



Outdoor Meat Cookery

*An in-depth look at the meaning
behind the scorecard*



18 USC 707

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Objectives

1. Learn the purpose
of the Tennessee
4-H Outdoor Meat
Cookery Contest





Objectives

2. Understand the difference between correct and incorrect actions





Objectives

3. Gain knowledge
on the correct meat
temperatures set
by USDA





Objectives

4. Learn various resources to use with 4-H members related to Outdoor Meat Cookery





Purpose of Project

**To Promote the use of meat products
in the diet by teaching the art
and science of safely preparing beef,
lamb, pork and poultry in an outdoor
setting.**





Life Skills

To foster the development of life skills including decision making, healthy lifestyle choices and teamwork.





Scorecard Components- Individual

Appearance of Contestant

Equipment and Utensil Use and Safety

Imagination and Recipe

Meat Preparation Skills

Palatability

Attractiveness and Overall Acceptability of Final Product





Appearance of Contestant

- ✓ Contestant is neat and clean.
- ✓ Person should have apron and head cover.
- ✓ 5 Maximum Points





Appearance of Contestant

- ✓ Closed toe shoes
- ✓ No loose clothing (ex. Extremely long sleeves)
- ✓ Apron
- ✓ Head Covering (hair nets or caps)
- ✓ Long Hair—Hair should be pulled up or worn underneath head covering
- ✓ No clothing with inappropriate words, messages, logos
- ✓ Appropriate dress (seasonal dress, but appropriate lengths-no excessive exposed skin)





Correct vs. Incorrect



Test your knowledge to see if you can choose the correct examples of appearance of contestant.



Which 4-Her is demonstrating correct appearance?





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The 4-Her on the right is correct! He is wearing a cap and an apron. The 4-Her on the left is not wearing a head covering.





Equipment, Utensil Use and Safety

- ✓ Appropriate equipment and utensils are selected and used efficiently, safely and effectively.
- ✓ Are utensils clean and no cross contamination possible?
- ✓ Fire is efficiently and safely prepared.
- ✓ Is the appropriate amount of charcoal used?
- ✓ Is work area safe?
- ✓ Is meat properly stored and handled?
- ✓ 15 Maximum Points





Equipment, Utensil Use and Safety

Common Items Used during Competition

Equipment

- ✓ Grill (Stand up or table top. If using table top, a heavy duty barrier should protect table)
- ✓ Grill Brush
- ✓ Charcoal
- ✓ Chimney Starter
- ✓ Liquid Starter (not recommended for children)
- ✓ Lighter (preferred) or long matches
- ✓ S-Hook
- ✓ Cooler
- ✓ Table
- ✓ Chair
- ✓ Equipment Box or Bag

Utensils

- ✓ Labeled or Distinguishable Tongs (three sets, less if you clean during cooking)
- ✓ Meat Thermometer
- ✓ Spatula (if needed)
- ✓ Seasoning Items (Basting brush, marinade/spices, sauce pan, etc.)
- ✓ Non-Stick Spray





Equipment, Utensil Use and Safety

Common Items Used during Competition

Safety Items

- ✓ Fire Extinguisher/water/baking soda
- ✓ Water Bottle (Sprinkle)
- ✓ Pliers
- ✓ Gloves/Padded Mittens
- ✓ Apron
- ✓ Head Covering

Safety Items-Cleaning

- ✓ Paper Towels/Dish Towel
- ✓ Sanitizing Wipes
- ✓ Trash Bag
- ✓ Hand Sanitizer/Soapy Water
- ✓ Table Covering





Equipment, Utensil Use and Safety

Some items can be shared among team members including:

- ✓ Large table (1 large table vs. 4 small tables)
- ✓ Charcoal (1 large bag vs. 4 small bags)
- ✓ Fire extinguisher
- ✓ Large cooler for transporting meat
- ✓ Large containers for equipment
- ✓ Trash receptacle/bag

