

# 2022 JNHE RESULTS

## CHB COOKING CHALLENGE WINNING RECIPES

PEEWEE DIVISION - BRAXTON LOCKHART, CALDWELL, TEXAS

### TRASH CAN NACHOS

*Recipe amended from Guy Fieri  
Makes 4-6 servings*

#### INGREDIENTS

- 1lb Certified Hereford Beef
- 1 Packet of Taco Seasoning
- 2 TBS Butter
- 1 TBS Flour
- 1 Cup Milk
- 1 Cup Heavy Cream
- 2oz Shredded Cheddar
- 2oz Mexican Cheese blend
- 2oz Oaxaca Cheese
- 2oz Asadero Cheese
- 1 can (15oz) Black Beans
- Pinch of Cayenne
- Pinch of Cumin
- Cubed ripe Avacadoes
- Diced Tomatoes
- Mexican Crema
- Queso Fresco
- Cilantro
- Tortilla Chips

#### UTENSILS NEEDED

- Large cooking pan for beef
- Large pot for cheese
- 1 Pot or container for nacho stacking
- Measuring cups and spoons
- Knives
- Spoons
- Bowls

#### INSTRUCTIONS

1. First brown the ground beef in a pan. Then add tacos seasoning packet and follow the directions on the back of the packet and set side.
2. Next, as Guy Feiri calls it, we are going to make the super melty cheese. Super Melty Cheese (SMC) (SMC): Melt 2 tablespoons butter in a saucepan over medium heat; add 1 tablespoon flour and whisk until smooth and toasted, 5 minutes. Whisk in 1 cup each whole milk and heavy cream; bring to a boil. Add 2 ounces each grated mild cheddar, Monterey jack, Oaxaca and asadero cheese. Whisk until melted. Stir in a pinch each of cayenne and cumin.
3. Now we will open the black bean can and rinse and set aside.
4. Next take the avocado and cut and half around the seed. Once open remove the seed. Then cut vertically through the avocado making sure no to pierce the skin and cut horizontally to make the entire avocado look like patch work. Take a spoon and scoop out the avocado, it should come out as little cubes.
5. Diced Tomatoes
6. Spoon some of the SMC in a large tin can (an empty 110-ounce can works well, or you can use a pot or a metal bucket). Layer 1/4 pound tortilla chips one-quarter of the way up.
7. Spoon more SMC over the chips, then sprinkle with a layer each of taco meat and black beans. Sprinkle with tomatoes, shredded cheddar, avocado, crumbled Cotija cheese and chopped cilantro, drizzle with Mexican crema.
8. Repeat to make 3 more layers of chips, SMC, meat, beans and toppings. Place a large round platter or tray on top of the nachos; invert onto the platter and remove the can. Garnish with more tomatoes, cilantro, salsa, and avocado.



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## CHB COOKING CHALLENGE WINNING RECIPES

INTERMEDIATE DIVISION - ABBEIGH JO GIBSON, DEER PARK, AL.  
BLUEGRASS ULTIMATE: "STACK THE BANNERS"

### INGREDIENTS

- 1lb Certified Hereford Beef Ground Sirloin 80/20
- Bacon, finely diced (3/4 cup)
- 1/2 small onion, finely chopped (cook in 1TBS bacon grease)
- 2 TBS Brewed Coffee
- 1 1/2 TBS Soy Sauce
- 1/2 TBS Balsamic Vinegar
- 1 TBS Apple Butter or Apple Jelly
- 4oz Cream cheese, softened
- 2oz Diced Pimentos or Roasted Red Peppers
- 2oz Extra Sharp Cheddar Cheese
- 2oz Smoked Provolone
- 1/4 cup Thinly Sliced Green Onions
- 2 1/2 TBS Mayonnaise
- 1-2 Green Apples, remove skin
- 1/2 TSP Cinnamon
- 1/2 TBS Unsalted Butter
- 1/4 TSP Worcestershire Sauce
- Roasted Garlic Butter
- Spices: Oregano, Chopped Fennel Seed, Garlic Powder, Smoked Paprika, Cayenne Pepper, Salt, pepper (you may substitute spices to match your favorite flavors)
- Garnish: Chopped fresh parsley, yellow and white cheese slices to make Hereford cows

