

Muskogee Chillin-n-Grillin Youth Cook-off

The Muskogee Exchange Club and Muskogee County 4-H/OCES* are pleased to announce the Youth Grilling competition as a part of the 2016 Muskogee Chili and BBQ Cook-off. The youth grill contest was developed to address the need for a food and nutrition experience for Muskogee area youth and develop interest in competitive BBQ. This contest, modeled after adult BBQ competitions at the Chili Cook-off, challenges teams of three members to create a grilled chicken breast. Chicken will be provided to each team. Teams will provide a grill, utensils, spices, etcetera to prepare, season, and grill their entry. In addition to using their food and nutrition knowledge, creativity and leadership skills to prepare the dish contestant will also make a presentation about it to the judges. The Chillin-n-Grillin Youth Cook-off allows junior cooks to demonstrate their culinary and food safety skills to judges and observers.

*(Oklahoma Cooperative Extension Service)

The objectives for the Chillin-n-Grillin Youth Cook-off:

- Provide opportunities for participants to exhibit their food and nutrition knowledge, skill, and creativity when preparing and presenting food.
- Provide opportunities for participants to learn from other team members, while promoting teamwork.
- Give participants opportunities for public speaking and leadership.
- Give youth an opportunity to participate in a competitive event.
- Build interest in youth participation in the adult competitive BBQ contest.

Participant Rules

1. Age. Age divisions are determined by a participant's Current Grade in School. The oldest team member will be used to decide between age divisions.
 - a. 3rd-8th Grade
 - b. 9th-12th grade
2. Members per team. Each team will have a minimum of two and maximum of three members. Each team will also provide one adult to monitor safety. Adults will be allowed to help teams get their grill lit. At the beginning of the contest adults will be assigned to monitor safety of another cook team.
\$10 Entry fee
3. All teams will be provided 2 boneless skinless chicken breasts. Teams will provide all seasoning, sauce, or other ingredients.

4. Garnish: Only leafy greens will be allowed for garnish. Sauces may be used to cook meats but once cooking is complete, sauces cannot be added prior to putting the meat in the judging container.
5. Attire: Clean aprons, lab coats or chef's coats; closed toed shoes; long pants and hair coverings are required for all team members. Appropriate clean hair coverings include: caps, bandanas, skullcaps and hairnets. Long hair must be tied back. Each team will have the option of wearing coordinated clothing.
6. Equipment box: Each team must supply their own equipment for the contest. Any extra equipment will be confiscated and the team may be disqualified.

In an effort to make this contest as fair as possible each team CAN bring an equipment box containing only the following items: (all items are not required)

Measuring cup, liquid (1)	Cutting boards/mats (2)
Measuring cups, dry (1 set)	Plastic tub for dirty dishes (1)
Measuring spoons (1 set)	Paper towels (1 roll)
Mixing bowls (2)	Rolling pin (1)
Non-Stick cooking spray (1)	Rubber spatula (1)
Note cards (4x6)	Sanitizing wipes
Grilling turner (1)	Sauce pan w/lid (1)
Pencil/Pen (2)	Serving utensil (1)
Storage bags or containers	Stirring spoon (1)
Tongs (1)	Vegetable peeler (1)
Whisk (1)	Aprons (3)
Fork (1)	Hand sanitizer (1)
Garlic press (1)	Kitchen shears (1)
Grater (1)	Kitchen timer (1)
Hot pads (2)	Kitchen towels & Wash cloths (2 of each)
Knives (3)	Bowl, small (1)
Can opener (1)	Food thermometer (1)
Baking sheet (1)	Calculator (1)
Colander, medium (1)	Disposable tasting spoons
Presentation tray/plate(1)	Disposable Gloves

7. Judges reserve the right to disqualify teams demonstrating unsafe food safety practices or dangerous use of the equipment.
8. Participants with disabilities. Any competitor who requires auxiliary aids, special accommodations or has food allergies must contact the Muskogee 4-H Office at least two weeks prior to the competition. (918-686-7200)
9. A Styrofoam to go style container will be provided to each team to turn their entry in for food judging.

