

TOP CUT **BEEF CONTEST**



2020

Participant's Recipe Book

“Global Street Food”

(compilation of recipes provided by participating K-12 classrooms)

Objective:

Students will work as a group to develop a marketing and nutrition plan for a beef-centric product or recipe.

Background:

New York Agriculture in the Classroom and the New York Beef Council have once again partnered to offer an exciting cross-curricular agricultural focused program for students in grades 3-12. Participation in the contest will allow students to engage in an entrepreneurial contest as well as gain a greater understanding of beef cow lifecycles/beef supply chains.

This experiential learning contest allows students an opportunity to develop a marketing strategy for a beef product of their choice, while learning about the multitude of agricultural careers and skills needed to develop and market a beef-based product. Students will also learn about beef production, diverse flavor profiles, global culture and diversity, and beef nutrition as they participate in the Top Cut Beef Contest.

This year's theme will be "global street food". Teams will compete to develop a beef product of their choice that might be found as they travel the diverse street food scenes from around the world or in global fairs held in or around their communities.

Oxford dictionary defines street food as, *"Prepared or cooked food sold by vendors in a street or other public location for immediate consumption."* (Oxford, 2020)

Beef Empanada We Have the Meat!

Environmental Science Period 1 Scio High School 3968 Washington Street, Scio, NY 14880



Flakey puff pastry enclosed beef pocket for of delicious taste.

Recipe

Ingredients

- 1 package of pre-made puff pastry
- 1 pound of lean ground beef - I use 90% lean, however 80% or less will work - just drain off the excess fat before continuing.
- 1/4 cup diced onions
- 1/2 medium diced bell pepper, any color
- 1 teaspoon cumin
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon chili powder
- 1 cup Mexican blended cheese

Instructions

1. Preheat oven to 350 °F
2. Prepare a cookie sheet with a baking mat, non-stick foil, parchment paper or oil. Set aside.
3. In a large skillet cook ground beef, onions and bell pepper until beef is cooked through, onions are translucent, and peppers are soft.
4. Drain any excess fat.
5. Add cumin, garlic, salt, pepper, and chili powder to ground beef mixture and cook for 2 minutes.
6. Remove from hot burner.
7. Roll out puff pastry. Using a bowl similar to a cereal bowl, trace circles onto each puff pastry crust. I can get 3 per crust. A smaller bowl will result in more circles.
8. With leftover puff pastry crust, continue cutting circles, until all dough is used. I can get 8 total.
9. Lay a puff pastry down. on prepared cookie sheet. Add 2 - 3 Tablespoons of filling to the middle of the circle. Top with 1 Tablespoon a cheese.
10. Fold puff pastry crust circle in half, keeping the filling inside, and press edges down with a fork.
11. Repeat steps 9 and 10 for all empanadas.
12. Arrange empanadas on cookie sheet.
13. Beat egg in a small bowl and brush on top of each empanada.
14. Bake for 12 - 15 minutes or until tops are golden.

Beef Funday Sundae

Looks like ice cream, tastes like beef!

Blissful Beefers: Mount Markham Middle School 500 Fairground Rd, West Winfield NY 13491



Product description:

This creamy delicious treat may look like dessert, but it isn't. It's really dinner. This is a delicious treat especially if you want your kid to eat healthy food. It has roast beef, mashed potatoes, sour cream, cheese and tomatoes.

Recipe:

Hot Beef Sundae Servings per batch: 3

Level: Easy to prepare/make.

- 1 (16-ounce) container refrigerated mashed potatoes
- 1 (15-ounce) package refrigerated cooked roast beef with gravy
- 1/2 cup shredded cheddar cheese
- 3 cherry tomatoes 1 cup sour cream

Directions:

1. Heat mashed potatoes and roast beef according to package directions. Pull beef apart into chunks.
2. Evenly distribute mashed potatoes between 3 bowls, then evenly top with beef and gravy. Add 1/3 cup sour cream and sprinkle each with cheese and place a tomato on top.

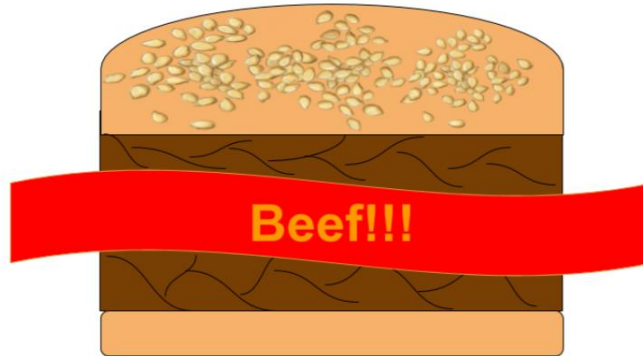
Tips:

For more tender beef, use a meat tenderizer to soften up your beef then cut into strips. If your mashed potatoes happen to be too thin, whisk in 1 teaspoon of flour. If they happen to be too thick, whisk in 1 tablespoon of milk. Add salt and butter if desired. If you prefer your cheese slightly melted, microwave on high for about 7 seconds for desired stringiness.

Beef on Weck

Where's the Beef? Here's the beef!

Cowbelles: Mount Markham Middle School 500 Fairground Road, West Winfield, NY 13491



Shaved roast beef on a kummelweck roll.

Recipe Ingredients

Rolls:

- 2 tablespoon coarse salt
- 2 tablespoon caraway seeds whole
- 1 cup of water
- 1 tablespoon cornstarch
- ½ cup warmed water
- 12 hard rolls or Kaiser rolls

Beef on Weck

- 1 cup au jus gravy reserved from roasting beef
- 20 ounces cooked roast beef sliced thinly
- 3 ounces prepared horseradish.

Directions

1. Combine equal parts whole caraway seed. Store in a clean jar. Heat one cup of water to a boil. Dissolve cornstarch in ½ cup warm water and add to boiled water. Return to a boil and thicken until it coats a spoon. Cool and store in the refrigerator.
2. Preheat the oven to 350 degrees F.
3. To make kummelweck rolls take 12 rolls and place on a baking sheet. Brush the top with cornstarch solution and sprinkle with seed mixture. Place in the oven for 4 minutes or until kummelweck dries.
4. For the beef on weck: Heat au jus in saucepan until simmering. Dip sliced roast beef in hot sauce on a cut kummelweck roll. Top with a dollop of horseradish and dip the top of the roll in the au jus.