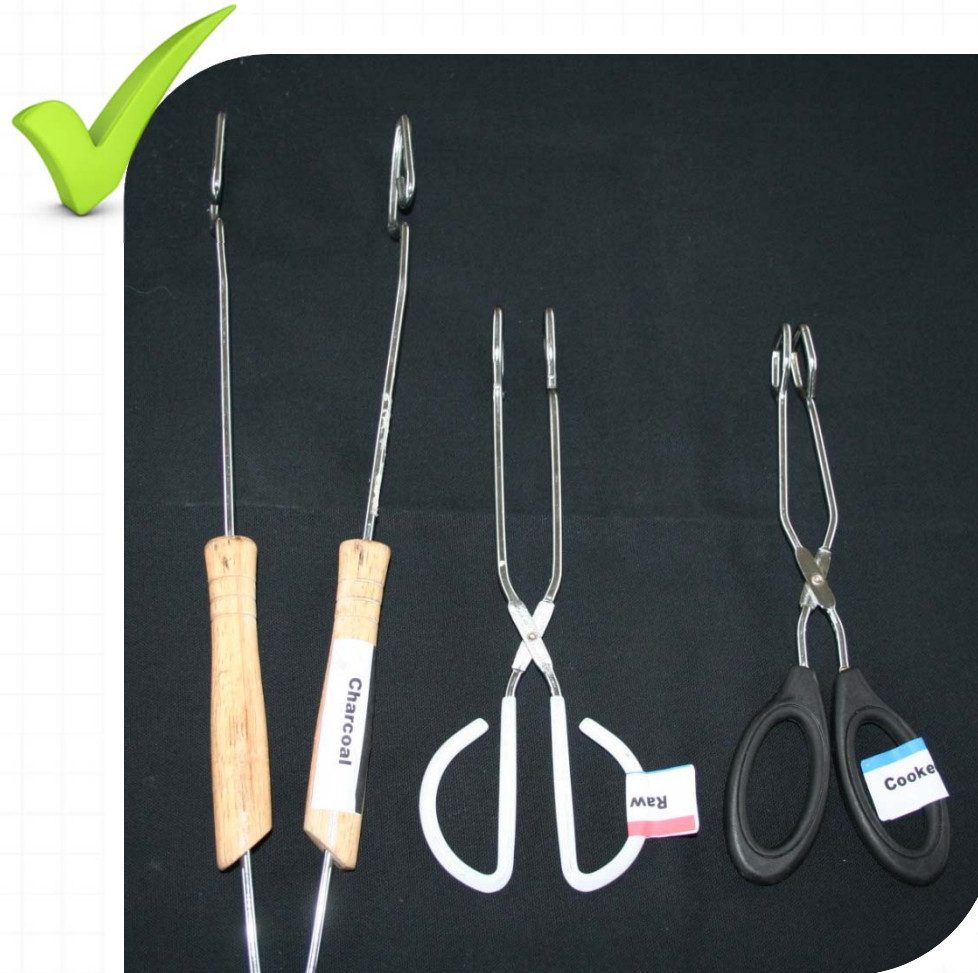
Shared items that can save money or make transportation easier is beneficial.

Please contact your Extension agent, regional 4-H specialist or event chairperson if you are unsure of certain items not listed.





Example of labeled tongs: Charcoal, Raw, and Cooked





Liquid fire started should never be used once the fire has started.





Examples of Correctly Adding/Placing Charcoal





Correct vs. Incorrect



Test your knowledge to see if you can choose the correct examples of equipment, utensil use and safety.



Which photo has the correct equipment?





The photo on the left has most of the necessary equipment for competition.





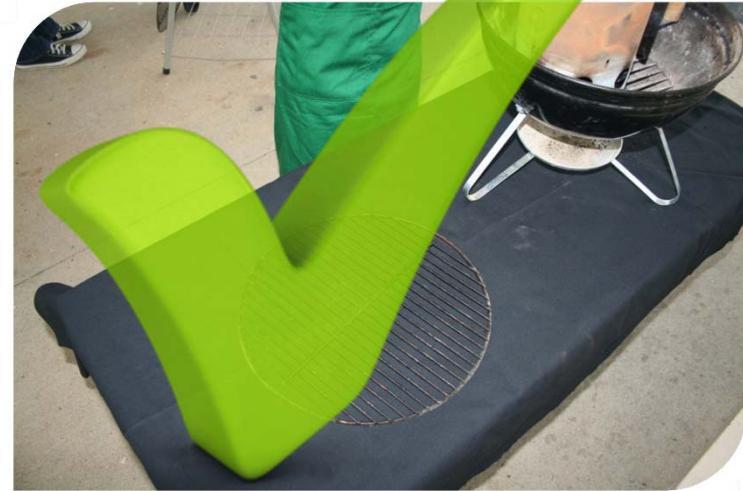
Which photo or photos depict the correct method of storing the grill rack?





