



4AJ-03Pa

Kentucky 4-H Poultry Barbecue Contests

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The purposes of the poultry barbecue contest events are to:

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

Description

The chicken and turkey barbecue contests were changed in 2020. As before, there are junior and senior categories for both contests. Each county may provide as many participants as wish to participate. There are no qualifying events required. The senior winner in each contest will be given the opportunity to represent Kentucky in the national contests held at the National 4-H Poultry and Egg Conference which will be held in Louisville on the Third Thursday in November. The Kentucky Poultry Federation will provide each senior winner \$300 to cover travel expenses to participate in the national event.



For both contests, the barbecue grill shown here will be



provided for all participants, which the participants are required to use. All the grills must be lined with aluminum foil prior to addition of the charcoal.

Each contestant will be assigned a cooking space and grill along with a work area of one half of a 6-foot table adjacent to the grill. Charcoal and lighter fluid will also be provided. Participants may bring their own charcoal and lighter fluid, but self-starting charcoal or automatic fire starter blocks will not be permitted.

The cooking stations can be set up before the start of the contests. Charcoal can be added to the grills before the start time. The charcoal cannot be lit prior to the start time for the contest.

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 the addition to cooking the meat. Fire is restricted to inside the provided grill and burning materials outside the grills will be considered 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 and cannot be used. Material may not be added to the grill area such as rocks, sand, or other dense materials to aid in cooking.

Participants are expected to use a meat thermometer. Devices used for supporting, containing, or covering of meat during cooking are not allowed. Only aluminum foil wrap may be used.

All other equipment and supplies, including sauce, must be provided by the participant. Sauce, if used, may be a commercial product or private recipe. For a private recipe, a description must be provided to the judges on a recipe card to assist during flavor and appearance evaluation. Participants must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with the cooking of the meat to include instructions such as keeping sauce ingredients either cool or heated. Three copies must be provided on note card stock with 3-inch by 5-inch size preferred. Two copies must be provided to the barbecue skills judges before starting the fire, and one copy to turn in to sensory evaluation judges with the cooked product.

Prior to submitting the final product, participants 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.

The final product must be handed in within the two-hour time frame. During the contest, participants will be periodically notified of the time elapsed, and notified again 15 minutes prior to the end of the cooking time.

Chicken Contest

In the chicken barbecue contest, participants prepare four bone-in, skin-on chicken thighs provided by the contest monitors. The four thighs together will weigh 1.5 to 2.0 lb. The participants are judged on their cooking skills. They submit three of the thighs for sensory evaluation. No garnishes, dips, or additional items shall be presented on the plates or submitted to the judges.

Chickens cannot be marinated prior to the start of the contest. Parboiling and/or deep-frying competition meat is not allowed. Contestants may not

enhance the chicken meat by piercing, injecting, or inserting any fluid, sauce, or additive into the chicken product other than immediately beneath the skin layer.

The participants have the option to debone the thighs. 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.

The recipe cards need to include the name of the recipe, contestant number, ingredients and general cooking instructions, and any special cooking techniques used to achieve unique flavoring. There should be no indication of the participant's name or county on the menu cards.

Turkey Contest

In the turkey barbecue contest, each contestant will be provided two pounds of ground turkey. The turkey will not be available prior to the contest starting time. They need to prepare and cook turkey burgers. Each burger must be a quarter pound of meat prior to cooking. At least 75 percent by weight of the burger ingredients must consist of the ground turkey provided. Two burgers will be submitted by each participant for sensory evaluation and no other hamburger toppings may be included.

The recipe cards need to include the name of the recipe, participant number, ingredients and general cooking instructions for the sauce, materials added to the turkey meat, and if special cooking techniques were used to achieve unique flavoring. There should be no indication of the participant's name or county on the menu cards.

Date and Time

The contest is held on Kentucky 4-H Poultry Days, held on the last Saturday in July each year, at the Madison Extension Office. All Kentucky 4-Hers wishing to participate in the State chicken/turkey barbecue contests may do so, provided they register through their county agent and the registration form is submitted to Dr. Jacquie Jacob (email: Jacquie.jacob@uky.edu) before the registration deadline.

