

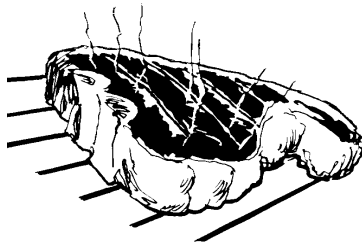
# OUTDOOR MEAT COOKERY

## Guidelines

Purpose: to promote the use of meat products in the diet by teaching the art and science of safely preparing beef, lamb, pork and poultry in an outdoor setting.

## General Rules

1. An Outdoor Meat Cookery team will consist of four members. A team will have an individual in each of the four divisions: beef, lamb, pork and poultry. Individual specie winners from the regional contest, not on state qualifying teams, will be eligible to cook at the State Outdoor Meat Contest for individual awards.
2. The contestants will be scored by judges according to the 4-H Outdoor Meat Cookery score sheet.
3. Each contestant will provide two (2) fresh, uncooked, meat items; one for the team platter and one for sampling. The retail cut is the participant's choice; however, the cut must be prepared within the time limit. The poultry item may be either chicken or turkey. The cut can be marinated prior to the contest. Contestants should be prepared to state a degree of doneness (rare, medium rare, medium, medium well or well done) for beef, lamb and pork cuts.
4. Preparation and cooking time limit is two (2) hours. The contestants are required to turn in the prepared meat at the end of the stated cooking time. Contestants will submit only the prepared meat cut to the judges; that is, no additional items (drink, vegetables, etc.) should be submitted to the judges.
5. The contestant should provide a copy of any recipes used to the judges. Sauces and marinades may be commercial or personal recipe.
6. Barbecue grills, charcoal, starters, grilling supplies and table set-ups must be provided by the contestants. Grills with or without hoods may be used. Also, aluminum foil may be used to construct a windscreen or hood.
7. Contestants will work alone except for the setting up the cooking area and preparing the meat platter for presentation. In case of emergency, as determined by contest monitors, team members may be allowed to share cooking space.



**Region Contest:**

The Region contest is held in conjunction with the Appalachian Fair during August. Check the Region calendar for exact date.

**State Contest:**

The State contest will be held in conjunction with the State 4-H Fall Judging. This contest is traditionally held in mid-October. The top three Region placing teams and the high individual in each species (if they are not on a Region placing team) will qualify for this contest.

## Interpretation of Outdoor Meat Cookery Scorecard

### I. **Team Presentation - 50 points**

Team will select a theme of their choice such as tailgating, luau, barbecue or birthday party. Team will prepare a meat platter and a table display to present to judges with a beef, lamb, pork and poultry cut. Table display should illustrate theme and be card table size (not more than 48 inches square or circular). Twenty points (20) will be allocated to development of the theme through recipe selection and compatibility. Thirty points (30) will be given for platter presentation. Style, color and attractiveness of presenting the meat cuts will be the major criteria. Table top display information and/or decorations should not exceed 36 inches above the table. Other than the table covering, no decorations should be on the ground. All food items used in the table top display should be prepared onsite by the contestants.

### II. **Appearance of Contestant – 5 points**

Contestant is neat and clean. Person should have apron and head cover.

### III. **Equipment and Utensil Use and Safety – 15 points**

Appropriate equipment and utensils are selected and used efficiently, safely and effectively. Are utensils clean and no cross contamination possible? Fire is efficiently and safely prepared. Is the appropriate amount of charcoal used? Is work area safe? Is meat properly stored and handled?

### IV. **Imagination and Recipe – 10 points**

Contestant applies novel idea in preparing cut, choice of spices, seasonings and/or sauces. Seasonings compliment meat and contribute to theme.

### V. **Meat Preparation Skills – 15 points**

Was the fire controlled (fire not too hot or cold)? Was extra charcoal added at proper time? Was sauce applied appropriately? Were good food safety principles used in handling product?

### VI. **Palatability – 35 points**

Flavor (15 points): Flavor is appealing and contributes to theme. Sauces/seasonings compliments meat flavor but does not mask meat flavor. Should have no off flavors. Juiciness (10 points): Meat is juicy and not wet or dry. Tenderness/Texture (10 points): Meat should be tender but not rubbery or shatter upon chewing.

### VII. **Attractiveness and Overall Acceptability of Final Product – 20 points**

External surface has a uniform color without undercooked or overcooked areas. Surface is not burned and dried out and free of ash. Internal doneness should be the degree specified. Internal appearance should be typical of specified degree of doneness without surfaces being overcooked. Appearance and palatability factors blend to make an appealing product.

### VIII. **Total Score:**

Team Platter/Table Presentation	= 50 points
Individual Cooking: (100 points) X 4 individuals	= 400 points
Total Team Points Possible	= 450 points