

Missouri 4-H Beef Cooking Demonstration Contest

Missouri 4-H members are invited to demonstrate their skills and knowledge for cooking with beef.

Demonstrations will be judged on:

- ◆ Presentation skills
- ◆ Beef knowledge
- ◆ Food safety
- ◆ Recipe appearance and taste

Rules:

- ◆ Demonstrations should feature a beef recipe (can be fresh meat or a fully cooked, heat & serve product).
 - ◆ Recipes can include, but are not limited to: entrees, appetizers, salads or side dishes.
 - ◆ If the dish has more than one protein source, beef must be the prominent (more than 50%) protein.
 - ◆ The beef can be purchased, home-raised, or a heat and serve product available in local stores or online.
- ◆ Cooking demonstration should last between 7-10 minutes. After the demonstration, 5 minutes will be allotted for questions from the judges.
- ◆ Copy of the recipe should be given to each judge, and included in state registration for county winner.
 - ◆ Recipe should include: name of dish, list of ingredients and measurements and clear, concise instructions for preparation of recipe, preparation and cooking time, serving size and servings per recipe.
- ◆ Contestant should furnish their own ingredients and equipment, if not otherwise stated by county/state officials.
- ◆ No teams are permitted, and the **presenter must do all prep work on their own**; with the exception of carrying/lifting if needed.
- ◆ Entry form and copy of recipe must be received by July 15, 2011.

State Contest Details:

- ◆ Each county can send one 4-H member to compete in the state contest, per age group.
- ◆ Age groups will be assigned based on contestant ages as of January 1, 2011:
 - ◆ 8-13 years old
 - ◆ 14 & older
- ◆ The state contest will be held Saturday, August 13, 2011 at the Beef Showcase (located next to the Beef House Restaurant) at the Missouri State Fair from approximately 10 a.m. – 4 p.m. The demonstrations will be open to the public.
- ◆ The contest schedule will vary based on the number of entries. Depending on the number of entries, we may split age groups or add another day of demonstrations. The Missouri Beef Industry Council will communicate with participants to coordinate this schedule.
- ◆ At the state competition, students will have up to 10 minutes to prepare for the presentation and 10 minutes to clean up after the demonstration. Pre-packaged foods may be used; as long as they are readily available for purchase. (i.e. tomato paste, shredded cheese, etc.)
- ◆ First-place winners at the state level may not enter the following year, unless they are eligible to compete in a different age category
- ◆ First, second, and third place winners will be awarded \$100, \$75 & \$50, respectively. The contest and prizes are funded through the \$1 per head beef checkoff program.

*A beef information packet is available by contacting Whitney Wallace at Missouri Beef Industry Council.
Email: whitney@mobeef.com or Phone: 573-817-0899. Let us know how we can help!*

Missouri 4-H Beef Cooking Demonstration Contest

County: _____

4-H member's name: _____

Age (as of January 1, 2011): _____

Beef recipe name: _____

Member's mailing address: _____

City/State/ZIP: _____

(This is the address where we will send state contest details)

Family phone number: _____

Family email address: _____

I acknowledge that this 4-H member is the winning entry in the beef demonstration contest from this county:

Signed, County Extension agent or equivalent

State Contest Details:

The state competition will be held Saturday, August 13, 2011 at the Beef Showcase (located next to the Beef House Restaurant) at the Missouri State Fair from approximately 10 a.m. – 4 p.m. The competition schedule will vary based on the number of entries to the state contest. You will receive a confirmation letter before the state contest. Depending on the number of entries, we may split age groups or add another day of demonstrations.

If you have a time you absolutely cannot make on that day, please list it here: _____.

If you have a time preference, or travel partners, please list it/them here: _____.
We will do our best to accommodate your request.

By signing below, you agree to set rules and guidelines and accept the judge's rule as final.

4-H member signature

Printed Name

Date

Parent/Guardian signature

Printed Name

Date

State entry form and copy of beef recipe must be received by July 15, 2011.

Missouri Beef Industry Council
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