Beef Tongue Tacos **It's Taco-bout good!**

Dutchess, Ulster & Columbia County 4-H CCEDC, 2715 Rt 44, Millbrook, NY 12545



Photo from Simply Recipes

The finest cut of scrumptious beef tongue cooked to perfection, with your choice of our fresh toppings, wrapped in our homemade corn tortillas.

Recipe: Beef Tongue Tacos (Yield: One 3 lb tongue makes enough meat for about 18-24 tacos) Ingredients

- 1 (3 -4 pound) beef tongue
- 2 lg onions peeled
- 1 head garlic, cloves peeled & crushed
- 6 to 7 bay leaves
- 1 Tbs peppercorns
- 2 Tbs Salt Salsa
- 1 lg mango pitted & diced
- 3 tomatoes diced
- 1 jalapeno seeded & diced
- 1 onion peeled & diced
- 1/2 cup chopped cilantro leaves
- 1 Tbs lime juice Guacamole
- 3 avocados peeled pitted and mashed
- 1 Tbs lime juice
- 1 tomato diced
- 1/2 cup onion diced

Other Toppings

- Lettuce
- Cabbage
- Chopped Tomato (alternative to salsa)

Directions

1. Bring stove top up to 225 degrees F
2. Fill a Dutch oven two thirds full with water. Add the tongue, onions, crushed garlic cloves, bay leaves, peppercorns and salt. Bring to a boil, reduce the temp on the stove top to 200 degrees F or to a simmer, cover and cook for 3 hours, until the tongue is soft to the touch and tender.
3. Remove the tongue from the water and let cool for a couple of minutes.
4. Using your fingers and/or a sharp small knife, remove the light-colored skin like covering from the tongue and discard. There is a rough patch of meat where the tongue attaches to the bottom of the mouth which must be removed. Slice the tongue in 1/4 inch thick slices.
5. Place a cooking surface (soapstone, cast iron, etc) on the stove top and heat to 450 degrees 6. Heat a little oil on the cooking surface and sauté the slices on both sides until they are lightly browned. Remove from the cooking surface. Slice into strips and then crosswise again so that you end up with small cubes.
7. Reheat tortillas by either cooking on the hot griddle surface until pockets of air appear in them, or in the microwave (about 10 sec).
8. Place a large spoonful of meat in the center of a tortilla. Add a spoonful of salsa, guacamole, lettuce, cabbage and any other desired toppings.

Cooking Corn Tortillas

INGREDIENTS

2 cups masa harina

1 1/2 to 2 cups very warm water

1. Start with putting 2 cups of masa flour in a large bowl. Add 1 1/2 to 2 cups of very warm water to the masa flour (some brands may call for different amounts of water). Mix in and let sit for 5 minutes or so.
2. Begin working the masa with the palms of your hands to make the dough for several minutes. The dough will be a little gritty at first but should become more pliable as you kneed it. (If at any point through the tortilla making process the dough seems too dry or too wet, add a little more water or masa to the dough.)
3. Pinch off a piece of the masa dough and rub it between your hands to shape it into a ball the size of a plum, or slightly large golf ball. Make about 16-18 balls from the dough.
4. Cut two pieces of plastic from a plastic freezer bag into the shape of the surface of the tortilla press. Open the tortilla press and lay one piece of plastic on the press. Place the masa ball in the center. Place another piece of plastic over the masa ball. Gently close the press and press down, until the dough has spread to a diameter of 4 to 5 inches.
5. Heat a cast iron griddle on high heat. Working one at a time, hold a tortilla in your hand, carefully removing the plastic on each side. Allow the tortilla to rest half on your hand, and half hanging down, and gently lay the tortilla down on to the skillet. Start working on pressing the next tortilla. Cook the tortilla on the hot pan for 30 seconds to a minute on each side. The tortilla should be lightly toasted and little air pockets forming.
6. Keep the tortillas warm and covered. Serve immediately or refrigerate and reheat.

Carne Asada Beef Empanadas

Empanadas are like pinatas, exploding with flavor™

Introduction to Agriscience Stockbridge Valley School Address: 6011 Williams Rd, Munnsville, NY 13409



Conquistadors De Carne presents Carne Asada Beef Empanadas, a baked or fried pastry filled with meat, cheese, and vegetables. Tends to be a thicker dough and thickness can vary. Empanadas are commonly found in Latin America, Spain, and Portugal.

Ingredients:

Marinade:

- 1lb beef flank
- 1 lb beef skirt steak
- 1 cup flat-leaf parsley
- ½ cup orange juice
- 2 small limes
- 4 green onions

Dough:

- 6 cups all-purpose flour
- 2 tsp kosher salt 1 tsp baking powder
- 1 cup cold butter/ cut into cubes
- 1 ½ cup cold water
- 2 large eggs

Filling:

- ½ cup Monterey jack cheese
- 1 large onion finely diced
- ½ cup flat-leaf parsley

Recipe Procedure:

Marinade:

Place the Flank Steak in a large plastic storage bag. Add soy sauce, orange slices and lime juice. Chop green onions and cilantro and add them to the bag. Rub the seasoning all over the beef. Seal the bag and let it marinate for at least 6 hours. Remove the meat from the marinade. Pat dry with a paper towel. Remove all excess herbs from the carne asada. Grill the carne asada until the internal temperature reaches medium-rare at 145 °F. Let it rest for 10 minutes. Slice it against the grain and cut it into bite-sized strips.

Dough: In a large bowl, whisk together flour, salt, and baking powder. Cut butter into the flour using your hands or a pastry cutter until pea-sized. Add water and egg and mix until a dough forms. Turn dough out on a lightly floured surface and knead until smooth, about 5 minutes. Wrap in plastic wrap and refrigerate for at least 1 hour.

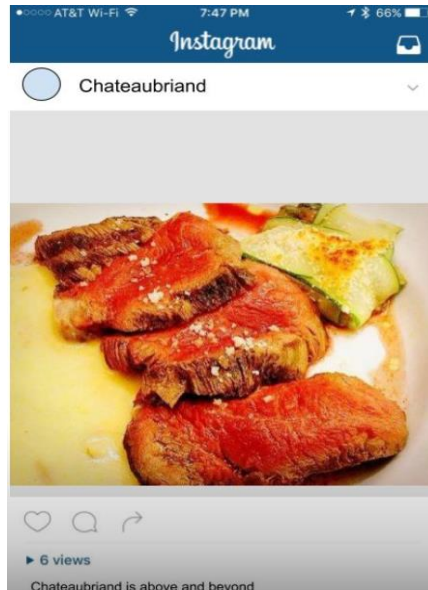
Filling:

In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add carne asada meat and cook until no longer pink, 5 minutes. **Assembly:** Preheat oven to 400° and line two large baking sheets with parchment paper. Place dough on a lightly floured surface and divide in half. Roll one half out to ¼" thick. Using a 4.5" round cookie cutter, cut out rounds. Repeat with the remaining dough. Reroll scraps once to cut out more rounds. Lightly moisten the outer edge of a dough round with water and place about 2 tablespoons filling in the center and top with Monterey. Fold dough in half overfilling. Use a fork to crimp edges together. Repeat with the remaining filling and dough. Place empanadas on prepared baking sheets and brush with egg wash. Bake until golden and filling is warmed through, about 25 minutes. Garnish with parsley and serve with sour cream.

