

BEEF BARBECUE (County Project Only)

Project Description:

There are many benefits derived from learning more about barbecue cooking.

- Cooking on the grill is a fun way to entertain family and friends.
- You will learn a tasty new way to prepare your favorite foods.
- You will learn what the most desirable cuts of beef for the grill are as well as how to shop for them.
- You will gain valuable knowledge and experience in meal preparation.
- **No alcohol is allowed in recipes or in displays or any display that insinuates alcohol/wine, etc. No wine glasses.**

Levels:

<u>Beginner</u>	Grade 3 - 5
<u>Intermediate</u>	Grades 6 – 8
<u>Advanced</u>	Grades 9 – 12

Champions will be awarded in **Beginner, Intermediate, and Advanced** Beef Barbecue (both Cook-off and Posters). An overall Grand Champion Beef Barbecue will be awarded. One Grand Champion will be selected from all Champion Barbecue (Beef & Chicken) posters.

Exhibit Requirements:

Beginner: Grade 3

Poster Division

- Read the manual.
- Build the fire and barbecue.
- Complete the record sheet.
- Exhibit at the Fair, a poster 22" X 28" showing pictures of you barbecuing step by step. See poster rules, Page 20, #15.

Beginner: Grades 4-5

Cook-Off Division

- Read the manual.
- Complete the record sheet.
- You must barbecue at least four (4) times for your family.
- Enter the County Fair barbecuing contest.

A cut of beef of your choosing must be barbecued on the 4-H Grounds. Bring charcoal grill, all equipment, supplies, beef and ingredients that you will need for the contest. Contestant must build his/her own fire and barbecue his/her own beef entrée. Contestant will have 1 ½ hours after they have been asked to start their fire to barbecue their beef entrees and present it to the judge. You will be judged on use of equipment, building the fire, timing, appearance, doneness and taste.

OR/BOTH

POSTER DIVISION – **Beginner**

You may elect to exhibit a poster instead of participating in the cook-off contest or you may do both. The rules for the poster are as follows:

- Read the manual.
- You must barbecue at least four (4) times for your family.
- Complete the record sheet.

- Exhibit at the Fair, a poster 22" x 28" on safety in beef preparation (for example, cooking, thawing, handling, use of utensils, and/or general preparation). See poster rules, Page 20, #15.

Intermediate: Grades 6-8

Cook-Off Division

- Read the manual.
- Complete the record sheet.
- You must barbecue at least four (4) times for your family.
- Enter the County Fair barbecuing contest.

A cut of beef of your choosing must be barbecued on the 4-H Grounds. Bring charcoal grill, all equipment, supplies, beef and ingredients that you will need for the contest. Contestant must build his/her own fire and barbecue his/her own beef entrée. Contestant will have 1 ½ hours after they have been asked to start their fire to barbecue their beef entrees and present it to the judge. You will be judged on use of equipment, building the fire, timing, appearance, doneness and taste.

OR/BOTH

Poster Division - **Intermediate**

You may elect to exhibit a poster instead of participating in the cook-off contest or you may do both. The rules for the poster are as follows:

- Read the manual.
- You must barbecue at least four (4) times for your family.
- Complete the record sheet.
- Exhibit at the Fair, a poster 22" x 28" on safety in beef preparation (for example, cooking, thawing, handling, use of utensils, and/or general preparation). See poster rules, Page 20, #15.

Advanced: Grades 9-12

Cook-Off Division

- Read the manual.
- Complete the record sheet.
- Barbecue beef at least four (4) times for your family, using at least 2 different cuts of beef overall.
- Enter the County Fair barbecuing contest.

A cut of beef of your choosing must be barbecued on the 4-H Grounds. Bring charcoal grill, all equipment, supplies, beef and ingredients that you will need for the contest. Exhibitor must build his/her own fire and barbecue his/her own beef entrée. Contestant will have 1 ½ hours after they have been asked to start their fire to barbecue their beef entrees and present it to the judge. You will be judged on equipment, building the fire, timing, appearance, doneness and taste.

OR/BOTH

Poster Division – **Advanced**

You may elect to exhibit a poster instead of participating in the cook-off contest or you may do both. The rules for the posters are as follows:

- Read the manual.
- You must barbecue at least four (4) times for your family using at least 2 different cuts of beef overall.
- Complete the record sheet.

- Exhibit at the fair, a poster 22" x 28" on safety in beef preparation (for example, cooking, thawing, handling, use of utensils, and/or general preparation). See poster rules, Page 20, #15.

Each spring a workshop is held at the 4-H grounds to assist the 4-H'ers and their families with education on grilling techniques, fire safety, using the proper cuts, grades of beef, rubs, marinades, etc.