

WV Beef Expo Youth Beef Cook-off Contest

by Krista Hayes

We're looking for chefs with beef recipes and a flair for preparation to participate in the WV Beef Expo 2011 Youth Beef Cook-off. PLEASE NOTE THIS SINGLE CHANGE TO THE COOK-OFF CONTEST. All teams MUST provide their own beef for the contest. Also, please provide a contact name and phone number at the top of your entry.

Read how this Beef Cook-off works...Get together a team from your youth organization that would like to try a cooking contest at the WV Beef Expo in 2011. Then find a great beef recipe that you can prepare. Next, write a fun skit no longer in length than three minutes that ties into your recipe and promotes the good things about eating beef. Skits can be spin offs from old or new TV shows or political characters, etc. You will also set a provided table for four with tablecloth, dishes, tableware, centerpiece, napkins, etc. to go with your skit and beef dish. You may add a side dish and beverage, but they are not judged. The contest will be on Friday, April 8, 2011 at 2:30 pm in the EEC Building. Your team will need to arrive in time to set your table, prepare your dish/dishes and be ready to present your skit by the starting time. Also, familiarize your team with facts about beef to answer any questions a judge may ask at the end of your presentation. (Facts like what qualities are in great beef, why is it a good meat to eat, what's healthful about beef, etc. Try to include some of these things in your skit also. You can contact Jim Bostic at the WV Cattlemen's Association at 304-472-4020 if you need factual info for your team to use.)

A panel of three judges critiques the Cook-off entries. There will be two age divisions for youth teams from state youth associations—Junior Beef Association, 4-H or FFA.

The event is educational, competitive and fun! The Cook-off will foster a cooperative spirit. The Cook-off is also an excellent way to educate, promote, and entertain non participants in the audience, while promoting our chief end product—BEEF.

WV Beef Expo Youth Cook-Off Contest Rules

1. There will be two age divisions for youth teams.
a. Younger team youth (ages 9-15) b. Older team youth (ages 16-21)
All ages will be determined as of January 1 of the current event year. Teams may have two to six members.
2. All entries must use beef in the recipes.
3. No alcoholic beverages may be used in the recipe, presentation, or be presented to the judges.
4. All entries will be evaluated in two separate categories. The first being SHOWMANSHIP (presentation of the dish) and the second being RECIPE (taste of the dish). The scores in these two categories will be averaged for a final score.
5. All names of Cook-off participants, age, birthdate and address, along with a typed copy of the team's recipe must be submitted to Cook-off officials postmarked by **March 15, 2011**. *Please provide a contact name and phone number at the top of your entry.*
6. All teams **MUST** provide their own beef and other ingredients for the contest. Recipes should be prepared to serve four people.
7. An outside grill can be provided, and other types of cooking units may be used, but must be furnished by the entrants, if they are not available at the Cook-off site. You will need to bring pots, pans and utensils you need to work with. Please include with the entry the type of cooking unit to be used. Refrigeration will be available for the beef and other items on a limited basis. The Cook-off site has two kitchen units to utilize.
8. In keeping with the "fun" aspect of this contest, entrants are encouraged to choose a theme, dress accordingly and serve the beef in a manner keeping with that theme. Participants should use imagination and creativity in choosing and serving the finished "dish" in that style.
9. Cooks may begin preparations anytime they deem necessary on contest day to be ready for judging at the designated time. We suggest that one or two adults be present with the team during the food preparation time to assist when need be and to assure safety. Some items like cleaning vegetables or fruits may be done off site to speed prep time, but the team and their adult leaders should all participate if this is done to ensure that the entire team knows every aspect of preparing this menu. Remember to include clean-up in this activity.
10. Persons interested in learning more about the Cook-off should contact: Krista Hayes, 153 Gnegy Church Rd, Eglon, WV 26716, (304) 735-3511 or Anna Mouser, 2030 Independence Rd, Independence, WV 26374, (304) 892-3991.
11. First and second place prizes will be awarded in both age divisions.
12. Mail your entry **POSTMARKED by March 15, 2011** to Krista Hayes, 153 Gnegy Church Rd, Eglon, WV 26716. Please use the form below.

Team Club Name: _____

Team Club County: _____

Team Contact & Phone: _____

Team Members Name, Address, Birthdate and Age and as of January 1, 2011:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Check one _____ Younger Team (ages 9-15) _____ Older Team (ages 16-21)

All teams **MUST** provide their own beef and other ingredients for the contest. Recipes should be prepared to serve four people. *Please provide a contact name and phone number at the top of your entry.*

Recipes may be printed for public use by the WV Cattlemen's Association.

Please attach a copy of your beef recipe. Include the type of cooking unit your team will be using.