

Florida 4-H Tailgating Contest *Handbook*



Florida 4-H Tailgating Contest

UF | IFAS Extension
UNIVERSITY of FLORIDA



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 $\leq 40^{\circ}\text{F}$. Temperature abuse is a food safety issue and will result in point deductions. Contestants with temperature-abused proteins ($\geq 50^{\circ}\text{F}$) 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.

Beef, pork, chicken, and shrimp may be marinated prior to the contest. Sauces and marinades may be commercial or personal recipes.

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.



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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. Contest participants must have a fire and food safety judge assess proper cooking temperature/degree of doneness before submission. A team of three judges (if possible) will evaluate cooked submissions.

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.

Contest Curriculum

UF IFAS Extension
FLORIDA 4-H TAILGATE SERIES
December 2016 | 4H45L42
Revised September 2019

FLORIDA 4-H TAILGATE SERIES

Fire-Building

Introduction
Childhood obesity is a serious public health problem in the US. Today, nearly a third of American children are overweight or obese (CDC, 2015). A contributing factor to childhood obesity is general dependency on prepared food, which is somewhat fueled by our society's dwindling cooking abilities. Many parents do not have the time, or they do not know how to cook, so they have not passed the skill on to the younger generation. The average American knows little about the safe preparation of highly palatable animal protein entrees. Additionally, nutrition research suggests that animal protein in the diet is beneficial to adolescent development (Chapman, 2007).

The Florida 4-H Poultry BBQ program has existed for years, and the program for red meat cookery has been a huge success in Tennessee 4-H. With sponsorship for the winners at the state level, the Florida 4-H Tailgate Contest program will be a success in Florida as well. This program will strive to promote enjoyable outdoor cooking experiences, encourage the incorporation of animal protein in the diet in order to combat childhood obesity, improve youth nutritional knowledge and cooking skills, and impart knowledge about safe handling and proper degree of doneness to produce safe and delicious meat.

[Click here to learn more about Fire-Building](#)

UF IFAS Extension
FLORIDA 4-H TAILGATE SERIES
December 2016 | 4H45L44
Revised September 2019

FLORIDA 4-H TAILGATE SERIES

Meat Selection

Introduction
Childhood obesity is a serious public health problem in the US. Today, nearly a third of American children are overweight or obese (CDC, 2015). A contributing factor to childhood obesity is general dependency on prepared food, which is somewhat fueled by our society's dwindling cooking abilities. Many parents do not have the time, or they do not know how to cook, so they have not passed the skill on to the younger generation. The average American knows little about the safe preparation of highly palatable animal protein entrees. Additionally, nutrition research suggests that animal protein in the diet is beneficial to adolescent development (Chapman, 2007).

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[Click here to learn more about Meat Selection](#)

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December 2016 | 4H45L41
Revised September 2019

FLORIDA 4-H TAILGATE SERIES

Cooking Safety

Introduction
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[Click here to learn more about Cooking Safety](#)

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July 2016 | 4H45L40
Revised September 2019

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Cooking Equipment

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[Click here to learn more about Cooking Equipment](#)

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FLORIDA 4-H TAILGATE SERIES
December 2016 | 4H45L43
Revised September 2019

FLORIDA 4-H TAILGATE SERIES

Smoking and Slow Cooking Meat

Introduction
Childhood obesity is a serious public health problem in the US. Today, nearly a third of American children are overweight or obese (CDC, 2015). A contributing factor to childhood obesity is general dependency on prepared food, which is somewhat fueled by our society's dwindling cooking abilities. Many parents do not have the time, or they do not know how to cook, so they have not passed the skill on to the younger generation. The average American knows little about the safe preparation of highly palatable animal protein entrees. Additionally, nutrition research suggests that animal protein in the diet is beneficial to adolescent development (Chapman, 2007).

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[Click here to learn more about Smoking and Slow Cooking Meat](#)



Scorecard

Contestant # _____ Protein _____

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



Visit these links to learn more about recipe development:



Jenna A. Norris and Wendy Dahl²

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.

using breading, gravies, and sauces. Seasoning meats with herbs and spices and cooking them is a healthy alternative to breading and frying—an easy, flavorful way to reduce fat intake. Adopting changes like these can help reduce sodium, fat, and sugar in your diet.



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).

