Contest Purpose

The purpose of this contest is to promote the use of animal protein in the diet by teaching the art and science of safely preparing beef, pork, chicken, and shrimp in an outdoor setting. Investment in this activity will provide 4-H youth with life skills, including decision-making, healthy lifestyle choices, and communication.

Contest Eligibility

All bona fide Florida 4-H members between 11 and 18 years of age prior to September 1 of the current 4-H year are eligible. Participants who have previously placed 1st or 2nd for a given protein at the state contest cannot participate in that same protein. All participants are required to prepare their recipe in the presence of a parent or guardian prior to the contest.

A minimum of four contestants are required to compete in a protein for prizes to be awarded, but if three or fewer compete, all will be allowed to go forward to the state contest.

The state winner or highest placing senior (14 years of age by January 1 of the current year) for chicken will be eligible to participate in the National Poultry Cookery Contest in Louisville, KY. At the National Contest, the Florida representative must prepare an unmarinated, entire, and intact half chicken or turkey breast for judging. However, this is no longer a requirement for the Florida 4-H Tailgating Contest.

Tablecloths are no longer allowed at the Florida 4-H Tailgating Contest.
**Protein Categories**

Each contestant must provide enough fresh, uncooked, animal protein for two, 6–8 oz. cooked portions to serve the judges for palatability evaluations. The protein categories are as follows:

- Beef
- Pork
- Chicken
- Shrimp

» The only eligible seafood item is headless, deveined, fresh shrimp.

**Contest Overview**

**One hour prior to 14” Weber grills being started:**
Contestants must have their uncooked proteins and cooler temperatures checked at registration. Each contestant will fill out their contestant card, and a carbon copy will be taped to the plate/container that they turn in for palatability judging. Uncooked proteins must be covered at all times and maintained at ≤40°F. Temperature abuse is a food safety issue and will result in point deductions. Contestants with temperature-abused proteins (≥50°F) will not be allowed to compete. Personal clothing should follow the 4-H dress code, be clean and neat, and not present a safety concern (no loose-fitting clothing or open-toed shoes). Long hair should be secured for food and fire safety.

**Thirty minutes prior to grills being started:**
Contestants will prepare their tables, fires, and proteins without assistance from other 4-H members or adults. Due to fire safety concerns, contestants will not be allowed to use tablecloths or have loose-leaf paper on display. Other fire safety concerns can be addressed by the contest coordinator. Contestants can use a laptop/iPad/poster & easel to complement their tabletop display to describe their recipe.

Fire and food safety will be observed by two (if possible) judges per protein. Contestants may not light their grills until the designated start time. Contestants must provide grilling supplies. All grills must be placed on the ground for safety reasons.

Tablecloths are no longer allowed at the Florida 4-H Tailgating Contest.
Judging

The fire and food safety judges will ask participants questions about their recipe and safety knowledge after all contestants have been observed. Contestants should expect questions relative to their table display, proper use of a meat thermometer, and the tailgate curriculum series linked below. A team of three judges (if possible) will evaluate cooked submissions.

Entries will be submitted at specified time windows after grills have started:

**Entries submitted outside of those windows will be deducted 10 points.**

No additional items (drink, garnish, vegetables, etc.) should be submitted. Judges will be instructed to independently score all components of the entries turned in for palatability assessment (i.e., skin, dark, and white meat). If present, bacon will be removed prior to consuming the product.

### Contest Curriculum

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Entries will be submitted at specified time windows after grills have started:

- Shrimp: 45 min–1 hour 15 min
- Pork: 1 hour–1 hour 30 min
- Beef: 1 hour 15 min–1 hour 45 min
- Chicken: 1 hour 30 min–2 hours

Entries submitted outside of those windows will be deducted 10 points.

No additional items (drink, garnish, vegetables, etc.) should be submitted. Judges will be instructed to independently score all components of the entries turned in for palatability assessment (i.e., skin, dark, and white meat). If present, bacon will be removed prior to consuming the product.

