

CERTIFIED HEREFORD BEEF COOK-OFF

CONTEST POSTPONED UNTIL 2022 JNHE, LOOK FOR AN UPDATED FORMAT IN LOUISVILLE!

Great Hereford chefs of all ages should bring their imagination, aprons, CERTIFIED HEREFORD BEEF recipes and their creativity for presentation to the Certified Hereford Beef Cook-Off this summer. The event sponsored jointly by the National Hereford Women, Certified Hereford Beef and the National Junior Hereford Association will be held during the JNHE.

A panel of judges will evaluate the grill-off entries. This contest is educational, competitive, and most of all fun! The grill-off encourages a cooperative spirit among fellow junior members and brings out the creativity of the individual as well. Remember, this contest is designed to promote the Hereford breed's end product—Certified Hereford Beef.

RULES

1. There will be a division for teams of juniors. The juniors must be 7-21 years of age as of Jan. 1 of the current year
 - Teams may consist of 3-5 members. At least one member of the team must be able to grill and prepare food. Each state must also designate one adult to serve as a safety supervisor but may not assist with the actual grilling and food preparation.
 - States may enter as many teams as they wish.
 - Juniors from states not having enough members to form a team may register with the grill-off officials (NJHA) by June 15 to join a cooperative, multi-state team.
2. Winners will receive awards from Certified Hereford Beef.
3. No alcoholic beverages may be used in the recipe, presentation, or be presented to the judges (exception: cooking wine, which may be used in marinating or meat presentation.)
4. All entries **MUST PROVIDE** their own grill or cooking appliance. Please include with the entry the type of cooking unit to be used and if electricity is needed.
5. The participants must furnish all ingredients, spices, preparation utensils, etc. except meat.
6. Contestants must use Certified Hereford Beef in their recipes. You may pick **ONE** item from the list below. Certified Hereford Beef will provide approximately 2 lbs. of the chosen item for the team.
 - Flank Steak
 - Ground Beef
7. All entries will be evaluated on the three separate and distinct categories of:
 - Showmanship – 20 points possible – theme/creativity; presentation and overall impression
 - Recipe – 30 points possible – presentation of entrée, taste of the dish
 - Knowledge – 50 points possible – Certified Hereford Beef, food safety, cuts of beef, use of cut in recipe, general knowledge.
8. You will present the entrée **ONLY** and a card indicating how you would use it in your menu to the judges and then begin your presentation.
9. **ALL** team members are required to speak in the presentation part of the contest and answer at least one question per team member. In keeping with the “fun” aspect of this contest, entrants are encouraged to choose a theme, dress accordingly, bring energetic music and serve the beef in a manner keeping with that theme. If music is brought, you need to have a battery-operated system as electricity may not be available at the presentation site. Participants should use imagination and creativity in choosing a category and serving the finished entrée in a 3-6 minute skit or demonstration type presentation. Skit/demonstration needs to be memorized and notes may be used as references only. **DO NOT** read your presentation. A timer will be available. When your time is up, the timer will call time and you must end your presentation.



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Following the presentation, judges will have 5 minutes to ask questions. Judges must also stop questions at the end of their allotted time.

10. Participants will have 5 minutes total to setup and remove their food and props. The time may be used in any frame you wish (i.e. 3 minutes set up and 2 minutes removal). Parents may help in this area.
11. Participants will be provided with tables for preparation, a rolling cart to move their food and props to and from the judging table. The judging table will have a white cloth on it. You may add any place mats, decorations, etc. you wish for the presentation.
12. A cordless mic will be available for your use in presentation and questioning. A mic will also be available for the judges to use for questioning.
13. [CLICK HERE](#) to download the contest study guide.
14. Cooks may begin preparations anytime they deem necessary on contest day to be ready for judging at the designated time, which will be posted online on the resources page.
15. Photos will be taken before presentation is made.
16. Parents may not assist juniors in any part of this contest, except for set up and tear down of their presentation.

ENTRY DEADLINE: POSTPONED

Participants should register online through herefordjuniornational.com