### UTENSILS NEEDED

- Coffee Maker to make coffee/espresso
- Glass deep-dish pan and baking oven or frying pan to cook the bacon
- Vegetable peeler for preparing the apple slices
- Glass jars to store Bacon Jam and Pimento Cheese spread; recommend preparing 24-hours prior to meal assembly to allow flavors to optimize flavors
- Onion Chopper for the onion
- Panini Grill to sear and cook simultaneously both sides of the CHB patties to 160 degrees Fahrenheit Meat Thermometer
- Zip-Lock Bag to prepare CHB patties. Aluminum foil to rest cooked CHB patties;
- Knife, spatula, cooking tongs, fork, spoons, cutting board, hamburger press
- Paper towels for multiple reasons

### INSTRUCTIONS

Bacon Jam: Ingredient #1 (Best if made 24 hours before)

- Bacon finely diced (3/4 cup) (Cook in casserole dish in oven @ 350 degrees Fahrenheit until crisp; flip while cooking; can bake the day before. Place on paper towel to remove excess grease.)
  - 1/2 small onion, finely chopped {Cook in 1 tablespoon bacon grease}
1. If bacon not prepared by baking method, in medium skillet, cook bacon over moderate heat, stirring occasionally, until crisp. Transfer bacon to paper towel to absorb excess grease. Drain all but 1 tablespoon of the bacon drippings from the skillet. Add the onion and cook over moderate heat stirring until softened. Return the bacon to the skillet along with the coffee, soy sauce, vinegar and Apple Butter or Apple Jelly (if too tart, can add sugar to taste). Cook over moderate heat, stirring until the liquid is reduced and the jam is thick and glossy. Season with salt and pepper. Scrape the bacon jam into a small bowl and let cool to room temperature. Transfer to canning jar and refrigerate.
  2. On day of cooking, bring to room temperature or heat 30 seconds in microwave; stir thoroughly before applying to the 'stack.'
- 2 tablespoons brewed coffee (espresso)
  - 1 1/2 tablespoon soy sauce
  - 1/2 tablespoon Balsamic vinegar
  - 1 tablespoon Apple Butter or Apple Jelly {add more or sugar, if mixture is too tart from vinegar}
  - Kosher salt & pepper



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INTERMEDIATE DIVISION - ABBEIGH JO GIBSON, DEER PARK, AL.  
BLUEGRASS ULTIMATE: "STACK THE BANNERS" CONT.

### INSTRUCTIONS CONT.

Pimento Cheese: Ingredient #2 (Best if made 24 hours before)

- 4 ounces cream cheese, softened
  - 2 ounces diced pimentos or roasted red peppers, drained
  - 2 ounces extra-sharp cheddar cheese
  - 2 ounces smoked provolone cheese
  - ¼ cup thinly-sliced green onions
  - 2.5 tablespoons Mayo
  - ¼ teaspoon Worcestershire sauce
  - Season to taste with roasted garlic, smoked paprika, cayenne pepper, salt and pepper
1. Combine all ingredients in a medium bowl; microwave as needed to melt cheeses together.
  2. Transfer to canning jar and refrigerate; can be made the day before.
  3. On day of cooking, bring to room temperature or heat 30 seconds in microwave; stir thoroughly before applying to the 'stack.'

Beef Patties: Ingredient #3

- 1 Lb of Certified Hereford Beef Ground Sirloin 80/20
  - Chopped Fennel Seed
  - Oregano
  - Salt and pepper
1. 1-2 days prior to cooking, place in freezer Ziploc bag with Rosemary or Basil infused oil and coffee with conservative amount of seasoning. Knead mixture in Ziploc a couple times per day and flip bag when resting in refrigerator. Do not allow to only rest on one side.
  2. Form patties using a burger press measured for 4 ounces raw, cooks to 3 ounces. Preheat a Panini grill to sear by coating the cast iron plates with olive oil.
  3. When properly heated, place patties. Cook to 160 degrees Fahrenheit. Remove, place on aluminum foil, top with roasted garlic butter and cover to rest for approximately 3-5 minutes.

Cinnamon-Apple Slices: Ingredient #4

- 1-2 green apples, remove skin
  - ½ teaspoon cinnamon
  - 1/2 tablespoon unsalted butter
1. Peel apple in spiral fashion and place in aluminum foil. Lightly coat apples with cinnamon. Break butter into multiple chunks and spread evenly throughout the apples. Close and seal aluminum foil to contain all the apple ingredients.
  2. Place on Panini grill to heat/steam until soft.