[Click here to learn about UF/IFAS' Shopping for Health: Herbs and Spices](#)

[Home](#)

Updated August 06, 2020



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

Rubs 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 several hours before cooking, however the meat should be covered and refrigerated to maintain food safety. Many flavors will become more pronounced the longer the rub stays on the meat.

[Click here to learn about SDSU Extension's Tips for Making a BBO Rub](#)



December 2016 | 4HASL43
Reviewed September 2019

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The Florida 4-H Poultry BBQ program has existed for years, and the program for red meat cookery has been a huge success in Tennessee 4-H. With sponsorship for the winners at the state level, the Florida 4-H Tailgate

cooking method is an important part of preparing highly palatable animal protein dishes.

Grilling is conducted by placing food within 6 inches of a high, dry heat source for a reasonably short time. Alternatively, a grill can be used as an outdoor oven for baking by placing foods 12 inches or more from a low to moderate heat setting that generates little smoke. A grill can also be used as a smoker by using indirect, dry heat that is below 250°F and accompanied with smoke for an extended period.

Essentially, all proteins can be benefit from low, dry heat cooking, but particular cuts should not be grilled. Beef and pork cuts from locomotion muscles, such as the legs, hips, and chest, tend to be tougher than suspension muscles, such as those from the back, due to a greater amount of insoluble connective tissue. These tougher cuts

[Click here to learn about UF/IFAS' Smoking and Slow Cooking Meat](#)

**FN1826** (Revised April 2020)

Do It Yourself Spice Mixes



Making your own spice blends is a win-win idea that gives your food a pop of flavor while reducing sodium.

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

All editions by MDC

Did you know?

Many store-bought spice blends are high in sodium. For example, 1 teaspoon of garlic salt adds about 970 milligrams (mg) of sodium to a recipe, while 1 teaspoon of garlic powder adds only 2 mg of sodium.

Make it your own

Make changes according to what you and your family enjoy for spice level. Try new flavors or stick with your favorites. Experiment with different amounts and varieties

Key to abbreviations

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

Mexican Seasoning Blend

1½ tsp. parsley, dried
½ tsp. garlic powder
¼ tsp. onion powder



[Click here to learn about NDSU Extension's Do it Yourself Spice Mixes](#)



[Click here to learn about Texas A&M's Flavors & Seasonings](#)



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



Food Safety

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.

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.

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.

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.

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

More Resources

UF IFAS Extension

FSHN14-10

Food Safety at Tailgating¹

Soohyoun Ahn, Jessica A. Lepper, Amarat H. Simonne, and Keith R. Schneider²



Credit: iStock/Thinkstock.com

When summer is almost over and the weather gets cooler, tailgating season is here. Tailgating is an American tradition where food is cooked and served on and around the open tailgate of a vehicle. This is a social event that usually occurs in the parking lot of a sporting event. While tailgating can be great fun for family and friends, you need to make plans

food practices for tailgating and other outdoor sporting events.

How should I pack foods safely for tailgating and sporting events?

To ensure the food safety of the meal you are preparing, foods should be held continuously within safe temperatures (cold food at 40°F or below and hot food at 140°F or above). Guarantee you have enough insulated coolers and ice to hold all your perishable food and beverages at the proper temperature during transport and at the event. These coolers should be cleaned first by removing any standing water or food residues and sanitized by wiping the inside with disinfecting wipes. Then, the coolers should be packed with ice or frozen gel packs to keep food cold, especially on hot days. A plug-in car cooler can be used to hold foods during the event instead of adding ice to coolers. Place a thermometer in the cooler so you can check if the temperature of cold food inside the cooler stays at 40°F or below. It is important to remember to keep cold food cold, but don't forget to keep hot food hot. Get a separate insulated container for your hot foods to ensure they stay safe. Food stored in the temperature danger zone, which is



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Handwashing: Clean Hands Save Lives

CDC

Español (Spanish)



Learn how to promote clean hands in schools

[Click here to learn about Food Safety at Tailgating.](#)

[Click here to learn about UF/IFAS' Food Safety: Grilling.](#)

[Click here to learn about CDC's Hand washing.](#)



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.



