

SENIOR 4-H CHICKEN BARBECUE DEMONSTRATION CONTEST COMPETITION GUIDE

PURPOSE OF CONTEST:

1. To develop leadership talents and to work toward achieving the broad objectives of developing sound character and effective citizenship.
2. To acquire scientific knowledge and improved understanding of the economy, versatility, and nutritional value of chicken meat and its relationship to human nutrition and health.
3. 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

RULES AND INFORMATION:

1. Each county is eligible to enter two 9th – 12th grade (Senior) 4-H members in the contest; however, an individual may only enter one of the barbecuing events due to an overlap in the cooking and presentation times between the chicken and turkey events. Note: There is also an overlap with the Egg Preparation demonstration contest.
2. The contest sequence for cooking and presentation will be announced at the contest briefing prior to the contest. The contestants will be scored for barbecue skills, sensory evaluation, and presentation using the barbecue contest score sheets.
3. Following arrival and delivery of their supplies to the grilling or presentation location, contestants will work alone, except in case of an emergency, as determined by contest monitors.
4. Contestants are responsible for keeping their cooking and presentation areas tidy and for clean-up as well as the removal of their equipment and supplies.

PRODUCT COOKING AND SENSORY EVALUATION

1. Each contestant will prepare four (4) bone-in, skin-on chicken thighs (1.5-2.0 lb. total), provided them by the contest coordinators. They will be evaluated during the preparation of their chicken by judges utilizing the chicken barbecue skills score sheet.
2. There will be a 2-hour time limit for the preparation and cooking of the chicken thighs. 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.
3. Chicken shall not be marinated prior to the start of the contest. Parboiling and/or deep-frying competition meat is not allowed. Contestants may not enhance chicken meat by piercing, injecting, or inserting any fluid, sauce, or additive into the chicken product other than immediately beneath the skin layer.

4. If the contestant desires, the thighs may be deboned. In addition, if deboned, seasoning or sauce may be applied to the area vacated by bone removal. Sauce or similar products can be placed in a small metal pan on the grill for heating, but the meat product may not be placed in the metal pan while on the grill.
5. Contestants must bring their own grill to the state contest. Small “tabletop” grills are not permitted. Each contestant will be assigned a cooking space along with a work area of one 6 foot folding table adjacent to their grill. (note that at the national contest, The Aussie Walk-A-Bout Portable Charcoal Grill is used and features folding legs and a locking bowl and hood. There are 332 sq. in. cooking area cooking space, a chrome-plated cooking grid, hood and vents, and on this grill. This specific grill is NOT required at the state contest).
6. Contestants should bring their own charcoal and lighter fuel. Self-starting charcoal or automatic fire starter blocks will not be permitted.
7. 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.
8. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or cannot be used. Material may not be added to the grill area such as rocks, sand, or other dense materials to aid in cooking.
9. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be a commercial product or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation).
10. Contestants are expected to use a meat thermometer. Devices used for supporting, containing, or covering of meat during cooking will not be permitted; only aluminum foil wrap may be used.
11. Contestants 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: Five (5) copies on note card stock, single 3-inch by 5-inch size preferred, containing these cooking instructions or recipe must be provided to judges/coordinators before starting fire.
12. Recipe cards need to include the following information:
 1. Name of the recipe and contestant name
 2. Ingredients and general cooking instructions
 3. If special cooking techniques were used to achieve unique flavoring
13. Each contestant will present three (3) barbecued chicken thighs to the panel of judges at the conclusion of their cooking time on plates or containers provided.
14. Prior to the submission of the three (3) cooked chicken thighs for evaluation, contestants must demonstrate to the barbecue skills judges the criteria and methods they used to determine the proper doneness of their product at the time of turn-in. Judges may also independently evaluate the product at this time. Thighs may be presented either intact or boneless, however, all submitted thighs must be presented the same whether either intact or boneless. The contestant is to have turned in the product by the end of the stated cooking time. Contestants will be notified 15

minutes prior to the end of the cooking time. Cooking skills will be evaluated using the chicken cooking skills score sheets. 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. The product will be evaluated using the chicken sensory score sheets.

15. Contestants should 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.

ORAL PRESENTATION:

1. An illustrated presentation, including factual information about meat chickens, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:
 1. The chicken meat industry in the United States and its economic importance.
 2. General food safety, including safe storage and handling of chicken (uncooked and cooked) with particular emphasis in preparation by grilling.
 3. Nutritional value of chicken meat and its role in a balanced diet.
2. 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 or more related to important information that may be missing from the presentation.
3. An easel will be provided. PowerPoint presentations using a computer and computer projector can be used. A projector will be furnished by contest coordinators, but it is the responsibility of the contestant to ensure they have the correct cords, adaptors, etc. PowerPoint presentations are not to include audio.

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 Cooking Skills portion
- Highest score in Presentation
- Method determined by the judges and contest coordinator

Awards

1. Each participant will receive a state award pin.
2. First, second and third place state winners will be recognized with medals.
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 chaperone's expenses.

