



# Chef for a Day



## GRILL-OFF OBJECTIVES

- Increase youths' interest in and knowledge of beef products
- Increase youths' interest in and knowledge of grilling techniques and methods
- Increase youths' interest in and knowledge of meal planning and food preparation
- Help youth gain knowledge of food safety and preparation
- Provide youth with a hands-on culinary learning opportunity to help them learn about meat products and preparation, and the importance of protein in the diet
- Help youth develop life skills, food literacy and leadership abilities, and enhance their communication skills and self-confidence while improving their decision-making skills and ability to make healthful food choices

## PARTICIPATION RULES

1. 4-H'ers and other participants 11 to 18 years old are invited to join the fun.
  - Junior division – ages 11 to 14
  - Senior division – ages 15 to 18
2. Participants may compete as an individual or as a county (*or combined county*) team of three to four members. Small teams may be merged with teams from other small counties. Each team may include a mentor (youth or adult volunteer, industry producer, parent, chef or food industry worker) who can coach the team through the preparation period. The mentor must not do the team's work. Counties can enter multiple teams. In the event equipment is limited during a face-to-face event, counties may be restricted to a number of teams that may enter.
3. The 4-H'ers should prepare the selected recipe enough times before the contest to be familiar with it. When the contest is held in-person, do not bring the dish already prepared to the contest. Participants should practice the recipe in the presence of a parent or guardian prior to the contest.
4. The team will prepare the main beef entrée and a side dish (salad, skillet or omelet, etc.) featuring North Dakota-grown products. Participants are encouraged to use up to three additional special ingredients (no home-processed products) to make their dish original. No refrigeration will be provided when the event is held in-person. This means participants can bring only unopened items in original packaging or containers such as cans, bottles, or bags.
5. Participants must follow proper food safety procedures during preparation of the dish. See [www.fsis.usda.gov/shared/PDF/Kitchen\\_Companion.pdf?redirecthttp=true](http://www.fsis.usda.gov/shared/PDF/Kitchen_Companion.pdf?redirecthttp=true) for information on handling and cooking food safely.
6. **Face-to-face event:** Participants will prepare their recipes, transfer the dish to the provided serving plate and add any garnish before placing it on the judges' table.
7. **Virtual event:** Participants will prepare their recipes, take a picture from the top/side of the plate to show presentation of dish and a second picture with your main dish cut open so the judge can see the inside of your entrée.
8. Basic grilling equipment (grill, skillet, spoons, spatulas, measuring cups and mixing bowls, cutting boards, knives, vegetable peeler, can opener, power cords and hot pad holders) will be provided to use in preparation of dishes when held in-person.
9. Accessories such as place mats, napkins, flowers or figurines are not allowed.
10. Each team/individual must submit a copy of the recipe. An 8½- by 11-inch document holder, paper and markers will be provided when event is held in-person. The recipe should include ingredients, preparation instructions, and serving size.
11. Participants will give a brief (three- to five-minute) oral presentation on their final food product. For example, a participant may discuss the preparation process, nutritional information or facts and estimated cost. When held in-person, a panel of judges may ask the contestants questions. **For the virtual contest, participants will submit a 3 minute video discussing their product.**
12. 4-H'ers should wear close-toed shoes and long pants when grilling, for safety reasons. 4-H'ers should be well-groomed. When possible, 4-H'ers should be wearing a 4-H shirt with the 4-H logo. Participants should secure their hair so loose hair cannot fall into the dish being prepared. Wearing a ball cap is an acceptable method.





## IN-PERSON EVENT PROCEDURES

1. Participants will check in five to 10 minutes prior to their assigned educational experience. This allows time for team members to wash their hands prior to the start.
2. Participants receive a 4-H grilling apron for competing in the Chef for a Day contest.
3. Participants will participate individually in the **BBQ Junior Grill Masters Bootcamp** prior to the grill-off contest to ensure they have an understanding of food safety and preparation skills for a successful grill-off.
4. Participants will come into the competition area with all materials needed for the grill-off (recipe, special preparation equipment and secret ingredients; exception: beef will be provided).
5. Teams/individuals will have their own station and approximately 40 to 60 minutes to prepare their dish depending on the beef product provided.
6. Participants will gather supplies from a common pantry/display table and may have brought with them up to three secret food ingredients to include in their menu item.
7. Participants will display their menu item on the provided serving plates.
8. Participants will be called upon by team to present their item and give their three- to five-minute presentation.
9. Teams/individuals will be interviewed and evaluated on a team basis. Guidelines for evaluation will be provided for the judges.

## VIRTUAL EVENT PROCEDURES

1. Participants will register online. Once registered, participants will need to return a parental agreement form. Participants will take a short survey using a Qualtrics link that will be sent to your email.
2. Participants will participate individually in the **BBQ Junior Grill Masters Bootcamp Webinar** prior to the grill-off contest to ensure they have an understanding of food safety and preparation skills for a successful grill-off.
3. Participants will set up their own grilling area with all materials needed for the grill-off (recipe, special preparation equipment and secret ingredients).
4. Participants will need to gather supplies from the common pantry items listed below, if you desire to use these items. Participants may use up to three secret food ingredients to include in their menu item.
5. Participants will submit their menu item using two photos, one of the entire plate to show presentation or entrée and one of the entrée cut in half.
6. Participants will submit a video comprised of a 3-minute oral presentation discussing their menu item.
7. Guidelines for evaluation of photos and oral presentation will be provided for the judges.

## COMMON PANTRY ITEMS

- The following items will be available from a common food pantry: beef products chosen for that day (for example, beef sirloin, hamburger), lettuce, assorted peppers, tomatoes, cucumbers, carrots, celery, onions, broccoli, salt, pepper, soy sauce, Worcestershire sauce, vinegar, oil, garlic, cornstarch, thyme, oregano, cilantro, individual salad dressing packets (French, Italian and Ranch), water, and orange, and pineapple juice.