Chateaubriand Slogan

It's not delivery, It's Chateaubriand!

Beef Ballers: Mount Markham Middle School 500 Fairground Road, West Winfield, NY 13491



Product description:

Chateaubriand is a type of steak tenderloin that is usually grilled or boiled and served with a sauce.

Recipe Ingredients

- 2 tablespoons of extra virgin olive oil
- 1 (10 oz) of center cut beef tenderloin
- kosher salt
- pepper
- 1 large shallot
- 1 half cup of dry red wine
- 1 half cup of demi glace
- 1 tablespoon of fresh tarragon

Directions

1. You need to preheat the oven to 450 degrees. Season it with salt and pepper.
2. Then move it to the oven and cook it for 15 minutes (for rare).
3. Then transfer the meat to a cutting board and tent it with foil.
4. Pour all but the thin film of fat from the beef.
5. Add the shallot and sauté it over medium, low for 2 to 3 minutes. Add the wine and raise the heat to high.
6. When the sauce is syrupy turn the heat off and whisk it with butter. Last, carve the meat.

Cheesy Steakatoes
Steakatoe, not your average potato!
Marathon High School Address: 1 E Main St, Marathon NY 13803



Do you like cheesesteaks? What about potatoes? Have you tried our Steak-atoe? Covered in olive oil, and stuffed to the top, lies the juiciest meat, sprinkled with cheese, stuffed inside a baked potato. Doesn't that make your mouth water? It surely makes mine :) Come get our Steakatoe today!

Ingredients

- 4 baking potatoes, such as Idaho or russet, scrubbed clean
- 1 tablespoon olive oil, plus more for coating the potatoes and brushing the grill pan
- 1/4 cup soy sauce
- 2 teaspoons Worcestershire sauce
- 1 teaspoon liquid smoke
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 pound skirt steak
- Salt and freshly ground black pepper
- 1 1/2 cups thinly sliced onion (or more if you like a LOT of onions)
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella cheese
- Fresh parsley leaves for serving, optional
- Hot peppers for serving
- Ketchup for serving

Potato:

- 1) Preheat oven to 400 degrees.
- 2) Cover the baked potato with olive oil and put them in the oven for 50-60 minutes. Once soft, but tender remove them from the oven.
- 3) Reduce the oven to 350 degrees.

Preparing the Steak:

- 1) In a large dish combine soy sauce, Worcestershire sauce, liquid smoke, garlic powder, and onion powder (mix well).
- 2) Season your steak with salt and pepper, then place the meat into the marinade.
- 3) Let the steak sit for 10 minutes, then rotate sides.
- 4) Once marinated, it is now time to cook it.

Steak:

- Brush olive oil onto a pan and preheat the stove to medium
- Once warmed, begin to cook the steak. Flip the meat every 3-5 minutes until cooked to your liking.
- After the steak is cooked, let it cool for 5 minutes.
- Begin to cut the meat into thin slices.

Onion mixture:

- Heat 1 tablespoon of the olive oil in a large skillet over medium heat.
- Add the onions and cook until golden brown, about 6-8 minutes, stirring frequently.
- After cooked, remove from pan, and set aside.

Stuffing:

- Cut each potato lengthwise and transfer into an oven safe dish.
- Stuff the potatoes with the steak and onion mix, topping them with cheese.
- Bake for five minutes, or until the cheese is melted.

Serving:

- You may serve this dish with ketchup and a side of cooked peppers.

Country Meatloaf

Slogan: Meatloaf that gets you MOO-vin!

12-1-1 Agricultural Skills Pine Valley Central School 7827 Rt. 83 South Dayton, NY 14138



Tasty potato rolled meatloaf served in a homemade pocket bread

Recipe:

1 pound lean ground beef (90-95% Lean)
1/2 cup quick-cooking oats
1 egg, beaten
1/2 cup milk
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup dried minced onion
2 cups instant mashed potatoes (flavor as desired)
1 cup Shredded Cheddar cheese
1 cup ketchup

1. Preheat the oven to 350 degrees F.
2. Make instant potatoes and set aside.
3. Grease 4.5 inch X 8.5 inch loaf pan.
4. In a large bowl, mix together the beef, oats, egg, milk, salt, pepper, and onion.
5. Pat the meat mixture into a rectangle, about 1/2 -inch thick, on the waxed paper.
6. Spread the mashed potatoes over the beef in an even layer leaving 1/2 -inch border around the edges.
7. Sprinkle the cheese over the potatoes.
8. Using the waxed paper to lift the meat and roll up the meat (jelly roll style), encasing the potatoes and cheese inside.
9. Pinch the ends of the meat loaf to seal in the potatoes. Place the meat roll in the greased loaf pan.
10. Spread the measured ketchup over the top of the meatloaf with a spatula.
11. Place the pan in the oven and bake at 350 degrees F for 1 hour or until cooked in the middle to 160 degrees F.
12. Let the meatloaf stand for 5 minutes before slicing and serving to reabsorb moisture.
13. Slice meatloaf into 3/4- inch servings and place inside pocket bread.
14. Wrap in aluminum foil and serve hot!
15. Meatloaf slices not sold should be stored in a warmer.

Enjoy!

The Gopher Garbage Plate **“Go-for it and try our goods.”**

Class period 1 Pavilion Central School 7014 Big Tree Rd, Pavilion, NY



A Gopher Garbage Plate is a spinoff of the Rochester, NY famous garbage “plate with a hint to our own mascot. A garbage plate is a large mixed serving of foods that is usually covered in a spicy or mild meat sauce with added fixtures of possibly, fries, beans, macaroni salad, etc. Usually, the main components, besides the meat sauce, would be the one or two main meats usually being, ham/ cheeseburger or hot dogs.

