

SENIOR 4-H CHICKEN BARBECUE DEMONSTRATION CONTEST COMPETITION GUIDE

(75% Outdoor grilling of chicken *and* 25% demonstration / illustrated talk)

PURPOSE OF CONTEST:

- To develop leadership skills and to work toward achieving the broad objectives of developing sound character and effective citizenship.
- To acquire scientific knowledge and improved understanding of the economy, versatility and nutritional value of chicken broiler meat and its relationship to human nutrition and health.
- To help youth develop skills in the preparation and use of chicken and to acquire the ability to express their ideas proficiently and efficiently through participation in projects, talks, discussions, demonstrations and exhibits.

Eligibility

- I Contestants must be in the ninth – twelfth grades.
- II Each county may have up to two representatives in the division.

RULES AND INFORMATION SPECIFIC TO THE CHICKEN BARBECUE DEMONSTRATION CONTEST:

1. One statewide contest will be held at the Georgia 4-H Food Showcase at Rock Eagle 4-H Center.
2. County Extension Agent of 4-H'er must register 4-H'er in online Camp and Event Registration for the contest by due date.
3. The contestants will be scored for barbecue skills, sensory evaluation, and presentation by two judges using the barbecue contest score sheets.
4. Each contestant will prepare **two** 1¼ to 1½ pound chicken halves provided to them by the contest monitors. They will be evaluated during the preparation of their chicken by judges utilizing the barbecue skills score sheet.
5. There will be a 2½ hour time limit for the preparation of the chicken. The chicken will not be available to the contestant prior to the contest starting time. The fire may not be lit until the contest starting time. Chicken shall not be marinated prior to start of the contest. Contestant may not inject or insert any fluid, sauce, or additive into the chicken. Chicken halves may not be placed in baskets to aid in turning.
6. Chimney-starters may be used but such devices must be placed inside the grill before and during ignition and removed from the grill prior to addition of the chicken for cooking. Fire is restricted to inside the provided grill. Burning materials outside the grills will be considered as a fire hazard. The use of non-charcoal combustible fuel is to be limited. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or used.
7. Contestants must bring their own portable barbecue grill.
8. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be commercial or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation). Contestants are expected to use a meat thermometer. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used. Remember browning is a part of the sensory score sheet.
9. Each contestant will be assigned a cooking space along with a work area adjacent to their grill. Contestants must bring their own charcoal and lighter fuel. Self-starting charcoal or automatic fire starter blocks will not be permitted.
Contestants will dress neatly and appropriately for the contest. Contestants must wear comfortable closed-toe shoes, aprons, and restrain hair with clamps, pins, barrettes, net or hat.
10. Contestant must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with the cooking of the chicken to include ingredients and special instructions if necessary for food

safety, relating to these ingredients such as keeping sauce ingredients either cool or heated. **NOTE:** Three (3) copies on note card stock, single 3 inch by 5 inch size preferred containing these cooking instructions or recipe must be provided to judges – 2 copies to skills judges before starting fire, and 1 copy to turn in to sensory evaluation judges with the cooked product.

Recipe cards need to include the following information:

- a. Name of recipe and contestant number
- b. Ingredients and general cooking instructions
- c. If special cooking techniques were used to achieve unique flavoring

12. Contestant is to have turned in product by the end of stated cooking time. Contestants will be notified 15 minutes prior to the end of the cooking time. Each contestant will present two intact, barbecued chicken halves to the panel of judges at the conclusion of their cooking time on plates or containers provided. No garnishes, dips or additional items shall be presented on the plates or submitted to the judges. Note that one recipe card or cooking outline card for the sensory judges must accompany the product. Product will be evaluated using the sensory score sheets.

13. ORAL PRESENTATION RULES:

An illustrated presentation, including factual information about broilers, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:

- The broiler chicken industry in the United States and its economic importance
- General food safety, including safe storage and handling of chicken (uncooked and cooked)
- Nutritional value of chicken meat and role in a balanced diet

Contestants will be allotted a maximum of 10 minutes for their presentation. Judges will have up to 3 minutes for questions directed to contestants. Questions may be related to statements made by the contestant during their presentation that the judges feel might need further explanation. No contestant will be allowed to have any form of identification as to name or state represented, including from the presentation content, posters, or from the tabletop graphics utilized during the oral presentation. Easels will be provided. PowerPoint presentations using a computer and computer projector can be used. Contestants should check with the fair prior to contest to see if they need to provide their own laptop and computer projects. PowerPoint presentations are not to include audio.