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The bottom right photo is incorrect. It is never sanitary to store your grill rack on the ground. Racks can be placed on the table or hang from grill. Placing an S-hook on the grill is an easy way to hang the rack.





Which charcoal is almost ready to use?





Extension

Charcoal #1 is at the beginning stage. Charcoal #2 has just begun to flame, but is not ready. Charcoal #3 is beginning to ash over which means it is almost ready to use.



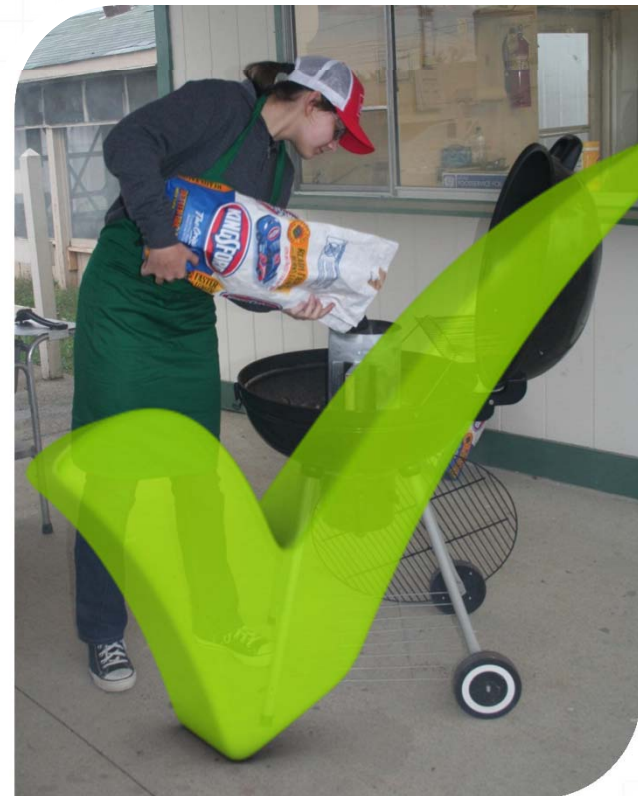


Which photo depicts the correct method of adding charcoal to the chimney starter?





The 4-Her on the right is demonstrating the proper method of adding charcoal to the chimney starter. The member on the left is leaning all the way across the long side of the grill.





Which 4-Her is demonstrating the correct method of lighting the fire?





The 4-Her on the right lights the fire through the hole on the chimney starter. This is the desired method.





Which is the correct method for dousing the fire?





When dousing a fire, you should sprinkle the water to prevent ash and smoke.





Imagination and Recipe

- ✓ Contestant applies novel idea in preparing cut, choice of spices, seasonings and/or sauces.
- ✓ Seasonings compliment meat.
- ✓ 10 Maximum Points





Imagination and Recipe

- ✓ Complicated procedures are worth more points (extra preparation)
- ✓ Upgrading a cut of meat is worth more points (i.e., taking a tough cut of meat and making it tender)
- ✓ A list of ingredients should be available for judges (exact recipes are not required, a list of ingredients is required for allergies)
- ✓ Difficult recipes are only beneficial if the finished product is desirable





Imagination and Recipe

More Difficult Cuts of Meat Examples

- ✓ Beef
 - Round
 - Flank
 - Ribs
- ✓ Lamb
 - Ribs
 - Shoulder
 - Blade
 - Ground
- ✓ Pork
 - Chop
 - Ribs
 - Blade
- ✓ Poultry
 - Does not have to be chicken
 - Other types of fowl can be used such as turkey, duck, etc.
 - Larger pieces (Breast Quarter or Leg Quarter)





Correct vs. Incorrect



Test your knowledge to see if you can choose the correct examples of imagination and recipe.



Which recipe is more creative?

Easy Lamb Marinade Recipe

Worcestershire Sauce
Dale's Seasoning Sauce
Red Pepper Flakes
Lemon Juice

Place ingredients in bag with
lamb and marinade over night.

Lamb Chop Marinade

4 oz. olive or corn oil
2 oz. lemon juice
2 med. onions, chopped
1/2 c. chopped parsley
2 tsp. salt
1/2 tsp. pepper
2 tsp. thyme
2 tsp. caraway seeds
2 cloves garlic

This may be used to marinate 8 lamb
chops or a 6 pound leg of lamb.