Main Dish

- 1 beef hot dog
- 1 cheese/ hamburger
- 2 cups of mac salad
- 1 cup of Bush’s beans
- 3 cups of meat sauce
- 1 3 ounce serving of fries

Hot dog- Add water to a skillet or frying pan. Cover the surface with half an inch of water. Turn the heat on medium-high. Heat the pan until the water starts to boil off. Gently add the hot dogs. You’ll only want to cook a few at a time with this method. Steam them. Roll the hot dogs frequently to get them browned on all sides. 13

Burgers- For medium burgers, cook the patty on one side for three minutes and the other side for five minutes. When you prefer your burger to be done medium-well, cook the patty on one side for three minutes and the other for six minutes.

French fries (air fryer)- Place the frozen fries in air fryer basket and spread them evenly over the basket. Air fry potatoes at 400°F for about 15 minutes (about 10 minutes for thin cut fries). About halfway through cooking, shake the basket and gently turn the fries. If needed, cook for additional 1-2 minutes to crisp up.

Baked Beans- Open can and pour into a medium saucepan. Let beans simmer on medium heat until fully cooked to your desire.

Meat Sauce

1 medium onion, chopped
1 teaspoon of oil
1 pound of ground beef
1 cup of water
¼ cup tomato paste
1 tablespoon brown sugar
1 teaspoon black pepper
1 teaspoon cayenne pepper
1 teaspoon chili powder
½ teaspoon ground Cumin
½ teaspoon allspice
¼ teaspoon cinnamon
¼ teaspoon ground cloves
Salt to taste
1 clove garlic, diced or pressed through a garlic press

In a large skillet, fry onion and garlic in oil until soft.

Add meat and spices, stirring constantly with fork to keep the beef broken up.

Once the meat browns, add water, tomato paste and brown sugar.

Simmer 10 minutes. Go through it with an immersion blender to give it a finer texture similar to triple ground beef.

Simmer 1 hour, adding water if necessary, to keep it moist but not soupy.

Mac Salad

2 cups elbow macaroni, uncooked
1 cup Miracle Whip Original Spread
1/2 cup milk
1/4 cup Heinz Apple Cider Vinegar
2 Tbsp. sugar
1/2 tsp. black pepper
1 stalk celery, chopped
1 small carrot, peeled, shredded
½ cup parmesan cheese

Macaroni salad assembly

1. Cook macaroni in saucepan of boiling water 11 min.

2. Meanwhile, mix Miracle Whip, milk, vinegar, sugar and pepper, and parmesan cheese until blended.

3. Drain macaroni; place in large bowl. Add vegetables and Miracle Whip mixture; mix lightly.

4. Refrigerate 2 hours

INDIAN TACOS

“Indian Tacos.....Better than Nachos!”

LaFayette CSD’s “BIG PICTURE H.S



Indian Tacos are made with Native American Fry Bread. Recipes for Fry Bread are passed down through generations. The delightful dish consists of multiple layers of flavorful ingredients. Different temperatures and textures that come together in an explosion of flavor in one’s mouth. It’s a fabulous meal that is very satisfying. Plus, It’s basically got all of the food groups deliciously combined.

Recipe:

1st layer:

Warm, Crispy (freshly fried) “Indian Fry Bread.” It’s like a delicious pillow, crunchy on the outside, soft and fluffy on the inside. (we used a secret recipe from Carson’s Aunt) dough size, prior to frying 5+½ inch circle shaped dough.

Ingredients: Indian Fry Bread (aka “Hot Scoons”) Makes 12 individual portions

6 cups all-purpose flour

6 tablespoons baking powder

16 oz. water

16 oz. milk

Dash of sugar

*Butter-flavored Crisco, about ½ of 48 oz. can for frying

Instructions:

Make dough, gently combine all ingredients in a large bowl. Knead slightly (3-4 minutes) being careful not to overwork the dough. On a floured surface, pat down the dough and cut out 12 equal circular portions. (We used the top of the empty large Crisco container.) Melt Crisco, in a large, heavy frying pan, over medium/low heat. Oil should be about ½ inch deep. Place dough into the hot oil. Do not try to cook too many at a time. Cook until fry bread is golden brown in color. *IMPORTANT- If the oil starts to smoke, remove the pan from the heat to let it cool a bit, then put it back on the stove. The fry bread must cook slowly - so that the inside is cooked all the way through. After the fry bread is cooked, place on paper towels to absorb excess oil. Keep warm in the oven or in an insulated container.

2nd layer:

Mexican Chili,

Made with cooked ground USDA Choice Chuck Roast (served hot)

Ingredients:

4 pounds ground chuck roast

1 onion, finely chopped 3 cloves garlic, minced (continued on next page.)

1 (14.5 oz) can diced tomatoes

2 (14.5oz) cans diced tomatoes with green chile peppers

2 (8oz) cans tomato sauce

1(15oz) can kidney beans

1 (15oz) can pinto beans

2 tablespoons chili powder

1 Tablespoon ground cumin

2 tablespoons white sugar

1 tablespoon salt

1 teaspoon ground black pepper

1 tablespoon hot pepper sauce

Directions:

Step 1-In a large stock pot lightly brown the ground beef and drain off excess fat.

Step 2-Add onion and garlic cook until onion is translucent.

Step 3-Add tomatoes, diced tomatoes, tomato sauce, kidney beans, pinto beans, chili powder, cumin, sugar, salt, pepper, and hot sauce.

Step 4- Simmer for 30 minutes. (Keep hot on stove to prepare Indian Tacos)

3rd layer:

Grated Mexican cheese (Monterey Jack/Queso/Asadero- Shredded) ½ cup

4th layer:

Shredded iceberg lettuce (cold) ¼ cup

5th layer:

Diced fresh tomatoes (cool/room temperature)

6th layer:

Dollop of Sour Cream (cold)

7th layer:

Chopped green onions (room temperature)

8th layer:

Sliced black olives (room temperature)

Just Pure Taco “Natures Best Meal “ba da do””

Durgee Junior High School 29 East Oneida Street Baldwinsville, NY 13027

This 93% lean beef taco is packed with organic vegetables with sweet and spicy seasonings with gluten free taco shell.

