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SATURDAY, OCT. 23, 2021

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Youngsville woman wins NC Beef cooking contest

RALEIGH – A recipe for Carolina BBQ Chuck roast and red potatoes with purple slaw took first place Saturday, October 23, in the NC Beef “Chuck Roast Roundup” recipe competition at the N.C. State Fair. Pamela Cash of Youngsville won $200 for the winning recipe.
Julia Truelove of Raleigh took home second place and $150 for her Beef and Broccoli Slider, while Bob Bresica of Cary won $100 and third place for a Korean Burnt End Taco recipe.

The competition asked contestants to create a recipe with chuck roast as the first ingredient, using beef as the major protein.

The winning recipe follows:

**Carolina BBQ Chuck Roast**

2.5 pounds chuck roast  
½ head green cabbage, shredded  
1/5 head of purple cabbage  
¼ cup Duke’s mayo  
2 small sweet pickles  
½ envelope steak seasoning  
1 ½ cup white vinegar  
½ cup apple cider vinegar  
2 tablespoons red pepper flakes  
2 ½ cup granulated sugar  
9 small red potatoes  
½ Vidalia onion  
Sandwich rolls of your choice.

**Instructions:**

Rinse chuck roast, then place in a roasting pan with potatoes and onions. Sprinkle both sides with steak seasoning, then cover all with olive oil. Bake in the oven for four hours on 375 degrees F. Make sure all items are submerged and turn meat and potatoes once every hour. Let cool for ten minutes.

Mix cabbage with mayo, pickle, pickle juice, sugar and pepper. Refrigerate until ready to serve. When ready, pile roast and then slaw onto buns and serve.

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