

CHB COOKING CHALLENGE WINNING RECIPES

SENIOR DIVISION - DEVON LOCKHART, CALDWELL, TEXAS

SMOKED CERTIFIED HEREFORD BEEF RIB ROLL WITH BRUSSEL SPROUTS AND TOMATO MOZZARELLA SALAD

INGREDIENTS

- 8 lb rib roll
- Olive oil
- Salt
- Pepper
- 1 lb of brussel sprouts
- Bag of baby potatoes
- Shallot
- ½ pound of pancetta
- Stick of butter
- 1 lemon
- 8 oz of Sliced fresh Mozzarella
- 3-4 tomatoes slices
- Fresh basil leaves
- Salt
- Pepper
- Olive Oil
- Balsamic Vinegar

INSTRUCTIONS

1. First generously rub the rib with oil, salt and pepper.
2. Place on your smoker and smoke for 4-5 hours until the center reaches 120°F. Let rest and meat will come up to medium rare temp.
3. Cut the ends of the brussel sprouts off and discard then cut in half.
4. Half all your potatoes.
5. Cube your pancetta.
6. Thinly slice your shallot.
7. Cook the pancetta until rendered, then add your shallot in the rendered fat until translucent.
8. Add brussel sprouts and potatoes. Cook for a few more minutes.
9. Transfer to a baking dish and bake for 40 minutes.
10. Once done let a stick of butter melt into the brussel sprouts and squeeze a lemon on top and mix.
11. Slice tomatoes and mozzarella. Alternating between each stack on the plate. Take the basil and thinly slice. Then sprinkle on top of the salad.
12. Drizzle with olive oil and balsamic vinegar, sprinkle with salt and pepper to taste.

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2023 JUNIOR NATIONAL HEREFORD EXPO

CHB COOKING CHALLENGE WINNING RECIPES

INTERMEDIATE DIVISION - TREVOR LOCKHART, CALDWELL, TEXAS

CERTIFIED HEREFORD BEEF GRILLED INSIDE OUT BURGERS WITH TWICE FRIED FRIES

INGREDIENTS

- 1 lb of CHB ground sirloin
- Various cheeses cubed
- Slider buns
- 3 Tablespoons Worcestershire Sauce
- Salt and Pepper to Taste
- 4 Russet potatoes cut into sticks
- Salt
- Peanut Oil

INSTRUCTIONS

1. Drop your potato sticks into an ice bath for 30 mins.
2. Combine your beef, Worcestershire Sauce, salt and pepper.
3. Take out your cheese cube and gently form a slider size burger around the cube of cheese. Continue the process until the beef is gone.
4. Next take to the grill and grill 3-5 minutes per side. After the sliders are cook allow to rest.
5. Take your potatoes out of the ice bath and pat dry.
6. Once dry drop the fries into the prepared basket fryer. Once done pull out and pat dry and repeat the process. After the second fry season fries with salt.
7. Now right before you to start to plate toast your buns on the grill.
8. Assemble your burgers, plate with fries and enjoy.

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CHB COOKING CHALLENGE WINNING RECIPES

JUNIOR DIVISION - JARRETT WORRELL, MASON, TEXAS

AIR FRYER DR PEPPER CHB JERKY

INGREDIENTS

- 1 pound lean Certified Hereford Beef
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon liquid Smoke
- 2 tablespoons cracked black pepper
- 1 tablespoon Worcestershire sauce
- 1 tablespoon crushed red pepper flakes (optional)
- 2 cups Dr Pepper

INSTRUCTIONS

1. Slice beef into thin cuts and remove as much fat as possible.
2. Place meat in marinade bag and set aside.
3. Put the remaining ingredients in a saucepan. Reduce on medium heat for 10 mins. Let cool.
4. Pour cooled marinade into bag with meat. Let marinade in refrigerator for as long as 12 hours.
5. Remove meat from bag and place each strip onto air fryer meat basket. Make sure no meat is touching other meat.
6. Place in air fryer for 30 mins at 175°F.
7. Repeat 30-minute increments until desired dryness if accomplished. (Typically, 2-3 hours total)

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PEEWEE DIVISION - MADELYN BEAVER, GRANDVIEW, TEXAS

HOMEMADE LASAGNA WITH MEAT SAUCE

INGREDIENTS

- 12 Lasagna Noodles
- 1 tsp. Olive Oil
- 1 lb. of Certified Hereford Ground Beef
- 1 Onion, diced
- 1 Bell Pepper, diced
- 1 Zucchini, diced
- 30 oz. Marinara Sauce
- 15 oz. can of Tomato Sauce
- 15 oz. of Ricotta Cheese
- 2 c. Mozzarella Cheese, shredded and divided
- ¼ c. Grated Pecorino Romano Cheese, shredded
- Salt and Pepper to taste

INSTRUCTIONS

1. Preheat your oven to 375°F. Spray your 9x13 inch baking dish with nonstick cooking spray.
2. Add olive oil to a large pan on medium high heat. Add ground beef, onion, zucchini, bell pepper to the pan. Salt and pepper to your taste. Cook, breaking up the meat into smaller pieces, until the meat is fully cooked and the juices run clear.
3. Add the marinara sauce and tomato sauce to your beef and vegetables. Stir to combine. Reduce the heat and allow sauce to simmer for 10-15 minutes. Stir as needed.
4. While sauce is simmering combine the ricotta, ½ c of the mozzarella, and pecorino romano cheese in a small bowl.
5. Spread the cheese mixture onto one side of the uncooked lasagna noodles.
6. Coat the bottom of a 9x13 inch baking dish with about 1 c. of the meat sauce.
7. Layer the lasagna noodles and cheese on top of the meat sauce.
8. Repeat, layering the meat sauce and cheese coated lasagna noodles. End with the meat sauce.
9. Top with the remaining mozzarella cheese. Cover tightly with foil that has been sprayed with nonstick cooking spray and bake at 375° for 50 minutes.
10. Let stand for 10 minutes before serving.
11. Enjoy!

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COOKING VIDEO**