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Recommended Internal Temperatures:

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



Fire Safety

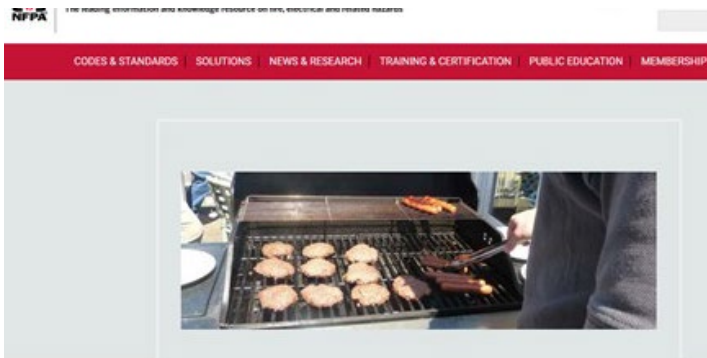
- Never put lighter fluid on a lit fire.
- Never leave your hot grill unattended.
- Coarse salt or baking soda can smother a grease fire.
- Make sure coals are cold before disposing of them.
- Keep young children, pets, and flammable materials away from your grill.
- Loose clothing and open-toed shoes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



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4 grilling fire safety resources to get your summer cooking events off on the right foot

BY LISAMARIE SINATRA

[Click here to learn about National Fire Protection Association's Grill Safety.](#)



December 2016 | 4HASL41
Reviewed September 2019

FLORIDA 4-H TAILGATE SERIES

Cooking Safety

Introduction

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Safety hazards and considerations can be placed into the categories of location, fire safety, and food safety.

Location safety: Secure your grill on a firm and level surface to prevent the grill from tipping over. Your grill should be away from wood siding, shrubs, and any other material that can burn. Keep young children, pets, and flammable materials away from your cooking. Do not place portable grills on tabletops that can burn. Never grill indoors, inside garages, or in other poorly ventilated areas. Charcoal briquettes produce carbon monoxide and can cause illness or even death. Remember that utensils, grill tops, and sides are very hot, so long handled utensils and protective mitts should be used to prevent injury. Loose clothing and open-toed shoes should not be worn.

Fire safety: Only use an approved charcoal chimney starter—never use gasoline or kerosene to start the fire, and never put lighter fluid on a fire. Do not use aerosol cans around fires because many aerosol nonflammables

[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.](#)



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place dry sand or small gravel at the bottom to help the fire “breathe” and burn hotter. If your grill is rounded on the bottom, use the sand or gravel to make the fire base level. If your grill has bottom vents, open them before starting the fire. Select a high-quality charcoal. Higher quality charcoal briquettes start more easily and burn more uniformly. To determine the number of charcoal briquettes, spread briquettes 1 to 2 inches beyond the area that meat will cover on the cooking rack. Start your charcoal by using liquid starter, chimney starter, or ready-to-light charcoal.

Liquid starter: Arrange the charcoal in a pyramid shape on the charcoal or fire grate. Add the liquid starter according to manufacturer's directions and wait at least 1 minute before lighting with a long stem match or long stem butane lighter.

Chimney starter: You can purchase a chimney starter or make one by punching or drilling holes around a large can. Place newspaper at the bottom of the chimney starter and put charcoal on top of the newspaper. Light the

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Meat Selection

[Click here to learn about meat selection.](#)



Meat Selection

More Resources

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AN229

Fresh Meat Selection for Consumers¹

Chad Carr, Ed Jennings, and Larry Eubanks²

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, with 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 food service distributors and some retailers have the ability to further cut primal and subprimals into retail cuts. Large red meat processors, such as Tyson, Cargill, Smithfield, and National Beef, operate further processing facilities which create ready-to-sell 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

whole-muscle cuts are used as lean trim for ground beef, pork, or lamb.



Figure 1. Flow diagram of red meat fabrication.

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.

[Click here to learn about UF/IFAS Extension's Meat Selection.](#)

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Meat Selection

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Reviewed September 2019

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Meat Selection

Introduction

Childhood obesity is a serious public health problem in the US. Today, nearly a third of American children are overweight or obese (CDC, 2015). A contributing factor to childhood obesity is general dependency on prepared food, which is somewhat fueled by our society's dwindling cooking abilities. Many parents do not have the time, or they do not know how to cook, so they have not passed the skill on to the younger generation. The average American knows little about the safe preparation of highly palatable animal protein entrées. Additionally, nutrition research suggests that animal protein in the diet is beneficial to adolescent development (Cloghorne, 2007).