14.* In case of a tie following tabulation of contestant scores, the tie scores of the top five contestants will be broken in descending order by:

- Highest score in Sensory Evaluation
- Highest score in Barbecue Skills portion
- Method determined by contest committee

Awards

1. Each participant will receive a certificate (printed by the County) and a state award pin.
2. First, second and third place state winners will be recognized as follows:
 - 1st – Plaque and ribbon
 - 2nd – Plaque and ribbon
 - 3rd – Plaque and ribbon
3. The State winner will:
 - a. Become eligible for Master 4-H'er status.
 - b. Participate in the Special Events Winners Recognition at State 4-H Congress. Travel to and from State Congress recognition program is not covered.
 - c. Compete at the National Contest held during the National 4-H Poultry and Egg Conference in Louisville, KY. Travel should be coordinated with the state winning Poultry Judging Team and/or State Egg Preparation Contest winner. A maximum of \$300 is allotted for the 4-H'ers expenses and \$300 for the chaperon's expenses.

Contestant No.

Date:

4-H Chicken Barbecue Contest
Presentation Score Sheet

	Points Scored	Comments
A. Participants (Total Points 10) Well groomed Dressed appropriately Voice distinct & reasonably strong Pleasant, natural, yet enthusiastic and convincing		
B. Subject Matter (Total Points 25) Participant well informed and demonstrated knowledge of corresponding turkeys/ broilers and industry Information presented accurately, practicality, and adequately addressed Incorporated factual nutritional information and addressed food safety issues		
C. Presentation (Total Points 25) Introduction brief & interesting Methods suited to subject matter and venue Information given in logical manner Equipment & materials handled with ease and skill with visuals, easily seen & understood Effective use of time Important points summarized		
D. Results* (Total Points 5) Overall effectiveness of presentation Questions answered satisfactorily		
TOTAL POINTS		

Contestant No.

Date:

4-H Chicken Barbecue *Cooking Skills*

	Points Scored	Comments
Equipment and Utensils (point value 5) Practical?_____ Efficient?_____ Complicated? Timely?_____ Appropriately arranged?_____ Cleanup of work area and equipment? Contestant furnished appropriate recipe card?_____		
Appearance and Cleanliness (point value 5) Person and equipment: Initially: (inappropriate, marginal, appropriate) While Cooking: (inappropriate, marginal, appropriate) Apron / Attire (inappropriate, marginal, appropriate)		
Starting Fire (point value 10) Was skill demonstrated in starting fire? Yes No Was method of lighting safe? Yes No Was extra fuel needed to start fire? Yes No		
Controlling Fire (point value 15) Was person skilled in controlling fire? Yes No Was there excessive smoke of flame? Yes No Fire and heat control: (Too hot, appropriate, too cool) Excessive heat required control measures? Yes No -excessive ash dust stirred up? Yes No NA If needed, was charcoal added properly? Yes No NA		
Preparing Chicken for Cooking (point value 10) Demonstrated Overall Cooking Skills? Yes No Safe use of knife? Yes No Trimmed excess fat? Safe handling of uncooked chicken: (inappropriate marginal appropriate)		
Skill in Barbecuing (Point value 25) Did cooking start with skin side up? Yes No Was chicken turned before blistering? Yes No Was skin torn stuck to grill? Yes No Was sauce uniformly applied? Yes No Food Safety Issues Observed (cleanliness, contamination, handling, check for doneness?)		
TOTAL POINTS		

Contestant No.

Date:

4-H Chicken Barbecue Sensory Evaluation

Note: If the product handed in is severely undercooked and the judges deem it unsafe to eat, sensory evaluation will end with the first two categories on this scoresheet and zeros will be given in the remaining categories.

	Points Scored	Comments
Appearance (Point value 15) Color (too light, moderate, too dark) Uniformity (not uniform, moderate, uniform) Burnt/blistered (severe, moderate, none) Speckled with Ash (severe, moderate, none) Skin Torn (severe, moderate, none)		
Degree of Doneness- both halves (Point value 20) Drumstick (undercooked, done, overcooked) Wing (undercooked, done, overcooked) Breast (undercooked, done, overcooked)		
Texture (Point value 15) Chewiness (tough, chewy, tender) Rubbery (much, moderate, none) Juiciness (dry, moist, wet)		
Flavors (Point value 25) Chicken (poor, moderate, good, excellent) Sauce (weak, moderate, too strong) Off Flavor (weak, moderate, too strong) BBQ Flavor (weak, moderate, too strong)		
After Taste (Point value 5) (strong, moderate, weak, none)		
TOTAL POINTS		

GEORGIA 4-H CHICKEN BARBECUE CONTEST

Tips for A Successful Chicken Barbecue:

Cooking barbecue is a national pastime—as American as apple pie! What is more welcome than the aroma of food cooking on an outdoor grill? Barbecue cooking is for everyone—men and women, young and old.



