



Kentucky Farm Bureau Beef Expo Cook-Off Contest

Kentucky Exposition Center, West Hall

Saturday, March 7, 2020 at 10:30 a.m.

Anyone who enjoys preparing beef recipes should enter this contest. It is also an excellent way to educate and entertain non-participants, while promoting beef. Teams of up to three members are welcome to enter either the Adult Ribeye Cook-off or Junior Burger Cook-off (age 9-21). Adult supervision is recommended for junior teams. Single or two person teams are welcome to compete. Entry fees are \$20 per team per contest. In order to prepare for the contest, teams must submit entries and all names of cook-off contest participants, ages for juniors, no later than March 2, 2020, Noon. Entries will close at that time. By entering the contest, all participants consent to the use of their name, photo, without further compensation.

Charcoal and/or gas grills will be provided. Preference is given on a first come, first serve basis. The Expo will supply the charcoal and lighters and start the grills. Each team is responsible for maintaining the heat.

Awards will be given for the Ribeye Cook-off and the Burger Cook-Off. Awards will be determined by a panel of judges evaluating the beef on the following, 1. Appearance 2. Degree of Doneness 3. Taste 4. Showmanship—Team members will be scored on neatness, cleanliness, manners, enthusiasm and ability to answer questions about the beef product, its preparation, storage, sanitation and nutrition. Presentation to judges shall last no longer than 5 minutes per team.

ADULT RIBEYE COOK-OFF

1. The Expo will provide two ribeye steaks to each team. Teams are responsible for the short-term storage of the steaks, if required.
2. No other beef is to be present, other than the ribeye steaks provided. If any other beef is found, your team will be disqualified from the steak judging.
3. Steaks should be cooked to a minimum of 145°F or medium rare degree of doneness. Meat thermometers are recommended.
4. Cooking teams will provide any additional seasonings, juices, or condiments. Condiments may include any non-side-dish items as steak toppings. For example, compound butter, flavor rubs, or sauces are allowed.
5. The Expo will provide plain white plates and utensils. Teams should utilize the plates provided. Outside plates and props will not be allowed for presentation. Cutting boards will be provided for preparation of the steaks.
6. When presenting the beef, teams should only present the steak. Kale or any other greens may be utilized (but will not be provided), but steaks should be presented plain without other side dishes.
7. Teams will be allowed to choose one steak for presentation and one steak for judge's tasting.

JUNIOR BURGER COOK-OFF

1. The Expo will provide one pound of ground beef to each team. Teams are responsible for the short-term storage of the beef, if required.
2. All burger patties must be 100% beef although other ingredients may be added in the patty (such as spices, vegetables, etc.) however no other meats should be added in the patty.
3. No other beef is to be present, other than the ground beef provided. If any other beef is found, your team will be disqualified from the judging.
4. All burgers must be composed of a formed ground beef patty and served on a bun or other bread product (such as biscuits, focaccia, or tortillas). Burgers may include any combination of condiments (such as ketchup, mayonnaise, and mustard), sauces (such as barbeque or hot sauce), cheeses and toppings (such as bacon, onions, tomatoes, and lettuce). Every component

of the burger must be placed between the bun or bread pieces, or served open-faced on a bread product.

5. All burgers should be cooked to 160°F in accordance to safe ground beef cooking guidelines. Meat thermometers are recommended. Cutting boards will be provided for preparation of the burger.
6. The Expo will provide plain white plates and utensils. Teams should utilize the plates provided. Outside plates and props will not be allowed for presentation.
7. When presenting the burger, teams should only present the burger without other side dishes.
8. Teams must prepare at least two (2) burgers, one for presentation and one for judges tasting.



**Kentucky Farm Bureau Beef Expo Cook-off
2020 Cook Off March 7, 2020 10:30 am
Registration Entry Form**

Team Name: _____

Check one: Adult Team: _____ Junior Team: _____

Team Member # 1 Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Team Member # 2 Name: _____

Team Member # 3 Name: _____

Entry Fee: \$20 per team

Please complete the form in its entirety and return it by March 2nd with Entry fees to:
John Chism, 111 Corporate Dr., Frankfort, KY 40601
Email john.chism@ky.gov Phone- 502-782-4107

Team Member Signature: _____ Date: _____