Overview of the Contest

Participants are evaluated on both their cooking skills and the product submitted for sensory evaluation.

For the cooking skills, participants are evaluated based on equipment choice and table set up. The choice of equipment and cooking utensils should be practical and efficient without being complicated. The ideal layout would include three trays – one for dirty equipment, one for clean equipment, and one to serve as a work area.

There is no running water next to the grill so it is important to have a basin for water. It is preferable to have two basins for cleaning utensils—one with dishwashing liquid and one without dishwashing liquid for rinsing. In the work area participants should have a cutting board for preparing the chicken. A mixing bowl will be required for preparing the turkey patties.

Participants are also evaluated on how well they prepare the product for barbecuing. It is important that the chicken or turkey be kept on ice in a cooler until the charcoal is lit and you are ready to work on the meat. It is important to show skill in the use of the knife for trimming off excess fat on the chicken thighs. The chicken or turkey should only be handled with clean hands, preferably with latex gloves.

It is important that participants be clean with no loose pieces of clothing to prevent them from catching on fire while barbecuing. Hair should be back, and an apron worn.

Chicken Barbecue

To prepare the chicken thighs for cooking, remove excess fat from thighs to prevent fire flare-up from dripping fat. Remember to wash all utensils and surfaces that have been in contact with the raw chicken.

When barbecuing the chicken thighs, it is best to place them on the grill skin-side up. This helps to seal the juices into the meat. Turn the chicken frequently to prevent burning. The amount of time between turns will depend on the heat of the fire. If the fire is hot, the chicken will need to be turned more often than if the fire is not as hot. Do not use a fork to turn the meat, because it will tear the skin and release the juices. As a result, the finished product will be dry. Use tongs to turn the meat. If the fire flares 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.

It is important to make sure the chicken is done before it is submitted. Participants should use a meat thermometer to make sure that the internal temperature of the chicken is 165°F. Participants have four chicken thighs to cook, but only need hand in three. All four thighs should be treated the same during cooking, and the fourth thigh used to make sure that the chicken is properly cooked.

Containers will be provided to hand in your finished three thighs, which will be evaluated for appearance, degree of doneness, texture, and taste.

Recommended equipment for preparing the chicken include:

- Tablecloth
- Three trays
- Cutting board (plastic or glass, not wood)
- Tubs for water
- Dishwashing liquid
- Paper towels
- Disinfectant hand wipes
- Disinfectant wipes table
- Latex gloves
- Sharp knife
- Cooler with ice to keep sauces cold and to store raw chicken when not being handled
- Garbage bags
- Tape to put up garbage bag

Recommended equipment for barbecue the chicken include:

- Optional: Starter can (chimney) and pliers
- Long tongs for handing briquettes
- Second tongs for handling meat on the grill
- Long handled lighter or matches
- Vegetable oil spray for the grill
- Water spray bottle
- Containers for sauces
- Aluminum foil

Do not forget that recipe cards must be submitted at the contest – two to the cooking skills judges and one for the sensory judges.

Turkey Barbecue

The turkey barbecue contests involves taking 2 lb. of ground turkey meat and creating patties. Each patty must be at least a quarter pound in pre-cooked weight. You will need to develop a recipe that involves adding materials to the turkey meat to create flavorful patties. The final patties must contain at least 75 percent turkey meat. There are many different recipes online to give participants suggestions.

Recommended equipment for preparing the ground turkey include:

- Tablecloth
- Three trays
- Cutting board (plastic or glass, not wood) for chopping up and ingredients
- Sharp knife
- Large bowl for mixing the meat and additional materials.
- Optional: Patty makers
- Tubs for water
- Dishwashing liquid
- Paper towels
- Disinfectant hand wipes
- Disinfectant wipes table
- Latex gloves
- Cooler with ice to keep sauces cold and to store raw chicken when not being handled
- Garbage bags
- Tape to put up garbage bag

Recommended equipment for barbecue the turkey include:

- Optional: Starter can (chimney) and pliers
- Long tongs for handing briquettes
- Metal spatula for flipping burgers
- Long handled lighter or matches
- Vegetable oil spray for the grill
- Water spray bottle
- Containers for sauces
- Aluminum foil

Do not forget that recipe cards must be submitted at the contest – two to the cooking skills judges and one for the sensory judges.