Combine all of the above ingredients.
Place meat in a plastic bag, pour the
marinade on top and place in the
refrigerator 12 hours.





The recipe on the right uses more unique ingredients and requires more time to prepare.

Easy Lamb Marinade Recipe

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Meat Preparation Skills

- ✓ Was the fire controlled (fire not too hot or cold)?
- ✓ Was extra charcoal added at proper time?
- ✓ Was sauce applied appropriately?
- ✓ Were good food safety principles used in handling product?
- ✓ 15 Maximum Points





Meat Preparation Skills

Correct food safety procedures should always be followed:

- ✓ Use tongs or gloves when handling meat
- ✓ Use sauces and marinades appropriately
- ✓ Do not cross-contaminate (surfaces exposed to raw meat should not come in contact with cooked meat-i.e., tongs, plates, etc.)
- ✓ Meat should always be stored properly





Meat Preparation Skills

Items needed to prevent cross contamination:

- ✓ Gloves
- ✓ Tongs
- ✓ Sanitizing Wipes or Soapy Water
- ✓ Hand Sanitizer





FIGHT BAC!

 <p>CLEAN Wash hands and surfaces often.</p>	<p>SEPARATE Don't cross-contaminate.</p> 
<p>CHILL Refrigerate promptly.</p> 	<p>COOK Cook to proper temperatures.</p> 



Keep Food Safe From Bacteria™





Contestants should never pour discarded marinade onto meat once the cooking process has begun.





Once utensils are used, it is important to clean them with sanitizing wipes or soapy water.





Correct vs. Incorrect



Test your knowledge to see if you can choose the correct examples of meat preparation skills.





Which photo contains the correct method for storing meat before grilling?





Meat should always be stored in a cooler prior to grilling.





Which photo depicts the correct handling technique for meat?





The photo on the left is correct. The photo on the right displays the improper technique of placing meat on grill. Gloves or tongs should be used when handling meat.





Which photo contains the proper method for removing an unattached hood from the grill?





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If the hood is removed straight up from the grill, it creates a vacuum and causes unnecessary ashes to attach to meat. It also causes additional smoke to rise into face of contestant.





Palatability

Flavor

- ✓ Flavor is appealing.
- ✓ Sauces/seasonings compliments meat flavor but does not mask meat flavors.
- ✓ Should have no off flavors.
- ✓ 15 Maximum points

Juiciness

- ✓ Meat is juicy and not wet or dry.
- ✓ 10 Maximum points

Tenderness/Texture

- ✓ Meat should be tender but not rubbery or shatter upon chewing.
- ✓ 10 Maximum points





Palatability

Flavor

- ✓ Pair sauces and/or seasonings that compliment meat flavors
- ✓ This section is subject to judges preference
- ✓ Extremely bold flavors may not impress everyone (i.e., Extreme levels of heat, spice, acid, etc.)
- ✓ Keep in mind that lamb has a natural strong flavor and needs additional seasoning

Juiciness

- ✓ Meat should be juicy, not too wet or too dry

Tenderness/Texture

- ✓ Meat should be tender, not too rubbery or shatter upon chewing





Correct vs. Incorrect



Test your knowledge to see if you can choose the correct examples of palatability.



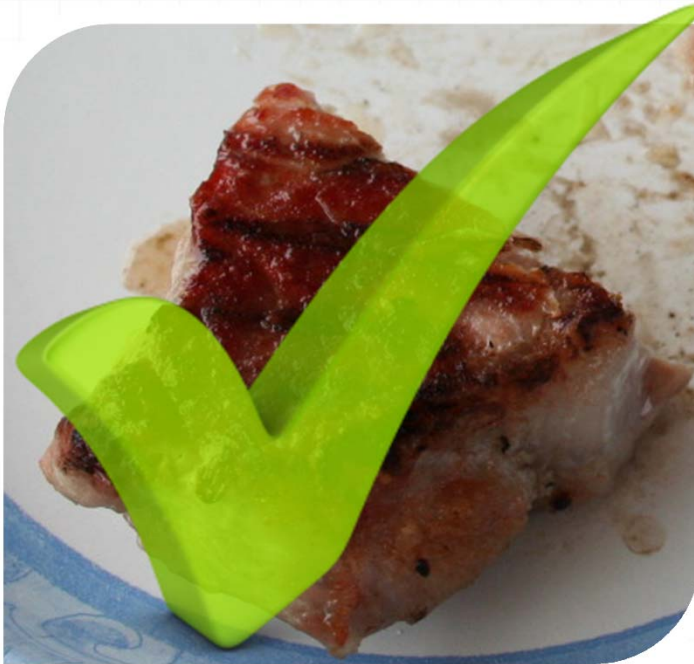
Which piece of meat looks more juicy and palatable?





