. Let stand over night. Preheat grill to about 350 degrees or approximately 10 min. Cook on grill for 30 minutes turning meat occasionally. Cook until meat temperature is 145-150 degrees for medium doneness.*

### Stuffed Mushrooms

- 12- 16 medium sized fresh white button mushrooms
- 3 cups dry stuffing mix
- 1 cup bulk sausage (cooked and crumbled)
- 1 tsp. minced garlic
- 1 tsp. minced onion
- 1 cup grated Parmesan cheese
- 1/2 tsp olive oil

*Rinse off mushrooms and blot dry. Remove stem and set mushrooms aside. Combine stuffing mix, cooked sausage, garlic, onion, parmesan cheese and olive oil. Pack mixture in mushroom caps. Preheat oven to 350. Place on cookie sheet in oven until mushrooms and stuffing are hot.*

### BJ's Ranch Hand Salad

- 1 head ice burg lettuce
- 1 lb bacon (cooked & crumbled)
- 1 package dry ranch dressing
- 1 tsp white wine vinegar
- 1 package of feta cheese

*Wash lettuce chop and allow to dry thoroughly. Mix ranch dressing according to package and add white wine vinegar and let set in refrigerator. When lettuce is completely dry, mix lettuce, bacon and feta cheese. Toss lightly with salad dressing.*

### Strawberry Mousse

- 2 (10 oz) pkg.. frozen strawberries
- 1 (10 1/2 oz) pkg. marshmallows
- 1 pt. whip cream (whipped)

*Chop strawberries place in bowl and add marshmallows mix thoroughly. Set aside in refrigerator over night. Whip cream and fold in with strawberry mixture. Chill and serve.*

Drink  
Lemonade

## **Kansas Junior Team**

### **Mini Burger Buffet**

1-1/2 pounds of ground beef

1 large clove garlic, minced

½ teaspoon salt

¼ teaspoon pepper

Flavor variations:

Smoky BBQ Cheddar; Red, White and Blue; and Taco

1. *Combine basic mini burger ingredients in medium bowl. Adding desired flavor variation ingredients and mixing lightly, but thoroughly. Lightly shape into twelve 1/2-inch thick mini patties.*
2. *Place patties on grid over medium, ash-covered coals. Grill, covered, 8-10 minutes (over medium heat on preheated gas grill, covered 9 to 11 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.*
3. *Serve mini burgers as directed in flavor variation.*

***Smoky BBQ Cheddar:*** *Add 1/3 cup shredded Cheddar cheese to basic mini burger mixture. Halfway through grilling, baste patties with 2 tablespoons hickory barbecue sauce. Place burgers on bottoms of 4 split small dinner rolls. Top evenly with 8 sweet or dill pickle slices and ¼ cup prepared coleslaw. Close sandwiches. Serve with additional barbeque sauce, as desired.*

***Red, White and Blue:*** *Add 1 tablespoon soft bread crumbs, 1 egg white/ ¼ teaspoon minced sage to basic burger mixture. Place burgers on bottoms of 4 small split dinner rolls. Top with blue cheese and caramelized onions. Close sandwiches.*

***Taco:*** *Add 1/3 package (1/2 ounce) taco seasoning mix to basic mini burger mixture. While patties are grilling, combine 2 tablespoons dairy sour cream and ½ teaspoon fresh lime juice. Set aside. Cut burgers in half and place both halves in 4 taco shells. Top evenly with shredded lettuce, chopped tomato, shredded Cheddar or Mexican cheese blend, salsa and sour cream mixture, as desired.*

## **Maryland/Pennsylvania Junior Team**

### **Planet Hoth Sandwiches**

2 to 2 ½ pounds tri-tip beef, about 1 ½ inches thick

#### **For the sauce**

1 tbsp. olive oil  
½ cup finely diced red onion  
1 tsp. minced garlic  
½ cup chicken broth  
¼ cup ketchup  
¼ cup steak sauce  
1 tbsp. finely chopped fresh parsley  
1 tbsp. Worcestershire sauce  
1 ½ tsp. ground coffee  
¼ tsp freshly ground black pepper

#### **For the rub**

1 tbsp. cracked black pepper  
2 tsp. dry mustard  
1 tsp. dry paprika  
¼ tsp. cayenne pepper

***To make the barbecue sauce:*** In a medium saucepan over medium-high heat, warm the olive oil. Add the onion and garlic and cook, stirring occasionally, until soft, about 5 minutes. Add the chicken broth, ketchup, steak sauce, parsley, Worcestershire sauce, ground coffee and black pepper. Bring the mixture to a boil, then reduce the heat to a simmer and cook, stirring occasionally, until reduced to ½ cup, about 10 minutes. Puree the sauce in a food processor or blender. Allow to cool, cover and refrigerate until ready to use. Bring to room temperature before serving.

***To make the rub:*** In a small bowl, mix together black pepper, garlic salt, mustard, paprika and cayenne. Press the mixture into the surface of the tri-tip, cover with plastic wrap and refrigerate for 3 hours or as long as 24 hours.

Follow the grill's instructions for using wood chips. Sear the tri-tip directly over medium heat, turning once, until both sides are seared, about 5 minutes total. Then grill the tri-tip directly over medium heat, turning once, until the internal temperature is about 140°F for medium-rare, 20-30 minutes more. Allow to rest for 5 minutes before slicing thinly on the diagonal against the grain. Build each sandwich with slices of meat and a dollop of sauce. Serve warm or at room temperature.