The Florida 4-H Poultry BBQ program has existed for years, and the program for red meat cookery has been a huge success in Tennessee 4-H. With sponsorship for the winners at the state level, the Florida 4-H Tailgate Contest program will be a success in Florida as well. This program will strive to promote enjoyable outdoor cooking experiences, encourage the incorporation of animal protein in the diet in order to combat childhood obesity, improve youth nutritional knowledge and cooking skills, and impart knowledge about safe handling and proper degree of doneness to produce safe and delicious meat.

with the proper kind of cookery is one key to preparing highly palatable animal protein dishes.

Grilling is conducted by placing food within 6 inches of a high, dry heat source for a reasonably short time. Grilling generally works for tender cuts of meat, portioned approximately for one person. Cuts used for grilling should generally be at least 0.75 inches to 1 inch thick. Cuts that are 0.5 inches thick or thinner can have acceptable palatability, but they are also easy to overcook when grilled. Large pieces, roasts, and whole chickens can become overcooked on the outside but remain undercooked inside. Less tender red meat cuts and whole chickens can be smoked or grilled if placed more than 6 inches above the heat and grilled at lower temperatures for longer periods of time.

Grilling is suitable for essentially all poultry and seafood as most will be reasonably tender. Grilling is also acceptable for more tender cuts of beef and pork. See EDIS document AN229, *Fresh Meat Selection for Consumers*, for more information on beef and pork cut selection: <http://edis.ifas.ufl.edu/an229>.

Many less tender cuts of beef and pork are "non intact" because they have been needle tenderized, enhanced, or

[Click here to learn more about Meat Selection](#)

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.

USDA PRIME 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.

USDA CHOICE **What's the cost?** 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.

USDA SELECT Leftover meat can be incorporated in sandwich spreads, salads, soups, casseroles, stir-fry combinations, and other dishes where complementary ingredients act as extenders.

Use 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.

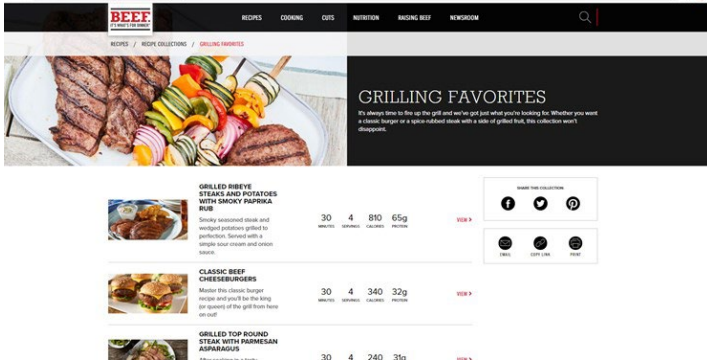
Meat buying guide	
Purchasing fresh meats	
Beef	Beef should be red with fat content creamy white in color. Texture should be fine-grained and firm. <ul style="list-style-type: none">• Vacuum-packed beef will have a darker, bluish-red color until packaging is removed.• The red color of ground beef decreases as the amount of fat increases.• Increased fat content usually means a lower price; however, expect shrinkage to occur during cooking.

[Click here to learn about Purdue's Purchasing Meat.](#)



Recipe Ideas

Visit these links to research grilling recipes.



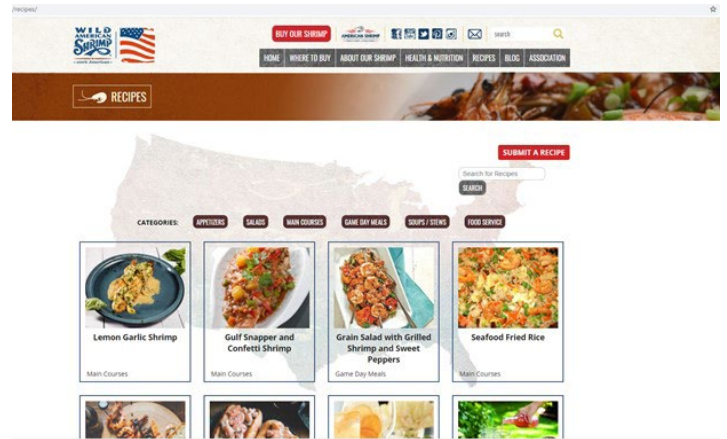
[Click here to learn about Beef Grilling Recipes](#)



[Click here to learn about Pork Grilling Recipes](#)

NATIONAL CHICKEN COUNCIL

[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

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