

7/11/2011



19TH ANNUAL LIMOUSIN BEEF COOK-OFF

2011 Participants and Recipes

## Arkansas Presents:

# Arkie Limousin

### Zesty Italian Rice

3c Cooked Rice  
1 ½ lbs. Ground Beef  
2 Medium Onions  
2 Cloves garlic, minced  
1 (12oz.) can tomato paste  
1 ¼ c. water or 3 (8oz.) cans tomato sauce (no water)  
Black Olives (optional)  
1 ½ to 2 tsp. Italian seasoning  
1 tsp. salt  
¼ c. chopped parsley or 2 tsp. dehydrated  
1 lbs. creamed cottage cheese  
2 eggs, beaten  
1 (6oz.) pkg. Mozzarella cheese, cut in strips  
1/3 c. Parmesan cheese

Sauce: Brown meat. Drain fat. Add onions and garlic. Add tomato paste or sauce, water, and seasonings. Simmer 20 minutes.

Filling: Mix well rice, cottage cheese, eggs, ¼ c Parmesan cheese, and half of the Mozzarella cheese. Reserve rest of cheese for top. Layer in 9x13 inch pan ½ of the meat sauce; cover with filling and top with rest of meats sauce. Bake at 325° for 25 to 30 minutes. Top with rest of cheese and black olives. Bake until bubbly. (I use more Mozzarella cheese, about 12 ounces) –

Barb Hickman

Kansas Presents: **Superbowl Burgers**

Superbowl Burgers

1 pound Limousin ground beef  
¼ cup prepared thick-and-chunky salsa  
2 oz cream cheese, softened  
2 medium jalapeno peppers, diced

Combine cream cheese and diced jalapeno peppers together.

Combine ground beef and ¼ cup salsa in large bowl, mixing lightly but thoroughly. Lightly shape into eight thin patties. Place 1 tablespoon cream cheese mixture in the middle of four patties and spread around. Place the other patty on top, sealing edges.

Place patties on grid over medium, ash-covered coals. Grill, covered, 15 to 16 minutes, until no longer pink (160° F), turning occasionally.

Place on bun. May top with salsa con queso, tomatoes and olives.

---

## Betty's Beef Brisket Marinade

1 10 ½ oz. can of beef broth  
¾ c. Worcestershire sauce  
1/3 c. red wine vinegar  
1 bay leaf, crushed  
1 1/2 tsp. dry mustard  
1 tsp. garlic powder  
1 tsp. chili powder  
1 tsp. Tabasco sauce  
1 tsp. paprika  
1 c. ketchup  
1/2 c. liquid smoke  
Dried onion flakes & dried parsley flakes to taste  
Salt & pepper to taste

Pour marinade over thawed brisket (fat side up) and refrigerate 2-3 hours. Cook brisket in oven for 10-12 hours at 225 degrees. You can marinate and cook in the same covered dish. Cool brisket before slicing and reheat when ready to serve. This marinade easily covers 5-6 pounds of brisket.

Oklahoma Presents:

## **Okie Mini Beef Wellingtons**

2 lbs. Tenderloin, cut into 24 (1 inch cubes)

2 T Olive Oil

To taste Kosher salt and fresh ground black pepper

10 ounces Mushrooms – finely chopped

1 large Shallot – finely chopped

2 sheets Frozen puff pastry, thawed

Directions:

- Heat the olive oil in a large skillet over medium high heat. Pat the beef dry with a paper towel and season all sides with salt and pepper. Quickly sear the beef on two sides only until golden brown, about 4 minutes total: do not over cook. Transfer to a plate to cool.
- Add the mushrooms and cook until beginning to brown and release liquid, about 5 minutes. Add the shallots and continue cooking until mushroom mixture dries out, is golden brown, and shallots are soft, about 10 minutes. Remove from heat and cool.
- Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or a silicone baking mat.
- On a work surface, roll one sheet of puffed pastry to a 10x14 in rectangle. Put teaspoon size mounds of mushroom mixture on the pastry, evenly spacing them in 4 rows of 3. Top the mushroom mound with a piece of beef seared side up. With a sharp knife, cut the pastry into even squares around the meat and mushrooms. Working one at a time, pull 2 opposite sides of pastry up over each beef piece, then fold the ends over the top to make a packet. Invert and arrange the packets seam side down on the baking sheet and press them lightly to seal the pastry. Repeat with the remaining beef, mushrooms, and pastry.
- Bake the wellingtons until golden brown, 20 – 25 minutes. Remove from the oven to a serving platter and let cool at least 10 minutes before serving.
- Serves 24 pieces.