Contestant Name:

Judges Initials:

4-H Chicken Barbecue Contest
Presentation Score Sheet

	Points Scored	Comments
A. Participants (Total Points 10) <ul style="list-style-type: none">• Dressed appropriately• Voice distinct & reasonably strong, pleasant, natural, yet enthusiastic and convincing		
B. Subject Matter (Total Points 25) <ul style="list-style-type: none">• Participant well informed and demonstrated knowledge of broilers and industry.• Incorporated factual nutritional information and addressed food safety issues including BBQ cooking.• Exhibited insight into particular properties and attributes of the product.• Information presented accurately, practically, and adequately addressed		
C. Presentation (Total Points 25) <ul style="list-style-type: none">• 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• Completed within 10 minute time limit• Effective use of time• Important points summarized		
D. Results (Total Points 10) <ul style="list-style-type: none">• Overall effectiveness of presentation• Questions answered satisfactorily		
TOTAL POINTS (70 Possible)		

Contestant Name:

4-H Chicken Barbecue Contest *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 Was charcoal added properly? Yes No NA Was excessive charcoal used in the grill? Yes No		
Preparing Chicken for Cooking (point value 10) Demonstrated Overall food handling skills? Yes No Safe use of utensils? Yes No Handling of uncooked meat product: inappropriate marginal, appropriate Handling of blending product if utilized: inappropriate marginal, appropriate		
Skill in Barbecuing (point value 25) Was chicken turned before blistering? Yes No Was product torn or stuck to grill? Yes No Was Sauce was uniformly applied? Yes No Food Safety Issues Observed Yes No cleanliness, contamination, handling, check for doneness		
TOTAL POINTS (70 Possible)		

Circle or Check Appropriate statement

Contestant Name

4-H Chicken Barbecue

Sensory Evaluation

NOTE: If the product handed in is severely undercooked and the judges deem it unsafe to eat, the sensory evaluation will end after the first two categories and zeros given to the remaining categories.

	Points Scored	Comments
Appearance (Point value 15) Color too light, moderate, too dark Uniformity poor, ok, good, excellent Burnt/blistered severe, moderate, slight, none Speckled with Ash severe, moderate, slight, none Skin or Surface Tear severe, moderate, slight, none		
Degree of Doneness (Point value 20) All Thighs: undercooked, done, overcooked Certain Pieces: 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 too strong, ok, weak, none Off Flavor too strong, ok, weak, none BBQ Flavor achieved: none, weak, excellent, excessive		
After Taste* (Point value 5) strong, moderate, weak, none		
TOTAL POINTS (80 Possible)		

Circle or Check Appropriate Statement

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:

- 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.
- Keep raw poultry cold, either in a refrigerator or packed with ice.
- Keep hot poultry hot. Serve it immediately after cooking; do not leave it at room temperature any longer than necessary to complete the meal. Cold foods should be kept below 40 degrees F. Hot foods should be kept above 140 degrees F.
- 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.
- 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.

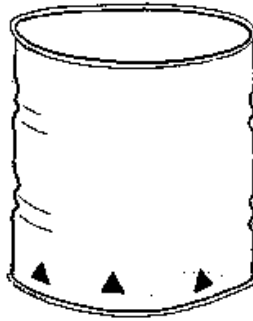
EQUIPMENT CHECKLIST

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 or fire-proof gloves
- ☐ 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
- ☐ non-stick spray
- ☐ serving platter
- ☐ gravel (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:

- If you have never started a charcoal fire before, have an adult who has done so help you. You'll want to practice plenty of times before the contest. At the contest, an adult can help you unload your belongings, but you will have to independently set up your grill, light the fire, et.
- 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.
- NEVER use gasoline or kerosene as fuel to start a fire.
- 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

- Do not wear loose or hanging clothes when building a fire.
- Line your grill area with aluminum foil with the shiny side up.
- Place enough charcoal in the grill to cover the grill area with briquettes 1" 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.
- Soak the briquettes with charcoal lighter fluid. (Remember, do not use gasoline or kerosene.) Light the charcoal with a match.
- 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 fire-safe gloves, tongs, etc. to remove the starter can once the fire is started. Any tool (ex. Tongs) you use with the starter can, to touch the charcoal, etc. should not be used to touch the chicken.
- When the charcoals are covered with a white ash, the fire is hot enough for cooking.

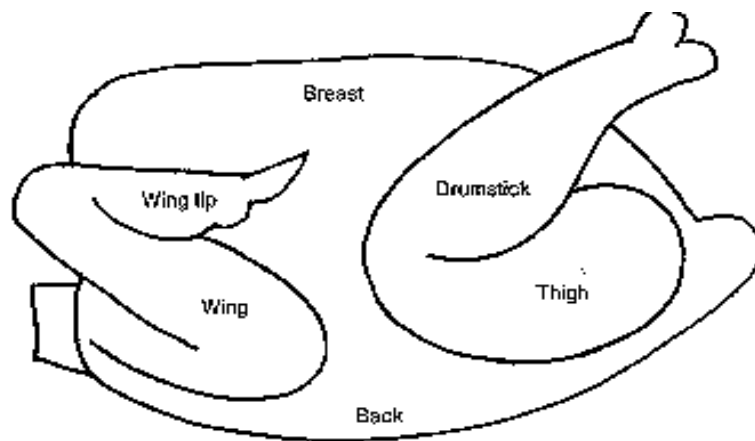
Spread the charcoal so that all the poultry will have even heat.

- Spray the grill rack with vegetable oil spray and place the rack on the grill 6" above the fire.
- If you don't have enough charcoal to start the cooking process, you can add charcoal to the fire during cooking.
- 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.)
- 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. 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. Remember that at the contest, you must adhere to the contest time limits.

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 30 minutes 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 fire-proof 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. This prevent cross contamination
- Keep the poultry meat hot until served.

Poultry Par Excellence!

How will you know when you 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.

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.

For more information, contact your local UGA Extension office at 1-800-ASK-UGA1.

The University of Georgia 4-H program is the largest youth leadership organization in the state.

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