

Show Off Your Skill-et In National Beef Cook-Off

(NAPSA)—A lot of family chefs are getting fired up about a contest that lets them show off their “skill-ets” in the kitchen. They’re entering their favorite beef dish in this year’s National Beef Cook-Off® competition, Sept. 19-21, in Rapid City, S.D.

Twenty finalists will win a trip to Rapid City to compete for the \$50,000 “Best of Beef” grand prize, with eight other cash prizes totaling \$60,000 to be awarded to other finalists.

This year the Cook-Off is focusing on the passion Americans have for beef and the special times they share when families enjoy beef dishes together. To underscore the connection beef has with families, the Cook-Off is introducing a “Family Favorites” category this year, which showcases original beef recipes that families enjoy eating during the week or for a special occasion. Here are details on the categories:

Beef Market Basket

- Includes beef main dish recipes using one cooking method such as stove-top skillet, boil or stir-fry.

- Use boneless chuck eye steak, boneless chuck top blade steak, thin-cut round tip steak, shoulder center steak (Ranch Steak), shoulder top blade steak (Flat Iron), petite tender, round sirloin tip center steak, tri-tip steak, bottom round steak (Western griller), top round steak, eye round steak, cubed steak, ground beef chuck or ground beef round.

Grilled Beef

- Includes grilled beef main recipes.

- Use boneless chuck eye steak, boneless chuck top blade steak, shoulder center steak (Ranch Steak), shoulder top blade steak (Flat Iron), petite tender, round sirloin tip center steak, tri-tip steak, round tip center steak, boneless chuck shoulder steak, ground beef chuck, ground beef round, beef eye round steak, bottom round steak (Western Griller) or beef top round steak.

Family Favorites

- Includes beef recipes your



Entered under the Grilled Beef category, this South Pacific Steak recipe was runner-up in the 2003 Cook-Off.

family enjoys eating during the week or for a special occasion or get-together.

- Use either a brand name, nationally available, fully cooked beef product from the refrigerated meat case or freezer case, or fresh beef cuts from the chuck or round.

Inspired By Beef

- Includes your own original, creative beef recipe that is an adaptation from another inspiring recipe from a friend or family member, a specific restaurant dish you have tasted, or a recipe published in a specific cookbook or culinary publication.

- Use the Beef Industry’s Mark of Quality-approved branded beef products or a fresh beef cut.



Contest Rules

The Cook-Off is funded in part by America’s Beef Producers through their \$1-per-head checkoff. On behalf of the Cattlemen’s Beef Board and the Federation of State Beef Councils, the American National CattleWomen, Inc. are partnering with Albertson’s to promote the 2005 Cook-Off.

Contestants can enter through the official Web site, www.beef-cookoff.org, or through U.S. mail to National Beef Cook-Off Entries, ANCW, P.O. Box 3881, Englewood, CO 80155. Entries must either be e-mailed or postmarked by March 31, 2005.