10. Judging of meat is based upon: appearance, aroma, tenderness, taste, and aftertaste.
With 10 points available each for a total of 50 points.
11. Each team will present a 2 minute presentation to a team of judges. 10 points are available for the presentation. Topics CAN include:
 - a. What the team did to prepare for the contest.
 - b. Type of Grill used
 - c. Flavorings used-seasonings, vegetables, fresh or dried, etc.
 - d. Temperature of the grill, internal temperature of the Chicken.
 - e. Food Safety
 - f. Nutrition
12. Prizes—To be determined
13. Location—In the Kids Zone area of the Cook-off. (Northeast Corner of the Farmers Market Pavilions)
14. Timeline

- Registration: <April 1st 4:30pm \$10 Early Registration Due
<April 8th 4:30pm \$15 Late Registration Due

OSU Extension Office 1440 S. Cherokee St. Muskogee OK 74403

- Contest Day April 9th
 - 12:30-1 PM set up cook station
 - 1 PM orientation meeting
 - 1:15 PM Light charcoal grills and final cook station prep.
 - 1:30 PM Hand out chicken breast, Contest Begins
 - 2:10 PM Turn in—Trays accepted 2:05-15 absolutely nothing accepted after 2:16 on the clock.
 - 2:20 PM Chicken Judging
 - 2:45 PM Teams make presentations to the judges.
 - 4:00 Winners announced with the adult judging results.

Registration Form Due 4/1/15 \$10 (Late fee: \$15 till 4/8/15)

Team Name: _____

Organization: _____

Team members (Include all team members on one form)

1. _____ Grade: _____

2. _____ Grade: _____

3. _____ Grade: _____

Teams will compete in Junior or Senior age divisions:

Juniors: Grade 3, 4, 5, 6, 7 and 8(As of Jan. 1)

Seniors: Grade 9, 10, 11, and 12 (As of Jan. 1)

If any member of the team is 9th grade or above the team must compete as a senior team.

Adult contact for team: _____

Contact person phone number: _____ Cell: _____

Contact person address: _____

Contact person's email _____

****Please be aware ingredients used maybe allergenic for some individuals.**

If any team member has food allergies please list members name and their allergy below:

Liability Release for Minors competing in Chillin-n-Grillin Youth BBQ Contest

Required:

YOU HEREBY ACKNOWLEDGE THAT THE FOLLOWING ACTIVITIES, INCLUDING, BUT NOT LIMITED TO *GRILLING, USE OF CUTLERY, AND RISK OF FOODBORN ILLNESSES* ARE EXPECTED TO TAKE PLACE IN THE CHILLIN-N-GRILLIN, AND BY SIGNING THIS FORM YOU RECOGNIZE THESE RISKS AND AGREE TO HOLD *EXCHANGE CLUB OF MUSKOGEE* HARMLESS FROM ANY & ALL INJURIES INCURRED AS A RESULT OF THE MINOR CHILD'S PARTICIPATION. FURTHERMORE, BY SIGNING THIS FORM YOU ACKNOWLEDGE THAT HAVE THE LEGAL AUTHORITY TO WAIVE ANY AND ALL LIABILITY ASSOCIATED WITH THESE ACTIVITIES ON BEHALF OF SAID CHILD, AND AGREE TO DO SO.

TEAM MEMBER #1

CHILD'S NAME

*PARENT/GUARDIAN'S NAME
PRINTED*

*PARENT/GUARDIAN'S SIGNATURE
AND DATE*

TEAM MEMBER #2

CHILD'S NAME

*PARENT/GUARDIAN'S NAME
PRINTED*

*PARENT/GUARDIAN'S SIGNATURE
AND DATE*

TEAM MEMBER #3

CHILD'S NAME

*PARENT/GUARDIAN'S NAME
PRINTED*

*PARENT/GUARDIAN'S SIGNATURE
AND DATE*