Oklahoma Presents:

## **Steak – Yours, Mine, and Ours**

2 lbs. Steak (flank, sirloin, rib-eye, ...whatever you like) sliced into thin strips

1 T Oil

½ bottle teriyaki marinade and sauce

Wooden skewers

Directions:

- Soak wooden skewers in water to prevent burning on grill.
- Slice meat across the grain as thin as you can and still work with it.
- Weave strips onto skewer and layer in a 9x13 plastic container.
- Mix teriyaki and oil and pour over skewered steak sticks.
- Marinate at least 8 hours.
- Place steak skewers on medium heat grill for approximately 8 – 10 minutes. Serve with dipping sauces.
- Suggested dipping sauces: barbeque, blue cheese or ranch dressing, blueberry salsa, or your favorite!

Missouri Presents:

## **Missouri's Got Talent! – Texas Hold-Ums Mini Chipotle Burgers with Fire Roasted Garlic Sauce**

2 lbs. ground Limousin Beef

1 medium onion, peeled and cut in ½

2 T Worcestershire sauce

2 Chipotles in Adobo Sauce, and 2 T of Adobo Sauce

2 T of grill seasoning, (montreal steak seasoning)

1 T Extra Virgin Olive Oil, plus some for drizzling

3 cloves garlic, finely chopped

3 T brown sugar

¼ cup vinegar

1 (15 oz) can of crushed fire roasted tomatoes

Salt and pepper

12 slices of smoked cheddar or sharp cheddar

12 small round rolls split

Directions:

Put meat in bowl. Cut onion in ½. Grate ½ the onion into meat using small hole size grater. Chop and reserve the other ½ onion for serving. Add Worcestershire, chipotles, adobo sauce, and grill seasoning to burgers. Drizzle a little EVOO over meat and mix completely. Divide meat mixture into ¼. Each ¼ should make 3 mini burgers. (approx.. 3 inch wide and 1 inch thick)

Heat a small pot over medium heat. Add EVOO and garlic. Cook 2 to 3 minutes then add sugar and vinegar. Cook 2 more minutes. Stir in tomatoes. Season sauce with salt and pepper and cook 5 to 6 more minutes (will reduce). Grill each burger 2 – 3 minutes per side and top with slice of cheese.

Place burgers on buns, top with fire roasted sauce, and chopped raw onions. (optional). Serve

Texas Presents: **Mexican- Spiced Steak with Chipotle con Queso Sauce**

2 tablespoons Grill seasoning such as McCormick Grill Mates Montreal Steak Seasoning (a couple of palmfuls)

Grated zest of two limes

1 ½ teaspoons ground coriander (half a palmful)

1 ½ teaspoons ground cumin (half a palmful)

1 ½ teaspoons chili powder (half a palmful)

Four 1-inch-thick strip steaks (8 ounces each)

2 tablespoons butter

2 tablespoons flour

1 ½ cups milk

1 ½ cups shredded smoked cheddar cheese

2 tablespoons finely chopped canned chipotle chile in adobo sauce

Salt

Extra-virgin olive oil (EVOO), for drizzling

1 tablespoon chopped cilantro

- 1) In a small bowl, combine the grill seasoning, lime zest, coriander, cumin and chile powder. Work the dry rub into the steaks on both sides; set the steaks on a plate and let stand for 15 minutes.
- 2) In a small saucepan, melt the butter over medium heat. Whisk in the flour and cook for 1 minute. Add the milk and cook whisking, until bubbling, 3-4 minutes. Stir in the cheese and chipotles and adobo sauce. Season the sauce with salt to taste. Reduce the heat to the lowest setting and keep the sauce warm.
- 3) Drizzle a little EVOO on a large griddle or in a heavy skillet. Spread the oil evenly with a bunched up paper towel. Heat the pan over high heat until just smoking. Add the steaks and cook for 5 minutes, lowering the heat if needed. Flip and cook for 2-3 minutes for medium. Remove and let rest for 5 minutes.
- 4) Slice the steaks and top with the chipotle cheese sauce. Top the steaks with the cilantro.