Recipe

Recipe: Beef Tacos

<https://www.skinnytaste.com/madisons-favorite-slow-cooker-beef-tacos/>

INGREDIENTS

2 pounds 93% lean ground beef
1 tablespoon cumin
2 teaspoon kosher salt
2 teaspoon chili powder
2 teaspoon paprika
1 teaspoon dried oregano
1 small onion, minced
2 cloves crushed garlic
1/4 cup minced red bell pepper
1/2 cup water
1 cup tomato sauce
1 bay leaf
16 corn taco shells

Toppings:

- 2 cups shredded romaine lettuce
- 1 cup shredded cheddar
- 2 plum tomatoes, diced

DIRECTIONS

1. Brown the beef in a large nonstick skillet over high heat, breaking it into smaller pieces as it cooks. When no longer pink add 2 teaspoons of the cumin along with the remaining dry spices, onion, bell pepper and garlic, stir and cook 2 to 3 minutes until soft, then transfer to the slow cooker along with 1/2 cup water, bay leaf and tomato sauce. Cover and cook on high 3 hours or low 6 to 8. Discard the bay leaf and add the remaining teaspoon of cumin.
2. Heat the taco shells according to the directions, then assemble, placing 1/4 cup beef in each shell, topped with lettuce, 1 tablespoon cheese and tomato.

Le Boeuf y Champignon Crêpe (aka: Beef Tip Crepe) Real BEEF. Real FLAVOR. Real GOOD.

BKW Beefers Berne Knox Westerlo Central School 1738 Helderberg Trail, Berne, NY 12023



Our savory grilled beef sirloin tips are served with sautéed mushroom and onions and placed inside a delightfully fluffy French crepe. Served with a side of blooming onion horseradish sauce. We suggest pairing our Beef Tip Crepe with our signature kettle cooked chips.

Recipe:

Crepe: (Makes approx. 8 crepes)

Ingredients: 1 cup – All Purpose Flour

¼ Tsp – Salt

3 eggs

1 1/3 cup – Milk

2 Tbs. melted Butter Steps:

1.) In a bowl combine flour & salt

2.) In a separate bowl whisk together melted butter and eggs, then slowly whisk in flour/salt mixture until mixture is smooth. Cover and refrigerate for at least 1 hour.

3.) Heat small non-stick pan, medium heat and lightly oil

4.) Pour in ¼ cup of batter and swirl pan to coat bottom, cook approximately 1 minute (until light golden brown and edges are lacy), flip and cook for approximately 30 seconds. Store prepared crepes in a warming dish or over on low to keep warm.

Beef Tip Mixture:

Ingredients:

1 Tbs Olive oil

1 ½ lbs Boneless sirloin steak, cut into thin

1"-2" strips Salt & Pepper to taste

3 Tbs Butter

8 oz Mushrooms, sliced

½ cup Onion, chopped

1 Tsp Garlic, minced

1-2 Tbs All purpose flour

1 Tbs Water (if needed)

Steps:

- 1.) Heat olive oil in large pan over high heat, add season (lightly with salt & pepper) beef steak strips, cook in single layer for 3-4 minutes/side until browned.
- 2.) Remove beef from pan and cover to maintain warmth.
- 3.) Melt butter in pan and add mushrooms and onion, season with salt & pepper to taste.
- 4.) Cook mushroom & onions until tender/lightly browned, approximately 5-6 minutes, add garlic and cook for 30 seconds.
- 5.) Add 1-2 Tbs flour, and cook for 1 minute, constantly stirring. If too thick add a Tbs of water to thin mixture
- 6.) Add cooked steak strips back into pan and toss to coat with mixture, cook for 1-2 minutes to warm beef
- 7.) Take 1 crepe and place 1/3 cup of beef mixture into center of crepe. Roll crepe up and wrap in foil. Serve with a side of blooming onion sauce.

“The Phabulous Philly”

You don't know how good our Philly Cheese Steaks are unless you've had one.

Marcus Whitman High School



A white sub roll is buttered and cooked on the griddle until evenly golden brown, then added to the roll is cooked and evenly sliced steak topped with a choice of cooked peppers and onions with a variety of cheeses.

Ingredients

butter
steak
swiss Cheese
sauteed onions
peppers

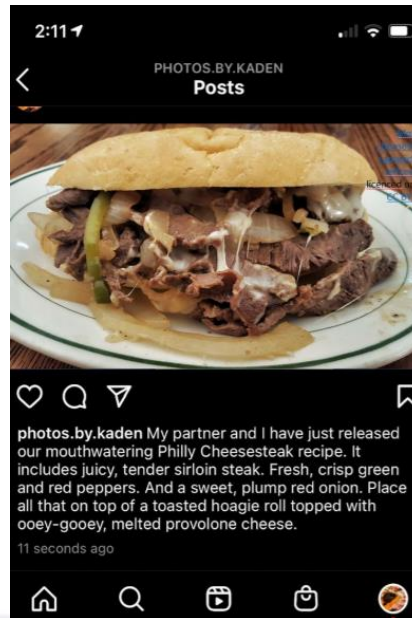
Directions

- 1-Butter a roll and place on griddle, grill until golden brown
- 2-Put butter in a pan and saute the peppers and onions until golden brown
- 3-Place steak sandwich meat on the grill, grill until medium well or 180 degrees
- 4-Place a slice of sandwich meat, a slice of cheese and then another slice of sandwich meat on the roll
- 5-Add sauteed onions and peppers to the top of the sandwich meat/cheese and serve

Philly Cheesesteak

Philly Cheesesteak Dream Team

Granville Junior/Senior High School: 58 Quaker street, Granville New York



Tender, juicy sirloin steak thinly sliced with sauteed onions and peppers. All that goes on top of a toasted hoagie roll. To finish this fine sandwich, we put fresh provolone cheese on top of the meat.

Philly Cheesesteak Recipe:

- 1 Sirloin steak
- 1 Hoagie roll
- 2 tbs butter
- 1 tbs olive oil
- 1 garlic clove crushed/minced
- 1 red sweet onion cut thinly
- 1 red pepper cut thinly
- 1 green pepper cut thinly
- ½ tsp of salt
- ½ tsp of black pepper
- 1 tbs of A1 sauce
- ½ tbs of liquid smoke
- 3-5 slices of provolone cheese
- 2tbs of mayonnaise
- 1/2 tsp of cumin
- ½ tsp of smoked paprika

Directions:

Step 1:

Put 1tbs of olive oil into a frying pan on medium heat (between numbers 5 and 6 on the stove). Then, cut onion and peppers into thin strips and place into a frying pan to sauté (fried quickly in hot fat). Add 1tbs of butter if needed. Add 1/2tsp of salt and a pinch of black pepper for flavor. Cook until vegetables are soft.