### PLATE ASSEMBLY

1. Place beef patty. Apply Pimento Cheese.
2. Add steamed apples and fluff with fork.
3. Put on Bacon Jam being careful not to smash the apple layer.
4. Garnish with fresh parsley &/or basil.
5. Top 'stack' with decorated 'toothpick' to express your event theme: Hereford cow; Bluegrass banner; etc...



# 2022 JNHE RESULTS

## CHB COOKING CHALLENGE WINNING RECIPES

JUNIOR DIVISION - COOPER MILIER, NEWCASTLE, WYO.

### MY FAVORITE T-BONE STEAK AND TOSSED SALAD

#### INGREDIENTS FOR STEAK

- 1 Certified Hereford Beef T-Bone Steak 8-10 ounces
- 2 tsp fresh ground black pepper
- 3 tsp Lawry's Season Salt
- 2 tablespoons vegetable oil or any oil with a high smoke point

#### INSTRUCTIONS

1. You will need a grilling pan for stove top cooking. Preheat grilling pan on high heat until the pan starts smoking. Carefully place the steak on the grill pan for 1 minute then turn the steak ¼ turn for perfect grill marks. Cook for an additional 3 minutes before repeating the steps for the second side of the steak. Once finished, let the steak rest for 5 minutes to let juices redistribute.

#### INGREDIENTS FOR TOSSED SALAD WITH HOME-MADE VINAIGRETTE

- 2 cups romaine lettuce
- 1 cup shredded carrots
- 1 cup diced green pepper
- ½ cup extra virgin olive oil
- ⅔ cup vinegar (white, red, or champagne work well)
- 1 tbsp each of garlic powder, onion powder, parsley flake
- 2 tsp kosher salt
- 2 tsp cracked black pepper
- 2 tbsp sugar (more to taste)

#### INSTRUCTIONS

1. Add all vegetables to a medium sized mixing bowl. Add vinegar, oil and seasonings to a quart size Mason jar with sealable lid. Shake well to combine and pour over the salad mix.



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## CHB COOKING CHALLENGE WINNING RECIPES

SENIOR DIVISION - MEGAN UNDERWOOD, CAMPBELLSVILLE, KY.

### A TASTE OF THE BLUEGRASS

#### INGREDIENTS

- 2 Certified Hereford Beef Ribeye Steaks
- Pink Himalayan Salt
- Black Peppercorns
- Black Pepper
- Garlic Powder
- Extra Virgin Olive Oil
- Beef Broth
- All Purpose Flour
- Ale 8
- Mushrooms
- Onion
- Butter

#### MUSHROOM ALE 8 SAUCE

- 4 oz Mushrooms
  - ¼ cup Onion
  - 4 Tablespoons Butter
  - 2 Tablespoons All-Purpose Flour
1. In a skillet on medium heat, combine mushrooms, onion, butter, black pepper, garlic powder and beef broth. Sauté for 5 minutes.
  2. Add 2 tablespoons of all-purpose flour and stir.
  3. Add 1 cup of Ale 8.
  4. Reduce heat and simmer.
- 1 Teaspoon Black Pepper
  - 1 Teaspoon Garlic Powder
  - 2 Tablespoons Beef Broth
  - 1 Cup Ale 8

#### CERTIFIED HEREFORD BEEF RIBEYE

- 2 Certified Hereford Beef Ribeye Steaks
  - Black Peppercorns
  - Pink Himalayan Salt
  - ½ Tablespoon Extra Virgin Olive Oil
  - 3 Tablespoons Butter
1. Heat skillet to medium heat and place olive oil into the skillet.
  2. Season the Certified Hereford Beef ribeye steaks with black peppercorns and pink Himalayan salt to your preference.
  3. Place ribeye steaks in the skillet and then place butter in the skillet.
  4. After 5 minutes, flip the ribeye for a medium doneness.
  5. After the next 5 minutes, place ribeye steaks on a plate to rest for 5 minutes.
  6. Once the ribeye steaks have rested, top with Mushroom Ale 8 Sauce and serve with your side preferences.