First Things First. . .

The first thing you need to know about cooking poultry is the importance of sanitation. It is important to practice good sanitation at all times—especially when cooking. It is most important when handling poultry products.

Salmonella is a bacteria that occurs everywhere in nature and can cause a serious food poisoning. Because these bacteria can grow quickly on poultry it is important that you follow these guidelines:

1. Always wash your hands with soap and water before handling raw poultry. Wash them again after handling it. Use paper towels and throw them away after drying your hands.
2. Keep raw poultry cold, either in a refrigerator or packed with ice.
3. Keep hot poultry hot. Serve it immediately after cooking; do not leave it at room temperature any longer than necessary to complete the meal.
4. Wash cutting boards, counter tops, knives and other surfaces touched by the raw poultry with soap and water. Again, it is a good idea to use paper toweling and throw it away after you use it.
5. Be sure to have the fire hot before placing raw poultry on it to cook. A low fire provides a good environment of bacteria to grow.

Getting It All Together . . .

Use the equipment checklist we have provided for you to be sure you have everything you need.

EQUIPMENT CHECKLIST

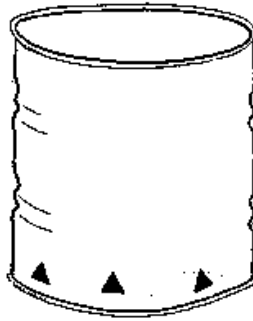
To Prepare the Poultry You Will Need:

- ☐ sharp knife (6" boning or butcher knife)
- ☐ cutting board
- ☐ platter
- ☐ plastic bag or wrap
- ☐ water
- ☐ soap
- ☐ paper towels
- ☐ hand towel

To Barbecue the Poultry You Will Need:

- ☐ barbecue grill
- ☐ long tongs for handling charcoal briquettes
- ☐ matches
- ☐ charcoal briquettes
- ☐ charcoal lighter fluid
- ☐ spray bottle
- ☐ paper towels
- ☐ apron
- ☐ hat or hair clips
- ☐ tongs for handling meat
- ☐ basting brush
- ☐ sauces
- ☐ container of ice to keep sauces cold
- ☐ container for sauces
- ☐ garbage bag
- ☐ aluminum foil
- ☐ serving platter
- ☐ gravel (optional)
- ☐ starter can (optional)





Where There Is Smoke . . .

There is fire! Let's learn how to have a good charcoal fire. Before you start a fire, there are a few safety rules you must know. Charcoal cooking is safe when done properly. You can be burned very badly if you do not know and follow safety precautions:

1. If you have never started a charcoal fire before, have an adult who has done so help you.
2. DO NOT wear loose clothing when building a fire. You may get starter fuel on your clothing and catch it on fire, or you may drag loose clothing through the hot coals and catch it and you on fire.
3. NEVER use gasoline or kerosene as fuel to start a fire.
4. NEVER pour more fuel on charcoal that has already ignited. It may blaze up and burn you.

Now that you know the safety rules, you are ready to learn how to build a charcoal fire.

Building a Fire

1. Do not wear loose or hanging clothes when building a fire.
2. Line your grill area with aluminum foil with the shiny side up.
3. Place a layer of gravel over the aluminum foil. This will serve as a base to allow air under the charcoal and the gravel will absorb any drippings.
4. Place enough charcoal in the grill to cover the grill area with briquettes $\frac{1}{2}$ " apart. Mound the charcoal up or use a starter can. Place the starter can on the gravel and put the charcoal in the can. A starter can may be built by taking a 3-pound coffee can (7" tall, 6" diameter and removing both ends of the can. Punch holes around the bottom of the can about 1 inch from the bottom edge. Space holes every inch or two.
5. Soak the briquettes with charcoal lighter fluid. (Remember, do not use gasoline or kerosene.) Light the charcoal with a match.
6. If a starter can is used. Remove the can after 15 minutes or when all the charcoal briquettes have a white edge around them. Use pliers to remove the starter can once the fire is started.
7. When the charcoals are covered with a white ash, the fire is hot enough for cooking. Spread the charcoal so that all the poultry will have even heat.
8. Spray the grill rack with vegetable oil spray and place the rack on the grill 6" above the fire.
9. If you don't have enough charcoal to start the cooking process, you can add charcoal to the fire during cooking.
10. To make the fire hotter, knock the ashes off the burning coals or move the coals closer

together. (Remember, **do not** add lighter fluid to hot coals.)