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The pork on the left contains more juice and is appears to be more moist. The pork on the right is overcooked and dry.





Attractiveness and Overall Acceptability of Final Product

- ✓ External surface has a uniform color without undercooked or overcooked areas.
- ✓ Surface is not burned and dried out and free of ash.
- ✓ Internal doneness should be the degree specified.
- ✓ Internal appearance should be typical of specified degree of doneness without surfaces being overcooked.
- ✓ Appearance and palatability factors blend to make an appealing product.
- ✓ 10 Maximum points





Attractiveness and Overall Acceptability of Final Product

- ✓ Meat should be cooked to a desirable level of doneness, not under or over
- ✓ Meat thermometers should always be used to check internal temperature
- ✓ Attractive uniform colors are desirable





Does this piece of pork appear to be cooked to the correct level of doneness? No, this piece of pork is very pink with spots of red which indicates improper temperature. This would be unsafe to eat as it only reached a temperature of 136 degrees.





Is this lamb chop safe to eat? Yes, this lamb chop has been grilled to the proper temperature of 145 degrees which is an acceptable level of doneness.





Grill marks can add another dimension to the overall attractiveness of the finished product. It should be worth additional points in this section.





"Is it *done* yet?"

You can't tell by *looking*. Use a **food thermometer** to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Beef, Pork, Veal, Lamb
Steaks, Roasts & Chops
145 °F with a 3-minute rest time



Fish
145 °F



Beef, Pork, Veal, Lamb
Ground
160 °F



Egg Dishes
160 °F



Turkey, Chicken & Duck
Whole, Pieces & Ground
165 °F

www.IsItDoneYet.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



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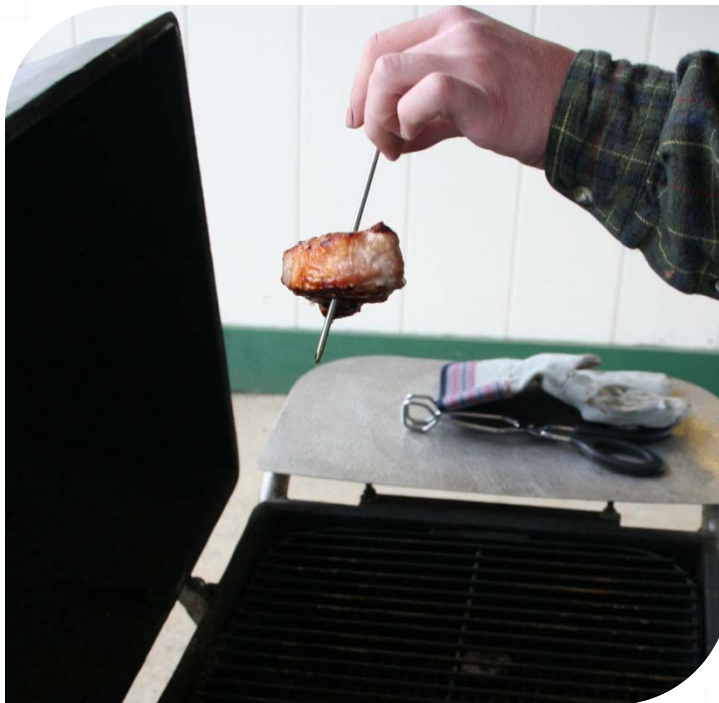
Correct vs. Incorrect



Test your knowledge to see if you can choose the correct examples of attractiveness and overall acceptability of final product.



Which photo contains the desired method for checking the internal temperature of meat?





Meat thermometer should be placed in the thickest part of meat about half way down to ensure a correct reading.



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Which piece of chicken has a more desirable appearance?





The chicken on the left is overcooked and charred. The chicken on the right has a more uniform color and appears to be cooked correctly.