## SUGGESTIONS

- Learn about beef in today's Beef Choices, [www.ndbeef.org/beef\\_choices.aspx](http://www.ndbeef.org/beef_choices.aspx)
- Utilize tools from the ND Beef Commission with interactive games and educational opportunities at <http://www.ndbeef.org/>
- Choose a grilled salad recipe and know about the recipe to present with your beef plate
- Know how the recipe fits into MyPlate, [www.choosemyplate.gov/](http://www.choosemyplate.gov/)
- Know the food preparation techniques used.
- Know safety and sanitation procedures used, [www.fsis.usda.gov/Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/Fact_Sheets/index.asp).
- Review youth cooking ideas and food preparation tips, [www.kidsacookin.ksu.edu/](http://www.kidsacookin.ksu.edu/)
- Review cooking videos on beef preparation, <https://www.allrecipes.com/search/results/?wt=beef&sort=re>
- Curriculum options include 4-H Fantastic Foods, 4-H Nebraska Fast Foods, Cooking with Kids Resource Library, <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

**For more information, contact:** Leigh Ann Skurupey, State 4-H Youth Development Specialist – Animal Science, at [LeighAnn.Skurupey@ndsu.edu](mailto:LeighAnn.Skurupey@ndsu.edu) or 701-231-6658



## OVERVIEW FOR IN-PERSON EVENT

- If charcoal grills are being used, one hour prior to the contest, Weber charcoal grills will be started.
- Judges will observe fire, propane and food safety procedures.
- A team of three judges will evaluate beef products with a score sheet.
- Judges will assess proper cooking temperature/degree of doneness.
- Each judge will consume a portion of each 4-H team's prepared beef entrée and side dish.
- Ground products must be cooked to a temperature of at least 160 F.
- Judges will be instructed to independently score all components of the products turned in for palatability.

## ENTRY

- **Free** for all youth participants.

## JUDGES EVALUATION

- Grill-off scoresheet – 182 total points
  - ✿ Preparation & process (25 pts)
    - Safe food preparation (5)
    - Effective use of equipment/utensils (5)
    - Effective use of time (5)
    - Work space clean and safe (5)
    - Process format & steps appropriate for skill (5)
  - ✿ Nutritional & culinary knowledge (25 pts)
    - Nutrition knowledge demonstrated (5)
    - Beef product knowledge (5)
    - Culinary food preparation skills demonstrated (5)
    - Addresses food safety issues (5)
    - Knowledge of serving size/cost information (5)
  - ✿ Final product presentation (40 pts)
    - Incorporation of local food products (5)
    - Creativity & originality (5)
    - Appearance & color (5)
    - Flavor (5)
    - Texture (5)
    - Tenderness (5)
    - Moisture (5)
    - Aroma (5)
  - ✿ Presentation and interview (30 pts)
    - Reflection of meal: consumers/families (5)
    - Introduction & friendliness (5)
    - Teamwork demonstrated through presentation/for individuals – professionalism (5)
    - Appropriately dressed & groomed (5)
    - Effective use of time (5)
    - Response to questions/communication (5)
  - ✿ Taste (20 pts)
    - Final product flavor, aroma & texture; overall creativity & originality
  - ✿ Appearance (20 pts)
    - Final product appearance & color; overall product presentation & originality
  - ✿ Team Knowledge (20 pts)
    - Nutritional culinary knowledge demonstrated; knowledge & promotion of beef meat cuts
  - ✿ Did team provide a recipe (2 pts)?



## OVERVIEW FOR VIRTUAL EVENT

- Make sure to return signed parental agreement once registered.
- Make sure to fill out the Qualtrics PRE-survey once registered.
- Submit two photos, one of the entire plate and one with your entrée cut open.
- Submit a video describing your menu item in under 3 minutes.
- If you desire, submit a picture of your grilling.
- A team of two judges will evaluate beef products with a score sheet.
- Judges will assess oral content from video, presentation of entrée from photos submitted and evaluate food safety techniques.
- Ground products must be cooked to a temperature of at least 160 F.
- Judges will be instructed to independently score all components submitted.

## ENTRY

- **Free** for all youth participants.

## JUDGES EVALUATION

- Grill-off scoresheet – 142 total points
  - ✿ Preparation & process (**discuss in oral presentation**) (25 pts)
    - Safe food preparation (5)
    - Effective use of equipment/utensils (5)
    - Effective use of time (5)
    - Work space clean and safe (5)
    - Process format & steps appropriate for skill (5)
  - ✿ Nutritional & culinary knowledge (**discuss in oral presentation**) (25 pts)
    - Nutrition knowledge demonstrated (5)
    - Beef product knowledge (5)
    - Addresses food safety concerns (5)
    - Knowledge of serving size/cost information (5)
  - ✿ Final product presentation (**discuss in oral presentation**) (20 pts)
    - Incorporation of local food products (5)
    - Creativity & originality (5)
    - Appearance & color (5)
    - Texture (5)
  - ✿ Presentation and interview through oral video submission (**3 min max**) (30 pts)
    - Reflection of meal: consumers/families (5)
    - Introduction & friendliness (5)
    - Teamwork demonstrated through presentation/for individuals – professionalism (5)
    - Appropriately dressed & groomed (5)
    - Effective use of time (5)
    - Response to questions/communication (5)
  - ✿ Appearance (20 pts)
    - Final product appearance & color; overall product presentation & originality
  - ✿ Knowledge (20 pts)
    - Nutritional culinary knowledge demonstrated; knowledge & promotion of beef meat cuts
  - ✿ Did team provide a recipe (2 pts)?

