

## Beef Cookoff Criteria

### The Beef Cookoff will be an activity of the Field Day

1. Teams will be made up of 3-4 members, one of which can be an adult. Junior members must be current members of NDJRAA.
2. Teams will be formed at the time of the event and not before.
3. Teams are required to have a team name.
4. All teams will get the same cut of meat. Teams will know the type of cut, i.e. steak, but not the name of the cut.
5. NDJRAA will provide the beef for the competition.
6. The recipe selected must be for a complete meal. Cooking protein and a side dish or two. Focus on healthy, balanced, flavorful. The recipe must be made from start to finish during the competition.
7. Teams will have 1 hour to complete their meal.
8. Each team must have 4 oz of cooked beef on the plate.
9. Team Basket/Bag: Teams will choose from labeled baskets/bags. The basket/bag will contain ingredients that must be used to complete the meal.
10. Pantry: A pantry will be provided that will include but not limited to a choice of plates, serving utensils, basic spices, sauces, milk, eggs, cream cheese, sugar, vegetables, carbohydrate, blank recipe cards, meat thermometers.
11. **TEAMS MAY NOT BRING EXTRA INGREDIENTS OR SPICES FROM HOME.**
12. Individuals may bring cooking utensils i.e. pots, pans etc. or gadgets from home i.e. ice cream makers, mixers etc.

#### Judging:

A judges panel (3) will determine the winners.

Judges will observe and may ask questions during the event.

Presenting to judges: Each team will prepare to complete 3 identical "plates" to serve the judges. The presentation is at the discretion of the team. Extra points will be given to teams who use beef nutrition information in their presentation to the judges. All team members must be present to present their meal to the judges. The team may designate a team captain to introduce the team and the plate. All team members must be prepared to answer questions from the judges.

Teams must provide their recipe for promotion and news coverage.

**Awards:** Teams are responsible for splitting the cash awards between their team members.

1<sup>st</sup> place team: \$500 cash

2<sup>nd</sup> place team: \$400 cash

3<sup>rd</sup> place team: \$300 cash

4<sup>th</sup> place team: \$200 cash

5<sup>th</sup> place team: \$100 cash

#### Rules/definitions:

Cooking space. Grills or a stove top will be provided but may have to be shared. Individuals may bring their own cooking method if they wish. Teams are responsible for cleaning their grills. A prep table will be provided per team.

Cooking methods: grills (gas, charcoal, pellet), griddle/flat top, smoker (green egg). Campfires are prohibited.

Cooking method power: the means of powering cooking methods will be provided i.e., propane, electricity (generator), charcoal/lighter fluid.

Recipes: look for recipe ideas on [ndbeef.org](http://ndbeef.org) or [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)

Complete meal: Meals must contain 4oz of cooked beef, a vegetable, and a carbohydrate, anything in addition would be at the team's discretion.

Beef must be cooked to a minimum internal temperature of 135 degrees F for food safety.

# JUDGES SCORE CARD

Team Number/Name \_\_\_\_\_ Judges Name \_\_\_\_\_

<p><b>TECHNIQUE AND PREPARATION:</b> Are they comfortable answering questions about their recipe and the challenge? Use of workspace, preparation technique, familiarity with the ingredients.</p>	<p>10 POINTS</p>
<p><b>PLATING:</b> Appetizing and attractive plating, use of color, texture, garnish. The visual WOW factor.</p>	<p>10 POINTS</p>
<p><b>USE OF BEEF AND INGREDIENTS:</b> Appropriate use of beef in recipe/preparation. Use of ingredients and how they complement each other.</p>	<p>25 POINTS</p>
<p><b>ORIGINALITY:</b></p>	<p>25 POINTS</p>
<p><b>TASTE:</b> Is the combination of textures and flavoring pleasing? Is the beef flavorful, tender, and juicy? Did you enjoy sampling this dish?</p>	<p>30 POINTS</p>
<p><b>COMMENTS:</b></p>	<p>TOTAL SCORE</p>