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## Scorecard

Contestant # __________________________ Protein ________________________________

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre-cooking registration:</strong> 4 points</td>
<td></td>
</tr>
<tr>
<td>Meat temperature &lt; 40°F and no cross contamination of non-meat ingredients (2)</td>
<td></td>
</tr>
<tr>
<td>Contestant has proper attire to achieve food &amp; fire safety (2)</td>
<td></td>
</tr>
<tr>
<td><strong>Observation of fire and food safety protocol:</strong> 24 points</td>
<td></td>
</tr>
<tr>
<td>Safe cooking environment (4)</td>
<td></td>
</tr>
<tr>
<td>Safety and efficiency of producing fire (4)</td>
<td></td>
</tr>
<tr>
<td>Safety of maintaining fire (4)</td>
<td></td>
</tr>
<tr>
<td>Skill of utensil use (4)</td>
<td></td>
</tr>
<tr>
<td>Proper fire temperature- not too hot/cold- proper amount of fuel &amp; lighter fluid (4)</td>
<td></td>
</tr>
<tr>
<td>Prevention of cross-contamination (4)</td>
<td></td>
</tr>
<tr>
<td><strong>Questions of food safety and product quality:</strong> 24 points</td>
<td></td>
</tr>
<tr>
<td>Recipe provided (Y on N) (4)</td>
<td></td>
</tr>
<tr>
<td>Speaking ability and confidence (4)</td>
<td></td>
</tr>
<tr>
<td>Recipe knowledge (4)</td>
<td></td>
</tr>
<tr>
<td>Creativity/challenge of recipe/ knowledge of protein of choice (4)</td>
<td></td>
</tr>
<tr>
<td>Knowledge of food safety pathogens with species (4)</td>
<td></td>
</tr>
<tr>
<td>Proper use of a meat thermometer (4)</td>
<td></td>
</tr>
<tr>
<td><strong>Eating and visual desirability:</strong> 48 points</td>
<td></td>
</tr>
<tr>
<td>Tenderness- consider tenderness improvement for tougher cuts (12)</td>
<td></td>
</tr>
<tr>
<td>Flavor: Appealing flavor with no off flavors (12)</td>
<td></td>
</tr>
<tr>
<td>Juiciness: Products are juicy and succulent (12)</td>
<td></td>
</tr>
<tr>
<td>Total attractiveness &amp; hitting targeted degree of doneness (12)</td>
<td></td>
</tr>
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<td></td>
</tr>
<tr>
<td><strong>Dark or light or lack of uniform color ash are discounted</strong></td>
<td></td>
</tr>
</tbody>
</table>

Total: 100 points

Judge ________________________________

Comments:

[Click here to view the Scorecard online.]
Awards

District Contest
For each protein category:
• 1st Place: $400
• 2nd Place: $250
• 3rd Place: $100
• 4th Place: $50

The top 2 individuals from each category are invited to compete at the State Competition.

State Contest
For each protein category:
• 1st Place: $1,500
• 2nd Place: $1,000

College Scholarships to a postsecondary institution of your choice.

Scholarship Fund Disbursement
Payment of scholarship funds will be made directly to the accredited college/university, technical/trade school, or college education/529 fund on behalf of the recipient. To receive your scholarship disbursement, winners must submit the following to the State 4-H Headquarters: two thank-you notes written to the donors of the awarded scholarship(s); verification of the student’s postsecondary enrollment, which could be a letter from the institution, class schedule, or receipt from the institution with the student’s name printed; name and address of the financial aid office of the student attends or will attend; education/529 fund information; 529 account number or Institution Student ID.

In the event of special education needs, payment of scholarship awards can be directed to the recipient upon prior approval of the State Extension Specialist. Under these conditions, an IRS Form 1099-MISC will be filed with the Internal Revenue Service and the recipient for the calendar year in which it is received.
Recipe Development

Visit these links to learn more about recipe development:

**Shopping for Health: Herbs and Spices**
Jenna A. Norris and Wendy Dahl

Herbs and spices have been used for hundreds of years in cooking and medicine (Stephens 2010). They add a wide range of flavors to food and may also provide health benefits. Herbs and spices in cooking may help to prepare flavorful, healthy recipes.