National Contest

The top seniors in the state chicken and turkey barbecue contests will have the opportunity to represent Kentucky in the national contests.

For the national contest, an illustrated presentation is required, including information about chicken and turkey meat industries as well as nutrition and use of the meat produced. Participants in the national contest will be allowed a maximum of 10 minutes for the presentation. Judges will have three minutes for questions directed to the participants. Posters, table-top displays, and/or PowerPoint presentations may be used. Those competing in the national contest will be helped to prepare for the events. Each senior division winner will receive \$300 from the Kentucky Poultry Federation for travel expenses while participating in the national events.



Kentucky 4-H Chicken Barbecue *Cooking Skills*

Participant No. _____

Judge's Initials. _____

Junior or Senior _____

Date. _____

***Circle or check appropriate statement**

| | Max points | Points scored | Comments |
|--|------------|---------------|----------|
| Equipment and utensils* | | | |
| Practical? <input type="checkbox"/> Efficient? <input type="checkbox"/> Complicated? <input type="checkbox"/> Timely? <input type="checkbox"/> | 5 | | |
| Appropriately arranged? <input type="checkbox"/> | | | |
| Cleanup of work area and equipment? Yes No | | | |
| Provided appropriate recipe card? Yes No | | | |
| Appearance and Cleanliness* | | | |
| Person and equipment: | | | |
| Initially inappropriate marginal appropriate | 5 | | |
| While cooking inappropriate marginal appropriate | | | |
| Apron/Attire inappropriate marginal appropriate | | | |
| Starting Fire* | | | |
| Was skilled demonstrated in starting fire? Yes No | 10 | | |
| Was method of lighting safe? Yes No | | | |
| Was extra fuel needed to start fire? Yes No | | | |
| Controlling Fire* | | | |
| Was person skilled in controlling fire? Yes No | 15 | | |
| Was their excessive smoke or flame? Yes No | | | |
| Fire/heat control Too hot Too cold OK | | | |
| Excessive heat require control measures? Yes No | | | |
| Excessive ash dust stirred up? Yes No N/A | | | |
| If needed, was charcoal added properly? Yes No N/A | | | |
| Preparing Chicken for cooking* | | | |
| Demonstrated overall cooking skill? Yes No | 10 | | |
| Safe use of knife? Yes No N/A | | | |
| Trimmed excess fat? Yes No | | | |
| Safe handling of uncooked chicken? inappropriate marginal appropriate | | | |
| Skill in Barbecuing* | | | |
| Did cooking begin with skin side up? Yes No | 25 | | |
| Was chicken turned before blisters occurred? Yes No | | | |
| Was skin torn or stuck to the grill? Yes No | | | |
| Was sauce uniformly applied? Yes No | | | |
| Food safety issues observed? cleanliness contamination handling check for doneness | | | |
| Total Points | 70 | | |

General comments:



Kentucky 4-H Chicken Barbecue *Sensory Evaluation*

Participant No. _____

Judge's Initials. _____

Junior or Senior _____

Date. _____

**Circle or check appropriate statement*

| | | Max points | Points scored | Comments |
|---|-------------------------------------|------------|---------------|----------|
| Appearance* | | 15 | | |
| Color | too light OK too dark | | | |
| Uniformity | poor OK good excellent | | | |
| Burnt or blistered | severe moderate slight none | | | |
| Speckled with ash | severe moderate slight none | | | |
| Skin or surface torn | severe moderate slight none | | | |
| Degree of Doneness (for each half handed in)* | | 20 | | |
| All thighs | undercooked done overcooked | | | |
| Certain pieces | undercooked done overcooked | | | |
| NOTE: If the product handed in is severely undercooked and the judges deem it unsafe to eat, sensory evaluation will end here and zeros given to the remaining categories. | | | | |
| Texture* | | 15 | | |
| Texture | tough chewy tender mushy | | | |
| Rubbery | much moderate none | | | |
| Juiciness | dry moist wet | | | |
| Flavors* | | 25 | | |
| Chicken taste | poor moderate good excellent | | | |
| Sauce | weak moderate too strong | | | |
| Off flavor | weak moderate too strong | | | |
| BBQ flavor | none weak excellent excessive | | | |
| After taste* | | 5 | | |
| | strong moderate weak none | | | |
| Total Points | | 80 | | |