## **Virginia Junior Team**

### **Certified Hereford Steak Burrito**

2 pounds Certified Hereford Steak

6 oz. chilies Ancho

1 teaspoon black ground pepper

4 tsp ground cumin

2 tbsp whole oregano

5 tsp chopped garlic

1 fresh red onion

4 oz. oil

3 oz. chipotle peppers

4 oz real lime juice

*Soak ancho chilies in hot water until soft. Remove seeds. Add all ingredients in food processor. Puree until smooth. Spread mixture over beef and refrigerate for a minimum of 1 hour. Grill beef to medium and slice in thin strips.*

*Serve in tortilla with rice, beans, guacamole and salsa.*

## **Arkansas Junior Team**

### **Certified Hereford Beef Tacos with Pineapple Salsa**

2 lbs CHB clod tenders

#### **Dressing**

¼ c lime juice

1 tsp sugar

¼ tsp salt

¼ tsp pepper

3 tbsp olive oil

2 tbsp cilantro

#### **Salsa**

2 c pineapple tidbits

1 c diced tomato

2 cloves garlic

¼ c diced green pepper

1 jalapeno seeded and finely diced

*Mix salsa ingredients and stir in 2 tbsp of dressing. Marinate beef in remaining dressing for 1 hour. Grill to desired doneness and slice into small bite-sized portions-thin strips.*

*To serve: Fill a warm tortilla with beef strips and salsa.*

## **New England Junior Team**

### **Maple Mustard Glazed Peeled Tri Tip**

1 peeled tri tip (approximately 2 ½ lbs)  
1 tsp salt  
½ tsp cracked pepper  
¼ c maple syrup  
3 tbsp coarse-grain Dijon mustard  
2 tsp cider vinegar  
¼ tsp pepper

*Mix salt and pepper and press into both sides of steaks. Place tri tip on grill over medium coals. Cook covered 5-7 minutes per side. Turn with tongs to retain juciness.*

*Meanwhile, combine maple syrup, mustard, vinegar and pepper in a 1-cup glass measurer. Microwave on high for 3 ½ - 5 minutes until thickened, stirring occasionally.*

*During last 5 minutes of grilling, brush glaze over top and sides of tri tip. Remove tri tip when an internal temperature has reaches 140°F for medium rare or 145°F for medium doneness.*

### **Grilled Summer Squash and Zucchini**

2 medium zucchini squash  
2 medium summer squash  
2 tbsp olive oil  
Coarse salt and ground pepper

*Heat grill to medium-high. Meanwhile, trim ends of zucchini and summer squash and cut on the bias into rounds about ½ inch thick and 3 inches long. Place in a large bowl and toss with oil using your hands to evenly coat all sides. Season with salt and pepper and toss again.*

*Place vegetables in a single layer on grill and cook until browned with grill marks, 4-5 minutes on each side. Transfer to platter and serve hot, warm or at room temperature.*

### **Grilled Potatoes and Onions**

4 to 5 medium white potatoes  
1 large Vidalia onion  
1 stick butter  
¼ tsp salt  
¼ tsp pepper  
¼ tsp garlic salt  
¼ tsp garlic powder  
Disposable 8X8 aluminum pan

*Cut butter into small sections and put some on bottom of pan. Wash potatoes and peel, slice them in thin rounds. Peel onion and slice in thin slices, break apart and mix with potatoes, cover with the rest of the butter and add salt, pepper, garlic salt and powder. Cover with aluminum foil and set on top of grill to cook until tender 20 – 30 minutes.*

## **Missouri Junior Team**

### **Thai-Style Beef Salad**

1 pound flank steak (tri tip)  
Salt and ground black pepper  
3 tbsp vegetable oil  
¼ c fresh lime juice  
¼ c fish sauce  
4 tsp brown sugar  
1 small cucumber, peeled and sliced thin  
½ red onion, sliced thin  
1 tbsp minced fresh cilantro  
1 tbsp minced fresh mint  
1 head Bibb lettuce, leaves separated  
¼ c. chopped unsalted roasted peanuts

*Pat steak dry with paper towel and season with salt and pepper to taste. Heat one tablespoon of oil in 12-inch skillet over medium-high heat until just smoking. Brown steak on one side about 5 minutes, reducing heat if pan begins to scorch. Flip steak over and continue to cook to desired doneness, 3-6 minutes. Transfer to carving board, tent with foil, 5-10 minutes.*

*Whisk lime juice, fish sauce and brown sugar together until sugar is dissolved. Slice steak in half lengthwise; then slice halves thinly widthwise, against the grain, on bias. Toss sliced steak with half of marinade and set aside for 5 minutes.*

*Whisk remaining lime marinade with remaining 2 tablespoons of oil and toss cucumber, onion, cilantro and mint. Divide lettuce leaves among individual plates and spread vegetables with dressing over top. Remove steak from marinade and lay on salad. Sprinkle with peanuts before serving.*

## **Texas Adult Team**

### **Beef Steak with Chunky Tomato-Onion Sauce**

\*Clod Steaks – would prefer ½ inch ribeyes  
4 boneless chuck top blade steaks, cut 1 inch thick  
¼ c A1 Bold & Spicy or Original Steak Sauce  
Salt

### **Tomato-Onion Sauce**

1 tbsp olive oil  
½ c chopped onion  
1 ½ c chopped tomatoes  
¼ c A1 Bold & Spicy or Original Steak Sauce  
2 tbsp chopped fresh parsley

*Heat oil in medium skillet over medium heat until hot. Add onion; cook and stir 5 minutes or until tender. Stir in tomato and ¼ c steak sauce; bring to a boil. Reduce heat; simmer 5 minutes. Remove from heat; stir in parsley. Keep warm.*

*Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 18-22 minutes for medium rare to medium doneness, turning and brushing with ¼ cup steak sauce occasionally. Season steaks with salt, as desired. Serve with tomato-onion sauce.*