Step 2:

Remove vegetables from heat and plate (they will be used later). Then, thinly (about 1/2in to an inch thick) slice Sirloin steak. While slicing meat add 2tbs of butter and minced garlic to a skillet (frying pan). Melt butter with minced garlic on low heat (between numbers 1 and 2 on the stove).

Step 3:

Increase heat to medium (numbers 5 and 6 on the stove) and add meat. Add 1/2 tsp of salt, some black pepper, 1tbs of A1 sauce, and 1/2tbs of liquid smoke for flavor. Cook until brown. While meat cooks, place hoagie roll in the oven at 350 degrees. For about 5-10 minutes.

Step 4:

Decrease heat to low (between 1 and 2 on the stove) and add in vegetables from step 1. Take hoagie roll out of the oven. Create Smokey mayo spread. Add 2tbs of mayonnaise, 1/2tsp of cumin, and 1/2tsp of smoked paprika to a bowl and mix together.

Step 5:

Spread Smokey mayo spread onto hoagie roll. Then, place meat and sautéed vegetables onto the hoagie roll. After, place 3-5 slices of provolone cheese on top of meat and sautéed vegetables. Place back into the oven at 350 degrees until the cheese is melted.

Step 6:

Take the meal out of the oven. Cut into 4 slices and plate. Now you're ready to enjoy your Philly cheesesteak.

Red Hot Beef Curry

"Beef Curry- sliced and spiced to perfection!"

Wolverines A-Team Bolivar-Richburg Central School 100 School Street, Bolivar, NY 14715



Recipe- makes approximately 6 servings

INGREDIENTS

2 lb. beef chuck, cut into 1 1/2-inch pieces
Kosher salt
Freshly ground black pepper
2 tbsp. vegetable oil
1 medium onion, diced
4 garlic cloves, finely grated
2 tsp. ground ginger
1/2 tsp. ground cinnamon
1/4 tsp. cayenne
3 tbsp. curry powder
2 (13.5-oz) cans unsweetened coconut milk
Brown rice, for serving

DIRECTIONS

- Cut beef into 1 inch pieces. Season meat generously with salt and pepper. In a large skillet over medium high heat, heat oil. Add beef and cook, flipping once, until deeply golden, 3 to 5 minutes per side.
- Add onion to skillet and cook until soft, about 5 minutes. Add garlic, ginger, and spices and cook until fragrant, 1 minute. Add coconut milk and bring to a simmer. Lower heat to low, add beef, and continue to simmer until fork tender, about 1 1/2 hours.
- Serve on a bed of brown rice.
- OPTIONAL: Serve with yogurt, naan, or lime wedges.

Señoritas De Brittas

“Do our Brittas make you wanna tac-o- bout it:)”

Pavilion CSD 7014 Big Tree RD, pavilion NY, 14525



Recipe list:

Adobo paste
20 dried ancho chilies
8 garlic cloves
6 bay leaves
3 tbsp sesame seeds
1 tbsp black peppercorns
1 tsp cloves
4 tsp thyme
4 tsp Mexican oregano
2 tsp ground ginger
1 tsp cumin
1 cup water
¼ cup vinegar

Birria-

6 lbs beef
Heavenly salt
2 tbsp vegetable oil
½ adobo paste
1 medium white onion
6 garlic cloves
3 bay leaves
1 tsp black peppercorns

Consommé

½ remaining adobo paste
28 ounce roasted tomatoes
3 garlic cloves

Serving

16 flour tortillas
1 cup cilantro (chopped)
1 medium white onion (diced)

Recipe Instructions

- 1 Make the adobe paste- Either boil or soak the ancho Chiles in boiling water, Using a plate to keep them submerged
2. Toast the garlic and, sesame seeds, and spices in a dry skillet over medium heat until they are fragrant. Watch closely to prevent burning.
3. Then, blend all the ingredients together until you have a smooth, thick paste. Use fresh water as needed to get the right consistency.
4. Sear and cook the meat-Cover all sides of the meat with Kosher salt, then if desired, sear meat(in batches) in a instant pot or use a Dutch oven on the stove top. is optional.
5. Coat the meat with half of the adobo sauce and cook on high pressure for 45 minutes.
6. Transfer the meat to a dish, shred and put back into instant pot. Reserve the liquid for the dipping sauce.
7. keep leftover meat and sauce in an airtight container and refrigerate for 3 to 4 days. Reheating-heat in microwave or simmer on stove until heated through.
8. Forthcoming preparations-The adobo paste can be made up to 1 week in advance. Store in jar and refrigerate until you are ready to use it.
9. Handling peppers-Wear gloves when seeding Chiles to protect your hands from spicy oils in the Chiles. These oils can burn if you touch any part of your body that is exposed after touching the Chiles and it is easy to miss some spots when washing with soap and water.

Sizzling Steak and Cheesy Fries

Anything Flies with Cheesy Fries

Pavilion Central School: 7014 Big Tree Rd, Pavilion, NY



When you are in the mood for some comfort food this sizzling steak and cheesy fries are the way to go! The crisp, cheesy home fries and juicy steak are topped with fresh colorful ripe peppers, onions, and mushrooms. But you can't forget the best part of it all, the smooth, melted cheese on top! Sounds amazing right? These fries are great for feeding a crowd. Serve up some nice game day grub with these steak and fries!!

Ingredients

- 1 package of fries
- ½ red bell pepper
- ½ green bell pepper
- ½ red onion
- 3 ounces of crimini mushrooms
- 3 tablespoons of olive oil
- ¼-½ lb ribeye steak- sliced thin, cut into bite size pieces
- Salt pepper
- 3 slices provolone cheese

Directions

- Cook fries according to package directions, prepare toppings while fries are baking.
- Sauté peppers, onions and mushrooms in 2 tablespoons of olive oil over medium heat until tender (6-7) minutes.
- Transfer veggies to bowl, drain off excess liquid and set aside.
- Add steak to hot pan with 1 tablespoon of olive oil. Cook until browned (2-3 minutes) salt and pepper to taste.
- Layer cooked fries in an oven safe dish (cast iron works best) Top with sauteed veggies, steak and provolone cheese.
- Broil on high until cheese is melted. Serve immediately.

S+S Tacos

Don't save tacos for Tuesdays!

Power Houses Bolivar Richburg Central School 100 School Street, Bolivar, NY 14715

Organic skirt steak, shrimp, and sweet peppers cooked to tender perfection, served in a homemade lime tortilla, and served with a lime wedge on the side.