General comments:

Kentucky 4-H Turkey Barbecue *Cooking Skills*



Participant No. _____

Judge's Initials. _____

Junior or Senior _____

Date. _____

***Circle or check appropriate statement**

| | Max points | Points scored | Comments |
|--|------------|---------------|----------|
| Equipment and utensils* | | | |
| Practical? <input type="checkbox"/> Efficient? <input type="checkbox"/> Complicated? <input type="checkbox"/> Timely? <input type="checkbox"/> | 5 | | |
| Appropriately arranged? <input type="checkbox"/> | | | |
| Cleanup of work area and equipment? Yes No | | | |
| Participant furnished appropriate recipe card? Yes No | | | |
| Appearance and Cleanliness* | | | |
| Person and equipment: | | | |
| Initially inappropriate marginal appropriate | 5 | | |
| While cooking inappropriate marginal appropriate | | | |
| Apron/Attire inappropriate marginal appropriate | | | |
| Starting Fire* | | | |
| Was skilled demonstrated in starting fire? Yes No | 10 | | |
| Was method of lighting safe? Yes No | | | |
| Was extra fuel needed to start fire? Yes No | | | |
| Controlling Fire* | | | |
| Was person skilled in controlling fire? Yes No | 15 | | |
| Was their excessive smoke or flame? Yes No | | | |
| Fire/heat control Too hot Too cold OK | | | |
| Excessive heat require control measures? Yes No | | | |
| Excessive ash dust stirred up? Yes No N/A | | | |
| If needed, was charcoal added properly? Yes No N/A | | | |
| Was excessive charcoal used in the grill? Yes No | | | |
| Preparing Turkey for cooking* | | | |
| Demonstrated overall cooking skill? Yes No | 10 | | |
| Safe use of utensils? Yes No N/A | | | |
| Handling meat product? inappropriate marginal appropriate | | | |
| Handling of the blended product if utilized? inappropriate marginal appropriate | | | |
| Skill in Barbecuing* | | | |
| Were turkey patties turned to prevent burning? Yes No | 25 | | |
| Demonstrated skill in handling turkey patties? Yes No | | | |
| Was sauce uniformly applied? Yes No | | | |
| Was excessive charcoal used? Yes No | | | |
| Food safety issues observed? cleanliness contamination handling check for doneness | | | |
| Total Points | 70 | | |

General comments:



Kentucky 4-H Turkey Barbecue *Sensory Evaluation*

Participant No. _____

Judge's Initials. _____

Junior or Senior _____

Date. _____

***Circle or check appropriate statement**

| | | Max points | Points scored | Comments |
|--|-------------------------------|------------|---------------|----------|
| Appearance* | | | | |
| Color | too light OK too dark | 15 | | |
| Uniformity | poor OK good excellent | | | |
| Burnt or blackened | severe moderate slight none | | | |
| Speckled with ash | severe moderate slight none | | | |
| Degree of Doneness* | | | | |
| Outer part of patty | undercooked done overcooked | 20 | | |
| Center of patty | undercooked done overcooked | | | |
| <p>NOTE: If the product handed in is severely undercooked and the judges deem it unsafe to eat, sensory evaluation will end here and zeros given to the remaining categories.</p> | | | | |
| Texture* | | | | |
| Chewiness | tough chewy tender | 15 | | |
| Rubbery | much moderate none | | | |
| Juiciness | dry moist wet | | | |
| Uniformity of patty | poor moderate uniform | | | |
| Flavors* | | | | |
| Turkey | poor moderate good excellent | 25 | | |
| Sauce | too strong OK weak none | | | |
| Off flavor | too strong OK weak none | | | |
| BBQ flavor | none weak excellent excessive | | | |
| After taste* | | | | |
| | strong moderate weak none | 5 | | |
| Total Points | | 80 | | |

General comments: