



Parish 4-H Beef Cookery Division Rules

Purpose: For 4-H Club members to have satisfactory learning experiences and acquire knowledge of nutritional value, cooking principles, versatile use and economic value of beef.

Eligibility: The contestant must be a bona fide 4-H Club member. All divisions are open to any age.

A contestant may enter only ONE recipe in the Beef Cookery Division.

Food Safety: After preparation, the dish must be chilled to refrigerator temperature. Dishes must be transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.** Plastic containers, insulated cardboard boxes, etc. are not acceptable containers to transport food (**NO EXCEPTIONS**). Insulated pharmaceutical and floral boxes, etc are not considered acceptable for transportation of food. Any insulated container not designed to transport food for human consumption will be disqualified.

*****NOTE: All ground beef should be cooked until 165° F.*****

Categories:

The Beef Cookery Contest Division will be divided into three categories:

1. **Low-Calorie Main Dish** – a dish which provides less than 300 calories per serving. Calculation of calories must be stated on recipe.
2. **Quick & Easy Main Dish** – a dish that is ready to serve in **less than one hour**. The time for each step and for cooking or baking must be stated on recipe.
3. **One-Dish Meal** – a dish that provides foods from at least three of the main food groups from “MyPlate.” Foods and food groups will be stated on recipe.

General Requirements:

1. Bring to the contest a prepared ground meat dish. **The recipe must contain at least one pound of ground beef.**
2. Bring one copy of the recipe to the contest. This recipe must have your category, division, name, grade and school club on the back of the recipe. The copy of the recipe is to be placed under the dish. Recipes will be evaluated according to the attached Recipe Evaluation.
3. The food should be exhibited in a normal-sized disposable serving container, not to exceed 18” to allow adequate space for all entries. You will be asked to remove items not directly related to the dish such as placemats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed but must be disposable. Non-edible items are not to be used as garnish. No serving utensils will be allowed.



4. Recipe must contain the total servings, but the contestants are only to bring a “plating” of 3 or 4 servings of the dish for judging on a disposable container. This eliminates returning the dish and the contestants have the remainder of the dish to enjoy.
5. Only 4-H members are allowed to set up their dish or someone else’s dish who is not present.

Parish Contest:

The dish at the area contest should be prepared at home and brought to the contest ready for judging. No cooking will be done at the area contest.

THE DISH MUST BE CHILLED TO 40° F OR LOWER AND TRANSPORTED ON ICE IN AN ICE CHEST TO THE CONTEST.



Recipe Evaluation:

The recipe will be evaluated based on the following information:

- a. Name of recipe given
- b. Ingredients listed in order used in instructions
- c. Include size and weight of cans, packages, etc. (Example: 10 $\frac{3}{4}$ ounce can of cream of mushroom soup)
- d. Clear instructions
- e. Size of pan stated
- f. Temperature and cooking time stated
- g. Number of servings given
- h. **Dish meets contest and division requirements.**

Equal Measurements:

1 tablespoon (1/2 ounce)	=	3 teaspoons
1 cup (8 ounces)	=	16 tablespoons
1/8 cup	=	2 tablespoons
1/4 cup	=	4 tablespoons
1/3 cup	=	5 tablespoons plus 1 teaspoon
7/8 cup	=	1 cup minus 2 tablespoons
1 pint (16 ounces)	=	2 cups
1 quart (32 ounces)	=	2 pints or 4 cups
1 gallon (128 ounces)	=	4 quarts

Scoring Factors: (to be determined by judges)

1. Recipe
2. Taste
3. Appearance
4. Dietary Guidelines