**What is the difference between herbs and spices?**
People often wonder what the difference is between an herb and a spice. It simply depends on the part of the plant that is used. Herbs come from the leaves of plants that do not have woody stems and grow close to the ground in mild climates. Spices are native to warm, tropical climates and are obtained from roots, flowers, fruits, seeds, or bark. Spices tend to have a stronger and more potent flavor than herbs, so they are used in smaller amounts (Spicer 2003).

**Tips for Making a BBQ Rub**

A rub is simply a blend of herbs, peppers, spices, or seasonings that are blended to add flavor by coating the surface of meat. If all dry ingredients or they can include oils, crushed garlic or other liquids that cause the rub to take the form of a paste.

Rub can be applied just before cooking or several hours ahead of time; this is a personal choice. Rubs do not need to be applied but can be applied to the surface of meat just before grilling, roasting, or barbecuing. For convenience, rubs can be applied as before cooking, however the meat should be covered and refrigerated to maintain food safety. Many flavors will become more the longer the rub sits on the meat.

**About BBQ Rubs**

- 1½ tsp. cumin
- 1 tsp. paprika
- 1 Tbsp. chili powder
- 1 tsp. black pepper
- 1 tsp. oregano, dried
- ½ tsp. onion powder
- ½ tsp. garlic powder

Ranch Blend

- 1½ tsp. cumin
- 1 tsp. paprika
- 1 Tbsp. chili powder
- 1 tsp. black pepper
- 1 tsp. oregano, dried
- ½ tsp. onion powder
- ½ tsp. garlic powder

Seasoning Blend

- 1 tablespoon of garlic powder adds only 2 mg of sodium.
- Many store-bought spice blends are high in sodium.

**Make it your own**

Make changes according to what you and your family enjoy for spice level. Try new flavors or dishes with your favorites. Experiment with different amounts and varieties of spices and seasonings to find your favorite.

**Key to abbreviations**

- tsp. = teaspoon
- Tbsp. = tablespoon
- lb. = pound
- mg = milligrams
- c. = cup
- oz. = ounce
- g = grams

**Did you know?**

Many store-bought spice blends are high in sodium. For example, 1 teaspoon of garlic salt adds about 150 milligrams (mg) of sodium to a recipe, while 1 teaspoon of garlic powder adds only 1 mg of sodium.

**Making your own**

Herbs come from the leaves of shrubs. Spices come from other parts of plants.

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**Making your own**

Herbs come from the leaves of shrubs. Spices come from other parts of plants.
**Competition Day Checklist**

**The contest will provide:**
- Grills
- Charcoal
- Lighter fluid
- Half of an 8 ft table
- Paper plates to turn in protein

**Contestants will need to provide:**
- Meat (must be under 40°F at check-in)
- Spices, seasonings, marinades, and/or rubs
- Grilling utensils
- Meat thermometer
- Striker/lighter
- Recipe table display

Tablecloths are no longer allowed at the Florida 4-H Tailgating Contest.

**Contestants are recommended to bring:**
- Cooler
- Chimney and newspaper
- Grill brush
- Hot glove
- Pliers
- Recipe cards
- Fire-safe table decorations
- Apron
- Gloves
- Hairnet/hat
- Pen/pencil
- Sanitizing wipes

- Timer
- Aluminum foil
- Aluminum baking trays
- Tongs (4–6)
- Basting brush
- Spatula
- Mixing bowls
- Measuring spoons
- Measuring cup
- Cutting board(s)
- Other grilling items as needed
**Clean**
- Wash your hands and surfaces often.
- Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after each use.
- Consider using paper towels to clean kitchen surfaces instead of cloth towels.

**Separate**
- Separate raw meats from other foods.
- Keep raw meat, poultry, seafood, eggs, and juices away from other foods.
- Always remember to:
  - Separate raw meat, poultry, seafood, and eggs from other food in the shopping cart, grocery bags, and refrigerator.
  - Never place cooked food on a plate that previously held raw meat.
  - Do not reuse marinades.