11. If the fire is too hot, sprinkle the coals with water or move some of the coals to one side. If the fire flames up, sprinkle water on that area of the coals. Use the long-handled tongs to move charcoal.

Once you have barbecued poultry, all the steps will become easy for you. While your coals are heating you can prepare the chicken or turkey. Until you have practiced, you may have to allow more time. Or you may want to practice building a fire before you actually need it for cooking.

Bring on the Bird!

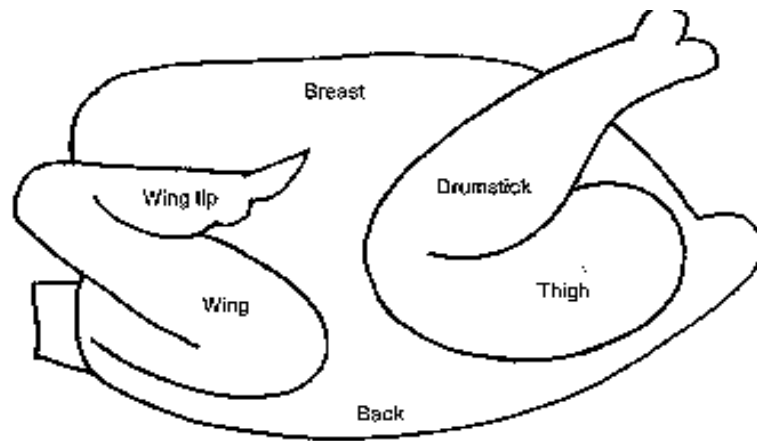
Oven-ready broilers weighing two to three pounds are ideal for barbecuing. Allow one-half of an average-size chicken per person (1 to 1 ½ lbs/person).

You can buy poultry fresh or frozen. Whichever you buy, it must be kept cold.

(Remember why?) Fresh chicken may be stored two to three days in the refrigerator or longer in the freezer. If you are taking the chicken somewhere else to cook it, you must store it in an ice chest or cooler with plenty of ice.

Thaw frozen chicken in the refrigerator or under running cold water. **NEVER** thaw chicken at room temperature.

Allow 5 hours per pound of meat to thaw in the refrigerator. Allow one half hour per pound of meat to thaw under running cold water.



Stand Aside for the Cook!

You are almost ready to cook! Just one more detail. What will you use to baste your poultry? **Basting** is the use of a liquid or sauce to moisten meat as it is cooking. Basting helps keep the meat moist and adds flavor.

There are many different recipes for barbecue sauce. Do not use a tomato-or sugar-based sauce for basting because they have a tendency to burn. If you do use a tomato or sugar sauce, apply it to the meat as a final basting for color and flavor. Baste with another sauce to keep the meat moist.

Cooking the Chicken

Place the chicken on a properly prepared grill skin side up to seal the juices into the meat.

Turn the chicken frequently (5-10 minutes) to prevent burning. Do not use a fork to turn the meat because it will tear the meat and release the juices and the finished product will be dry.

Use tongs or white cotton gloves to turn the meat.

If the fire flames up on the meat, use the spray bottle to put out the flare-ups.

Baste the meat frequently to help retain moisture and prevent burning. (Remember, a tomato-or sugar-based sauce has a tendency to burn.

Cook poultry until it is well done. When the chicken is done, the drumstick will twist out of the thigh joint and the wing joint will open easily. There should not be any red meat in the joints.

Place poultry on a clean plate. Do not use the same plate you had raw poultry on unless it has been thoroughly washed.

Keep the poultry meat hot until served.

Poultry Par Excellence!

How will you know when your poultry is an excellent product? Well, the best way is your taste test. The experts will tell you that you have an excellent product when:

- the poultry has an appealing appearance with uniform color,
- the poultry is free of burned skin and blisters,
- there is no ash dust or foreign materials on the poultry,
- the poultry has a pleasant, normal poultry odor and a good taste,
- the sauce complements, but does not overwhelm, the meat.

Presentation:

An illustrated presentation, including factual information about broilers, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:

- The broiler chicken industry in the United States and its economic importance
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Adapted for use in Georgia by Cheryl Varnadoe, Extension 4-H Specialist. A special thank-you to Kentucky 4-H for sharing their publication: "Kentucky 4-H Chicken & Turkey Barbecue Project by Anthony J. Pescatore, Extension Specialist, Poultry and Wendy Stivers, Extension Program Specialist, 4-H



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