

## **WV BEEF EXPO GRILL-OFF CONTEST**

**Sponsor: WV Cattlemen's Association**  
**[It's a new twist on the beef cooking contest]**

We're looking for chefs with wonderful beef grilling recipes, and a flair for preparation to participate in the **WV Beef Expo 2023 Beef Grill-Off Contest**. PLEASE READ CAREFULLY, AS THIS IS A NEW STYLE OF BEEF COOKING CONTEST.

Read how this Grill-Off Contest will work...Put together a team from your FFA, 4-H, Jr. Beef organization or be a youth solo contestant and enter the Beef Grill-Off at the WV Beef Expo for 2023. Then find a great beef recipe that you can prepare on a grill. Next, write a fun skit no longer than three minutes that ties into your recipe and promotes the good things about eating beef. Skits can be spin offs from old or new TV shows, singers, political characters, etc. Look on You Tube for some beef skit ideas. You will also set a provided table for four with tablecloth, dishes, tableware, centerpiece, napkins, etc. to go with your skit and grilled beef dish. You may add a side dish and beverage, but they are not judged. The contest will be on Friday afternoon, April 7, 2023 at the outdoor pavilion near the Multipurpose Building by the air strip. Your team will need to arrive in time to set your table, prepare your beef on the grill, and have any side dish/beverage ready to present by the starting time. The contest will be on Friday afternoon, April 7, 2023, beginning at 2:30 p.m. Familiarize your team with facts about beef to answer any questions a judge may ask at the end of your presentation. (Facts like what qualities are in great beef, why is it a good meat to eat, what's healthful about beef, etc. Try to include some of these things in your skit also. You can find that info online, contact your extension office or contact Jessie Pennell at the WV Cattlemen's Association at 304-517-3147 to find factual info for your team to study if you need it.)

A panel of three judges will critique the Grill-off entries. There will be two age divisions for youth.

The event is educational, competitive and fun! The Grill-off will foster a cooperative spirit. The Grill-off is also an excellent way to educate, promote, and entertain non-participants in the audience, while promoting our chief end product—BEEF.

### **WV Beef Expo Youth Grill-Off Contest Rules**

1. There will be two age divisions.
  - a. Younger team or individual youth (ages 9-15)
  - b. Older team or individual youth (ages 16-21)All ages will be determined as of January 1 of the event year. Teams may consist of 1 to 6 members.
2. All entries must use beef in the recipes for the grill.
3. No alcoholic beverages may be used in the recipe, presentation, or be presented to the judges.
4. All entries will be evaluated in two separate categories. The first being SHOWMANSHIP (presentation of the dish) and the second being RECIPE (taste of the dish). The scores in these two categories will be averaged for a final score.
5. All names of Grill-off participants, age, birthdate and address, along with a typed copy of the team's recipe must be submitted to Grill-off officials **postmarked by March 16, 2023**.
6. The contestant will furnish all ingredients except the beef, if teams choose to have beef provided by the WV Cattlemen's Association. Teams wishing to have their beef provided

must contact Jessie Pennell at the WV Cattlemen's Association office (304-517-3147).

7. Your outdoor grill must be furnished by the entrants. You will need to bring pots, pans and utensils to work with. Refrigeration will be available for the beef and other items on a limited basis prior to the contest if you let that need be known.
8. In keeping with the "fun" aspect of this contest, entrants are encouraged to choose a theme, dress accordingly and serve the beef in a manner keeping with that theme. Participants should use imagination and creativity in choosing and serving the finished "dish" in that style.
9. Cooks may begin preparations anytime they deem necessary on contest day to be ready for judging at the designated time. One or two adults must be present with the team during the food preparation time to assist when need be and to assure safety. Some items like cleaning vegetables or fruits may be done off site to speed prep time, but the team and their adult leaders should all participate to ensure that the entire team knows every aspect of preparing this menu. Remember to include clean-up in this activity.
10. Persons interested in learning more about the Grill-off should contact: *Krista Hayes, 153 Gnegy Church Road, Eglon, WV 26716, (304) 735-3511.*
11. First and second place prizes will be awarded in both age divisions.
12. Mail your entry **POSTMARKED by March 16, 2023** to *Krista Hayes, 153 Gnegy Church Road, Eglon, WV 26716.* Please use the entry form below.

Team Club/ Individual Name: \_\_\_\_\_

Team Club/Individual County: \_\_\_\_\_

Team Members/Individual Name, Address, Birthdate and Age and as of January 1, 2022:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Check one \_\_\_\_ Younger Team/Individual (ages 9-15) \_\_\_\_ Older Team/Individual (ages 16-21)

Recipes may be printed for public use by the WV Cattlemen's Association.

Please attach a copy of your beef recipe.