GRILL-OFF OBJECTIVES

- Increase youths’ interest in and knowledge of beef products
- Increase youths’ interest in and knowledge of grilling techniques and methods
- Increase youths’ interest in and knowledge of meal planning and food preparation
- Help youth gain knowledge of food safety and preparation
- Provide youth with a hands-on culinary learning opportunity to help them learn about meat products and preparation, and the importance of protein in the diet
- Help youth develop life skills, food literacy and leadership abilities, and enhance their communication skills and self-confidence while improving their decision-making skills and ability to make healthful food choices

PARTICIPATION RULES

1. 4-H’ers and other participants 11 to 18 years old are invited to join the fun.
   - Junior division – ages 11 to 14
   - Senior division – ages 15 to 18
2. Participants must compete as a county (or combined county) team of three to four members. Small teams may be merged with teams from other small counties. Each team may include a mentor (youth or adult volunteer, industry producer, parent, chef or food industry worker) who can coach the team through the preparation period. The mentor must not do the team’s work. Counties can enter multiple teams. In the event equipment is limited, counties may be restricted to a number of teams that may enter.
3. The 4-H’ers should prepare the selected recipe enough times before the contest to be familiar with it. Do not bring the dish already prepared to the contest. Participants should practice the recipe in the presence of a parent or guardian prior to the contest.
4. The team will prepare the main beef entrée and a side dish (salad, skillets or omelet, etc.) featuring North Dakota-grown products. Teams are encouraged to bring up to three additional special ingredients (no home-processed products) to make their dish original. No refrigeration will be provided. This means teams can bring only unopened items in original packaging or containers such as cans, bottles or bags.
5. Participants will follow proper food safety procedures during preparation of the dish. See www.fsis.usda.gov/shared/PDF/Kitchen_Companion.pdf?redirecthttp=true for information on handling and cooking food safely.
6. Participants will prepare their recipes, transfer the dish to the provided serving plate and add any garnish before placing it on the judges’ table.
7. Basic grilling equipment (grill, skillet, spoons, spatulas, measuring cups and mixing bowls, cutting boards, knives, vegetable peeler, can opener, power cords and hot pad holders will be provided to use in preparation of dishes.
8. Accessories such as place mats, napkins, flowers or figurines are not allowed.
9. Each team must display a copy of the recipe. An 8½- by 11-inch document holder, paper and markers will be provided. The recipe should include ingredients, preparation instructions and serving size. This will be collected at the end of the grill-off contest.
10. Teams will give a brief (three- to five-minute) oral presentation on their final food product, as well as discuss the preparation process, nutritional information or facts and estimated cost. A panel of judges may ask the contestants questions.
11. 4-H’ers should wear close-toed shoes and long pants for safety reasons. 4-H’ers should be well-groomed. When possible, 4-H’ers should be wearing a 4-H shirt with the 4-H logo. Participants should secure their hair so loose hair cannot fall into the dish being prepared. Wearing a ball cap is an acceptable method.

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PROCEDURES

1. Teams will check in five to 10 minutes prior to their assigned educational experience. This allows time for team members to wash their hands prior to the start.

2. Teams receive a 4-H grilling apron for competing in the Chef for a Day contest.

3. Participants will participate individually in the **BBQ Junior Grill Masters Bootcamp** prior to the grill-off contest to ensure they have an understanding of food safety and preparation skills for a successful grill-off.

4. Participants will come into the competition area with all materials needed for the grill-off (recipe, special preparation equipment and secret ingredients; exception: beef will be provided).

5. Teams will have their own station and approximately 40 to 60 minutes to prepare their dish depending on the beef product provided.

6. Participants will gather supplies from a common pantry/display table and may have brought with them up to three secret food ingredients to include in their menu item.

7. Participants will display their menu item on the provided serving plates.

8. Participants will be called upon by team to present their item and give their three- to five-minute presentation.

9. Teams will be interviewed and evaluated on a team basis. Guidelines for evaluation will be provided for the judges.

**COMMON PANTRY ITEMS**

- The following items will be available from a common food pantry: beef products chosen for that day (for example, beef sirloin, hamburger), lettuce, assorted peppers, tomatoes, cucumbers, carrots, celery, onions, broccoli, salt, pepper, soy sauce, Worcestershire sauce, vinegar, oil, garlic, cornstarch, thyme, oregano, cilantro, individual salad dressing packets (French, Italian and Ranch), water, and orange and pineapple juice.

**SUGGESTIONS**

- Learn about beef in today’s Beef Choices, [www.ndbeef.org/beef_choices.aspx](http://www.ndbeef.org/beef_choices.aspx)

- Utilize tools from the ND Beef Commission with interactive games and educational opportunities at [http://www.ndbeef.org/](http://www.ndbeef.org/)

- Choose a grilled salad recipe and know about the recipe to present with your beef plate

- Know how the recipe fits into MyPlate, [www.choosemyplate.gov/](http://www.choosemyplate.gov/)

- Know the food preparation techniques used.


- Review youth cooking ideas and food preparation tips, [www.kidsacookin.ksu.edu/](http://www.kidsacookin.ksu.edu/)

- Review cooking videos on beef preparation, [https://www.allrecipes.com/search/results/?wt=beef&sort=re](https://www.allrecipes.com/search/results/?wt=beef&sort=re)


**For more information, contact:** Leigh Ann Skurupey, State 4-H Youth Development Specialist – Animal Science, at LeighAnn.Skurupey@ndsu.edu or 701-231-6658

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OVERVIEW

• If charcoal grills are being used, one hour prior to the contest, Weber charcoal grills will be started.
• Judges will observe fire, propane and food safety procedures.
• A team of three judges will evaluate beef products with a score sheet.
• Judges will assess proper cooking temperature/degree of doneness.
• Each judge will consume a portion of each 4-H team’s prepared beef entrée and side dish.
• Ground products must be cooked to a temperature of at least 160 F.
• Judges will be instructed to independently score all components of the products turned in for palatability.

ENTRY

• Free for all 4-H youth participants. Register on 4-H Online.

JUDGES EVALUATION

• Grill-off scoresheet – 182 total points
  ◦ Preparation & process (25 pts)
    o Safe food preparation (5)
    o Effective use of equipment/utensils (5)
    o Effective use of time (5)
    o Work space clean and safe (5)
    o Process format & steps appropriate for skill (5)
  ◦ Nutritional & culinary knowledge (25 pts)
    o Nutrition knowledge demonstrated (5)
    o Beef product knowledge (5)
    o Culinary food preparation skills demonstrated (5)
    o Addresses food safety issues (5)
    o Knowledge of serving size/cost information (5)
  ◦ Final product presentation (40 pts)
    o Incorporation of local food products (5)
    o Creativity & originality (5)
    o Appearance & color (5)
    o Flavor (5)
    o Texture (5)
    o Tenderness (5)
    o Moisture (5)
    o Aroma (5)
  ◦ Team presentation and interview (30 pts)
    o Reflection of meal: consumers/families (5)
    o Introduction & friendliness of team (5)
    o Teamwork demonstrated through presentation (5)
    o Appropriately dressed & groomed (5)
    o Effective use of time (5)
    o Response to questions/communication (5)
  ◦ Taste (20 pts)
    o Final product flavor, aroma & texture; overall creativity & originality
  ◦ Appearance (20 pts)
    o Final product appearance & color; overall product presentation & originality
  ◦ Team Knowledge (20 pts)
    o Nutritional culinary knowledge demonstrated; knowledge & promotion of beef meat cuts
  ◦ Did team provide a recipe (2 pts)?