

GRILL MASTER CHALLENGE

General Information

The 4-H Grill Master Challenge is designed to promote the use of meat products in the diet by teaching the safe preparation of beef, pork, lamb, and poultry.

Eligibility

This contest is open to 4-H members in the 6th to 12th grade, as of January 1st of the current year.

General Rules

- a. Each county may enter three junior high and three senior teams on the regional level.
- b. Members who enter the junior high division must be in the 6th, 7th or 8th grade on January 1 of the current year.
- c. Members who enter the senior division must be in the 9th, 10th, 11th or 12th grade on January 1 of the current year.
- d. A team will consist of four members. A team must have an individual in each of the four species divisions of the contest. The four species will be beef, pork, lamb and poultry.
- e. Counties may enter one, two or three individuals when it is not possible to enter a team with four members. These individuals would be eligible for individual recognition on the regional level and could serve as alternates in the event that a substitution would need to be made for the state contest. Individual species winners in a regional contest not on a state qualifying team will advance to state competition and are eligible for individual awards on the state level.
- f. Each region will send three senior teams to the state contest.
- g. The contestants will be scored by judges according to the 4-H Grill Master Challenge score sheet.
- h. Each contestant will provide one (1) fresh, uncooked meat item for sampling by the judges. The retail cut is the participant's choice. However, the cut must be prepared within the two-hour time limit. Marinades may be applied prior to the two-hour cooking time limit. The poultry item may be either chicken or turkey.
- i. Contestants should be prepared to state a degree of doneness (rare (140°F), medium rare (145°F), medium (160°F), medium well (150°F) or well done (170°F)) for the beef, lamb, and pork cuts. Poultry cuts (ground or whole muscle) should be cooked to the safe minimum internal temperature recommended by USDA

(165°F). The degree of doneness should be included on the recipe card or turn-in container during the turn-in process.

- j. The turn-in container (paper plate, foam clamshell container, or container designated for product turn-in by contest officials) shall not be marked in any way to make the container unique or identifiable. Aluminum foil, toothpicks, skewers, foreign material, and/or stuffing are prohibited in the container.
- k. Preparation and cooking time limit is two (2) hours. The contestants are required to turn in the prepared meat at the end of the state cooking time. Cuts can be marinated during this time. Contestants will submit only the prepared meat cut to the judges; that is, no additional items (including, but not limited to, bread, tortillas, chips, drink, sauces, salsa, cheese, vegetation, decoration, additional meat etc.) should be submitted to the judges in the turn-in container.
- l. If product is prepared with additional types of meat or auxiliary proteins (bacon, sausage, etc.) that are not representative of the category or are in addition to the main product, it should be removed prior to sending the turn-in container to the judges. For example, if beef steaks are wrapped with bacon and grilled, the bacon must be removed from the steak prior to turning in product. Additionally, this also includes pork wrapped in bacon or stuffed with sausage. If bacon or sausage are the main proteins used, they are permitted to be included in the turn-in container.
- m. No non-meat ingredients should be included with the protein unless as designated in the sauce rule below for chunky sauces. This includes, but is not limited to, cheeses, jalapeño, peppers, fruits, vegetables, chips, taco shells, etc. For example, steak kebabs presented with peppers, onions, and zucchini would not be permitted to include the vegetables within the turn-in containers. Stuffings, fillings, and wrappings are also not allowed in the turn-in containers.
- n. Meat should not be sculptured, branded, or presented in a way to make the entry identifiable. Rosettes of meat slices are not allowed.
- o. The contestant will provide a copy of the recipe used to create the product to the judges. Designated degrees of doneness for beef, lamb, and pork will be included with the recipe.
- p. Rubs, sauces, and marinades may be commercial or personal recipe. Rubs, sauces and marinades may be used during the cooking process, however, no excess rub, sauce, or marinade should be included in the serving container to accompany the product to the judges. Rubs and marinades should not contain ingredients that are not finely diced (less than 1/8th inch cubed or smaller). Injections using teriyaki, lemon pepper, or butter injections are not allowed.

- q. Sauce is optional. If used, it should be applied directly to the meat and not be pooled or puddled in the turn-in container. No side sauce containers will be permitted in the turn-in container. Chunky sauce will be allowed. Chunks are to be no larger than a fine dice, 1/8th inch cubed or smaller. Chunky sauces may include non-meat ingredients, such as cheese, fruit, garlic, onion, etc., but must follow the size guidelines as designated above.
- r. Barbecue grills, charcoal starters, grilling supplies and table set-ups must be provided by the contestants. Cooking teams should plan on using a food preparation area no more than 10 feet × 10 feet. Spaces will be designated at the state contest and emailed to team coaches prior to the contest. Grills may be outside the 10 × 10 area. Grills with or without hoods may be used. Aluminum foil may be used to construct a windscreen or hood.

Dates

The regional contest will be held prior to the state contest. The top three senior teams will advance to the state contest, as well as the high scoring individual in each of the four divisions. Please check your regional calendar for exact date and location.

State Contest

The state contest is typically held during the first weekend in October at the State Fall Judging Contest. The first-place poultry contestant will advance to the National 4-H Chicken Barbecue Contest. The second-place poultry contestant will advance to the National 4-H Turkey Barbecue Contest. Both contests are held at the National Poultry and Egg Conference in Louisville, KY in November.

Donors

- Tennessee Department of Agriculture
- Tennessee Beef Industry Council
- Tennessee Egg and Poultry Association
- Tennessee Sheep Producers Association

Awards

State:

- Plaques and \$50 to each member of the champion senior team.

- Plaques to the high individuals in each of the four divisions of the contest.
- First place poultry contestant – Trip to National 4-H Chicken Barbecue Contest.
- Second place poultry contestant – Trip to National 4-H Turkey Barbecue Contest.

Study Guide and Resources

- <https://4h.tennessee.edu/food-science/#OutdoorMeat>