Scorecard Components- Team Presentation

**Theme
Development**

**Platter
Presentation**





Team Presentation

Common Items Used in Team Presentation

- ✓ Table
- ✓ Table Covering
- ✓ Platter(s)
- ✓ Decorations
- ✓ Menu (types of meat cuts presented)
- ✓ Recipe Cards or Ingredient List
- ✓ Title if theme is not apparent

**Contestants should be prepared to answer questions about theme, meat, prep, etc.*





Theme Development

- ✓ Development of a theme through recipe selection and compatibility
- ✓ 20 Maximum Points





In Depth

UT Extension

Theme Development

- ✓ Table should be used-not more than 48 inches in diameter either square or circular (standard folding card table works well)
- ✓ A theme should be chosen and presented (i.e., Luau, Tailgating, BBQ, Party, etc.)
- ✓ Creativity will be worth extra points
- ✓ Decorations on table cannot exceed 36 inches above the table
- ✓ Other than the table covering, no decorations or display items should be below the table top, also no decorations should be on the ground





4-H Rocks theme is not obvious, but title is included





Tennessee Vol theme is obvious with menu





Platter Presentation

- ✓ Style, color and attractiveness of presenting the meat cuts will be the major criteria
- ✓ 30 Maximum Points





Platter Presentation

- ✓ All four species of meat from team members should be presented on platter
- ✓ One large platter or four small platters may be used as long as all fits on table
- ✓ All food items on platter must be prepared on site
- ✓ No additional food items are allowed on platter
- ✓ Meat used should adhere to theme in best way possible (i.e., recipe and cut choices)
 - ✓ Example: Tailgating theme vs. Elegant Dining theme
 - Filet would not be a common occurrence at a tailgating event
 - Filet would be a common menu item at a restaurant





Platter Presentation

- ✓ Juice drippings should be wiped from platter(s)
- ✓ Meat should be focal point
- ✓ Team presentation should be completed **ONLY** by contestants
- ✓ Coaches, Volunteers, Parents, etc. should not assist during contest





Meat is focal point of table arranged on platter





Pros of Outdoor Meat Cookery Programming

- ✓ It's FUN!
- ✓ Teaches 4-H members food safety, teamwork, food preparation, creativity, decision-making, etc.
- ✓ Teaches 4-H members skills that will last a lifetime
- ✓ Practices are enjoyable for all...they get to eat!
- ✓ Modern twist on traditional project
- ✓ Brings in new members to program
- ✓ Can lead to other competitions after 4-H
- ✓ Can lead to new volunteers, in particular, males





Cons of Outdoor Meat Cookery Programming

- ✓ Cost
- ✓ Many items to transport
- ✓ Time consuming
- ✓ Judging is subjective
- ✓ Points may not be evenly distributed





Overcoming the Cons

- ✓ While most 4-H programs are already financially strapped, some items can be provided by members
- ✓ This program can lead to additional sponsorship from new community partners (i.e., grocery stores, businesses, specific companies, grassroots organizations, etc.)
- ✓ Sharing some items among team members can help
- ✓ Many volunteers really enjoy this project
- ✓ Training materials such as this in-depth resource will assist in judging
- ✓ Future in-service opportunities are planned that can foster discussion





Suggestions from the Field

- ✓ Eliminate Team Presentation or make into a separate competition not included in team cooking score
- ✓ Define scorecard more clearly
- ✓ Move controlling fire component from Meat Preparation to Equipment, Utensil Use and Safety only
- ✓ It is important to have judges who are comfortable tasting meat at varying safe temperatures and flavors





Resources

Tennessee 4-H Outdoor Meat Cookery Additional Resources:

<http://4h.tennessee.edu/projects/foodscience.htm>

Tennessee Family & Consumer Sciences Safe Food for Tennessee Extension Educator Resources (Password protected, contact your local FCS Agent for access): <http://fcs.tennessee.edu/nutrfdstfy/safefd/safefd.asp>

The Partnership for Food Safety Education: www.fightbac.org

USDA Food Safety Education Resources: www.isitdoneyet.gov

American Lamb Board: www.americanlamb.com

Cattlemen's Beef Board: www.beefboard.org

National Pork Producers Council: www.nppc.org

U.S. Poultry & Egg Association: www.poultryegg.org

Beef Research (Beef Steak Color Guide):

<https://store.beef.org/?ITEMS=CATALOG&CAT=231&TP=232&ID=16309>





Questions?

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