**How to properly thaw meats:**
- **Refrigerator:** place your meat in a container that has a lid, and place it in the refrigerator for 1–2 days to thaw.
- **Cold water:** Place meat in a leak-proof bag and submerge in cold water. Change water every 30 minutes. Cook immediately.

**Cook**
- Cook the food to the correct temperature.
- Always use a food thermometer to measure the internal temperature of cooked foods.
- Never assume the food is cooked based on color.
- The food is done when it reaches the safe minimum internal temperature.

**Chill**
- Refrigerate or freeze meat within 2 hours of cooking or purchasing.
- Never thaw food at room temperature.
- Always marinate in the refrigerator.
- Use or discard refrigerated food on a regular basis.

**Microwave:** Place meat in a microwave-safe bowl. Microwave for two minutes, then let stand for one. Repeat as needed. Cook immediately.

**More Resources**
Temperature

How to calibrate a dial thermometer:

1. Fill a glass with ice and water.
2. Put the thermometer in the water and let it sit for one minute.
3. The thermometer should read 32°F. If it does not read 32°F, adjust the gauge by twisting the nut on the back.

How to check internal temperature:

Place the thermometer in the thickest part of the meat. Ensure that it is not touching bone, fat, or gristle. Be sure to clean your thermometer after each use.

Tablecloths are no longer allowed at the Florida 4-H Tailgating Contest.

Recommended Internal Temperatures:

- Beef: 145°F
- Shrimp: 145°F
- Pork: 145°F
- Ground Meat: 160°F
- Chicken: 165°F
**Fire Safety**

- Never put lighter fluid on a lit fire.
- Never leave your hot grill unattended.
- Coarse salt or baking soda can smother a grease fire.
- Make sure coals are cold before disposing of them.
- Keep young children, pets, and flammable materials away from your grill.
- Loose clothing and open-toed shoes should not be worn when grilling.
- Long hair should be secured for food and fire safety.

Tablecloths are no longer allowed at the Florida 4-H Tailgating Contest.

**More Resources**

Click here to learn about National Fire Protection Association’s Grill Safety.

Click here to learn more about Cooking Safety.
Fire Building

There are multiple ways to light your coals. You can use lighter fluid, a chimney starter, or ready-to-light charcoal. Never use gasoline or kerosene to start a fire, and never add lighter fluid to hot coals. Give all lighter fluids time to completely burn off to avoid an “off taste” in what you are grilling. Adjust the airflow of the grill by adjusting the vents at the top and the bottom. Closing the vents cuts off the air and suffocates the fire.

Lighter Fluid:
Step 1: Arrange the coals in a pyramid in your grill.
Step 2: Add lighter fluid to coals.
Step 3: Wait at least one minute before lighting coals with a long-stem match or a long-stem butane lighter.

Chimney Starter:
Step 1: Place newspaper in the bottom of the chimney.
Step 2: Pour your coals in the chimney.
Step 3: Light the newspaper through the bottom holes of the chimney.
Step 4: Dump the charcoals into the grill when they become slightly gray from ash.

Ready-to-Light Charcoal:
Step 1: Arrange the coals in a pyramid in your grill.
Step 2: Light the coals with a long-stem match or a long-stem butane lighter.

More Resources

Click here to learn about Weber’s Chimney Starter.
Click here to learn more about Fire-Building
Meat Selection

Click here to learn about meat selection.

More Resources

Fresh Meat Selection for Consumers

Chad Carr, Ed Jennings, and Larry Eubanks

A solid working knowledge of fresh meat terminology will help consumers select meat cuts which will perform desirably in all recipes.

The three red meat species generally offered in US retail markets are beef, pork, and lamb. The processing plant will slaughter the live animal to generate a carcass. Beef and pork carcasses being divided into sides. Carcasses are chilled to ensure food safety and quality. Almost all carcasses from meat animals are cut into wholesale cuts while at the initial slaughter plant (Figure 1). Most foodservice distributors and some retailers have the ability to further cut primal and subprimal cuts into retail cuts. Large retail meat processors, such as Tyson, Cargill, Smithfield, and National Beef, operate further processing facilities which create ready-to-self packaged meats from subprimal cuts. This minimizes skilled labor costs for large retailers, such as Wal-Mart and Target.