Recipe

Homemade Flour Tortillas (makes 12 tortillas)

- 2 cups all-purpose flour
 - $\frac{3}{4}$ teaspoon salt
 - $\frac{1}{2}$ teaspoon baking powder
 - 3 tablespoons butter, room temperature
 - $\frac{3}{4}$ cup water
 - 3 t. lime juice
1. In a medium bowl, whisk together flour, salt, and baking powder. Add butter and mix with a fork until mixture resembles coarse crumbs.
 2. Make a well in the center of the mixture and add the water and the lime juice. Mix until dough starts to form.
 3. Place dough on a clean floured surface and knead until dough is smooth. This will take 3-4 minutes.
 4. Place the dough in a bowl and cover. Let sit for 30 minutes.
 5. Divide the dough into quarters. Next, divide each quarter into thirds. You should have 12 equal dough portions. Using a rolling pin, roll out each dough portion into a circle, about 6-7 inches in diameter.
 6. Heat a skillet or a griddle pan to medium-high heat. Cook the tortillas until they start to puff up and are lightly browned, about 2 minutes. Flip and cook until lightly browned on the other side. Place tortillas on a plate and cover with a towel to keep warm while you make the rest of the tortillas.

Beef and Shrimp Taco Filling (enough for 6 tacos)

- 1 lb. beef skirt steak
 - 2 tbsp olive oil
 - 12 medium shrimp, cooked, peeled, deveined
 - 1 onion, sliced into ¼-inch thick slices
 - 1 red bell pepper, julienned
 - 1 orange bell pepper, julienned
 - Salt and freshly ground black pepper
 - 2 limes, cut into 8 wedges
1. Brush meat with 1 tbsp (15 mL) of the oil. Season with salt to taste. Grill for 3 to 4 minutes per side, depending on the thickness of the steak, until medium-rare and well browned on surface. Let stand for 5 minutes. Thinly slice meat across the grain.
 2. In a large skillet, heat remaining 1 tbsp (15 mL) of oil over medium heat. Sauté shrimp, onion, red and orange bell peppers and salt and pepper to taste until peppers are tender-crisp, vegetables are slightly charred, and shrimp is heated through, 10 to 12 minutes.
 3. To build tacos, skillet warm tortillas. Divide meat and shrimp mixture equally among tortillas and fold tortillas in half. Serve with lime wedges.

Street Side Quesadilla

Eat the beef, save the greens.

Farm to Table Period 1A Fillmore Central School 104 W Main St, Fillmore, NY 14735



A savory Carne Asada wrapped in a homemade flour tortilla with a dip of homemade sour cream.

Recipe

Homemade tortillas (12 servings)

Ingredients:

- 4 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 2/3 cups hot water
- 1/4 cup vegetable oil

Directions:

- In a large bowl, whisk together the flour and salt. Add the water and vegetable oil and using your hands, mix the dough.
- Roll tortillas out thin so you can see light through them
- If dough keeps shrinking back let dough set
- Butter the pan and put them in, cook until bubbles appear on top and bottoms brown slightly
- Stack them on top of each other to 'steam' them to get them soft and fluffy

Salsa (14 servings)

Ingredients:

- 1 1/4 lbs ripe Roma tomatoes (about 5 - 6)
- 2 green onions, ends trimmed, chopped
- 1/3 cup chopped red onion
- 1 jalapeno pepper, seeded and chopped
- 1/3 cup fresh cilantro (about a handful), chopped
- 1 large clove garlic, chopped
- 2 Tbsp fresh lime juice
- 1/2 tsp chili powder
- 1/4 tsp ground cumin

Salt and pepper to taste

Directions:

-Chop up all vegetables and mix with lime juice and spices

Sour Cream (2 cups)

Ingredients:

1 cup heavy whipping cream

2 teaspoon lemon juice

¼ cup milk

Directions:

-Mix milk, Cream and lemon juice in a jar and cover with cheesecloth

-Let sit over night

Carne Asada (Makes at least 12 quesadillas)

Ingredients:

1/2 cup chopped fresh cilantro leaves

1/3 cup olive oil

1/4 cup reduced sodium soy sauce

Juice of 1 orange

Juice of 1 lime

4 cloves garlic, minced

1 jalapeno, seeded and diced

1 tsp cumin

Salt and pepper, to taste

1 1/2 pounds flank steak (we substitute London broil, pounded)

Directions:

Pound steak to tenderize and make thinner

-Marinate in Carne Asada seasonings

-Cook on medium heat, flip it once

-Cut against the grain and let sit for 5 minutes

How to put it all together?!

Place tortilla in skillet hot with a little vegetable oil. Layer on mix of cheeses and the meat. Fold tortilla in half. Cook each side until the cheese is super gooey. Cut into triangles and serve with sour cream and salsa!

Taco Town

“But there’s More!”

Taconators: Durgee Junior High School 29 E Oneida St Baldwinsville, NY 13027

Ingredients

Filling

1 Tbsp olive oil
1 lb lean ground beef
Salt and freshly ground black pepper
2 tsp minced garlic
2 1/2 tsp chili powder*
1 tsp ground cumin
1/2 tsp onion powder
1/2 cup tomato sauce
1/3 cup low-sodium chicken broth

Tacos

8 corn tortillas (5 - 6 inch)
3/4 cup cheddar cheese or shredded Mexican cheese blend
2 Roma tomatoes or 1 cup grape tomatoes, diced
2 cups shredded romaine or iceberg lettuce

Instructions

1. Heat 1 Tbsp olive oil in a 12-inch non-stick skillet over medium-high heat. Add beef in large chunks to skillet spacing apart. Season with salt and pepper.
2. Let brown on bottom, about 3 minutes then flip, break up beef and continue to cook until almost cooked through, about 2 minutes.
3. Add garlic, chili powder, cumin, onion powder and continue to cook until beef is just cooked through, about 1 minute.
4. Pour in chicken broth and tomato sauce. Simmer over medium-low heat until sauce has reduced and thickened, about 3 - 5 minutes.
5. Serve warm over warmed tortillas with lettuce, cheese, tomatoes and other desired toppings (see notes).

The Roast Beef Wake Up

You can eat it at home, you can eat it on the go, this recipe is all you need to know! Roast Beef Wakeup!

OESJ School Address: 44 Center St. St. Johnsville NY 13452



The Roast Beef Wake Up is a delicious and nutritious breakfast sandwich for people everywhere! The base of our sandwich is fresh roast beef! But of course, it doesn't stop there! We also have an egg omelet added on that includes sauteed peppers, tomatoes, and spinach! Finally, don't forget to add the delicious feta cheese and the toasty bagel! The Roast Beef Wake Up is the best breakfast sandwich recipe you will ever find!

Recipe: (Makes 1 sandwich)

Ingredients:

1 bagel of your choice
3oz thinly sliced roast beef
2 slices feta cheese
1 egg
6 diced cherry tomatoes
½ a green bell pepper, sliced
⅓ cup chopped baby spinach
Pinch of salt
Pinch of pepper
1 tbsp of olive oil
Slice of butter

Preparation:

1. Toast bagel, set aside
2. Sauteed peppers and spinach in olive oil for 3 minutes, add diced tomatoes saute for 1 more minute. Remove from the pan.
3. Pan sear your roast beef on both sides. Remove from the pan.
4. Melt Butter in a pan. Beat egg and add to pan. Mix in the peppers, tomatoes, spinach, salt, and pepper. Cook through and fold like an omelet.
5. Assemble in correct order from bottom to top: bagel, roast beef, egg, cheese, Bagel.
6. Let cool and enjoy!

Truxton Academy's Beefy Burrito Bar

Beef! Are you hungry now?

Truxton Academy Charter School 6337 Academy Street Truxton, NY 13158

Truxton Academy's Beefy Burrito Bar is a made to order burrito stand designed to be mobile and set up at local events, fairs, and festivals. It is meant to help students, staff and other community members raise money for the Truxton Academy Charter School. Our beefy burrito bar provides the tasty nutrition of local sourced beef to our customers. It also allows customers to personalize their burrito with healthy options from our bar. These include ground beef, black beans, lettuce, shredded cheddar cheese, tomatoes, sour cream, and guacamole, all wrapped in a warm tortilla. It also gives us the opportunity to raise money for our school.

Recipe: Prepare ground beef by INSTRUCTIONS Ingredients Amount needed. Dish was prepared for 50 hungry STEAM students and teachers.

10 lbs. ground beef
50 large tortillas
10 8 ounce cans of black beans
3 heads of iceberg lettuce
Shredded Cheddar Cheese
60 ounces Tomatoes 5-8 tomatoes diced
3 16-ounce containers Sour Cream
3 10-ounce containers of guacamole

Heat the pan and coat with oil. Heat the oil in a large skillet over medium-high heat. The oil helps prevent the ground beef from sticking and scorching in the pan, especially if you are using a stainless-steel skillet. Use a little extra oil if you are cooking lean beef. You can omit this step if you want to avoid the extra fat but pay close attention to the meat during the first few minutes of cooking to ensure it does not burn.

Add the meat to the hot pan and break into large pieces. Add the meat to the center of the hot pan. Use a stiff spatula to break the meat into a few large pieces. Let the meat brown without moving it for 4 to 5 minutes.

Break meat into smaller pieces, season, and brown. Break the ground beef into smaller and smaller pieces with your spatula. Sprinkle with salt and any spices you are using. Do not stir continuously, instead let it cook for a minute between each stir to let the moisture evaporate and allow the meat to brown.

Finish browning. The beef has finished when it is evenly browned and shows no signs of pink. Break open a few of the larger crumbles to make sure that it has browned all the way through. Prepare black beans by heat black beans in a pan until warm. Prepare tortillas by warming in the oven or warming pan at 200 degrees until time to serve.

Walking Gyro It's Greek...made for walking!

Farm to Table Period 1B Fillmore Central School 104 W Main St, Fillmore, NY 14735



Product description: A bag of crushed pita chips, topped with Gyro-inspired flavored ground beef, homemade tzatziki sauce, with optional toppings of lettuce, tomatoes, cucumber, red onion, kalamata olives, feta cheese, homemade hummus. Served right in the bag with a fork and napkin, making it an easy on-the-go Greek treat.

Recipe: Walking Gyro

Base:

- Crushed plain pita chips

Beef:

- Beef: 1 lb of (80/20)- 80 percent lean and 20 percent fat
- ½ medium size onion, fine chopped
- 1 large clove of garlic
- ½ tbsp dried marjoram
- ½ tbsp dried ground rosemary
- 1 tsp salt
- ¼ tsp ground black pepper

Directions: Add garlic, all the spices, salt and pepper to the meat(beef). Take the chopped onions to the skillet and sauté until translucent. Once the onions are set, add the beef. Make sure the internal temp of the beef is a 165 degrees Fahrenheit before taking out.

Tzatziki:

- 1 cup of plain Greek yogurt
- 2 garlic cloves, peeled and chopped
- ½ English Cucumber, seeded and grated (1 cup)
- ½ tbsp chopped fresh dill
- 1-2 tbsp fresh lemon juice
- ¼ tsp salt
- 1/8 freshly ground black pepper

Directions: Stir all the ingredients together until well-combined. Taste and adjust ingredients if needed.

Hummus:

- 2 cloves garlic, divided
- 1 (19 ounce) can chick peas, half the liquid reserved
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon salt
- black pepper to taste
- 2 tablespoons olive oil

Directions: In a blender, chop garlic. Pour chick peas into the blender. Add reserved liquid, lemon juice, tahini, and salt to the blender. Blend until creamy and well mixed.

Other Toppings:

Feta crumbles
Chopped/diced
Tomatoes
Lettuce
Cucumbers
Kalamata Olives
Red onion

Thank You

The New York Beef Council and New York Agriculture in the Classroom want to thank all of the teachers and students who participated in our 2020 Top Cut: A Beef Contest. We hope that students enjoyed participating and were able to fully engage with different agricultural principals and more fully understand different aspects of the beef industry while working to meet NYS Next Generation Standards.

A Special Thank You

The New York Beef Council and New York Agriculture in the Classroom want to give a special thank you to the guest presenters who helped to make the 2020 Top Cut: A Beef Council possible. With your help, we were able to engage New York Students from across the state in a unique time in our history as well as provide teachers with standards-based curriculum for their students to engage in. Thank you for the time you took out of your busy schedules and the eagerness you showed as you participated in live and prerecorded sessions for students and teachers across New York State.



Emma Loetterle-Shepard Settlement Farm



Suzy Strassburger Reidy aka "Suzy Sirloin"- CEO of Strassburger Meat LLC



John and Peter Lehning; Lehning Farms



Chef Cruz Nieves- *Rella* Rochester, NY



Sara Parody- Director of Marketing at BCA Architects & Engineers | Graphic Design Consultant | Adjunct Instructor



Ryan Gros- *Digital Community Coordinator NY Beef Council*



Jean O'Toole NY Beef Council Executive Director