The biological role of the muscles that comprise these cuts makes a huge influence on the ultimate eating quality, or palatability, of the products. Muscles attached to the fore and/or hind limb are muscles of locomotion and these cuts tend to have more connective tissue and be more inconsistent in cooked product tenderness than cuts from muscles of posture, though exceptions between and within species certainly exist. Additionally, there is generally less variation in the eating quality of pork than beef and lamb. This is because there is less genetic and environmental variation in how modern US market hogs are raised than fed cattle or lambs. Ultimately, the carcass pieces not utilized as whole-muscle cuts are used as lean trim for ground beef, pork, or lamb.

Consumers can do an excellent job selecting retail meat products, but still fail to maximize palatability by improper preparation and cooking. Cuts with less connective tissue can be prepared via dry heat, without added moisture. This would include grilling, roasting, broiling, and frying. Cuts with more connective tissue should be prepared using added moisture to help turn connective tissue into gelatin.

Purchasing meat

Meat plays a starring role in most menus. It is a valuable source of protein and minerals such as iron. Usually meat is the most expensive item in the food budget, so it is important to shop wisely, considering both quality and quantity, and to properly store and prepare all types and cuts of meat.

Prime, Choice, and Select grades contain the same nutrients, but Prime cuts of meat usually have more marbling and are more tender. They cost more, too. Marbling refers to the flecks and streaks of fat distributed through the lean portion of meat. It contributes to the meat’s juiciness, flavor, and tenderness.

The best way to figure the value of purchased meat is on the basis of cost per serving, not cost per pound. This is because the number of servings that can be obtained from one pound depends on the amount of bone and fat waste.

Larger cuts can be incorporated in sandwich spreads, salads, soups, casseroles, stir-fry combinations, and other dishes where complimentary ingredients add as extensions.

The downloadable beef and pork charts below to help select the appropriate cooking methods for the cut of meat purchased. If you have a slow cooker, microwave oven, or other special cooking equipment, learn to use them by following the manufacturer’s instructions carefully.

For a printer-friendly version of the Retail Cuts of Beef chart, click on the icon to download. Note: Must have Acrobat Reader.

For a printer-friendly version of the Retail Cuts of Pork chart, click on the icon to download. Note: Must have Acrobat Reader.

Click here to learn about Texas A&M’s Meat Selection.

Click here to learn about Purdue’s Purchasing Meat.

Click here to learn more about Meat Selection.

Click here to learn about UF/IFAS Extension’s Meat Selection.

Click here to learn more about Meat Selection.

Click here to learn about Texas A&M’s Meat Selection.

Click here to learn about Purdue’s Purchasing Meat.
Recipe Ideas

Visit these links to research grilling recipes.

Click here to learn about Beef Grilling Recipes

Click here to learn about Pork Grilling Recipes

Click here to learn about Chicken Grilling Recipes

Click here to learn about Shrimp Grilling Recipes
Tabletop Display

The Florida 4-H Tailgating Contest requires participants to create a tabletop display to show off their recipe and creativity. Participants may use a laptop/iPad/poster & easel to complement their tabletop display to describe their recipe.

What should be included in my display?

- Poster
  - Recipe
  - Grill safety
  - Pathogens
- Recipe cards (10) (optional)
- Fire-safe decorations (optional)
- Apron (optional)
- Other display items (as needed)

Tablecloths are no longer allowed at the Florida 4-H Tailgating Contest.
Click here for more information on the Florida 4-H Tailgating Contest

Click here for more information about participating in the Virtual Tailgating Day Camp

Thank you to our sponsors of the Florida 4-H Tailgating Contest
Intended Audience and Purpose

This document is intended for 4-H members who want to participate in the Florida 4-H Tailgating Contest. The purpose of this document is to provide all relevant resources for youth to be able to participate in the Florida 4-H Tailgating Contest.

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Florida 4-H Tailgating Contest