



4AJ-03P0

# Kentucky 4-H Poultry: Barbecue Contests

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## Description

In the chicken barbecue contest, participants have 2½ hours to barbecue three chicken halves. They are judged on their cooking skills. The participants submit two of the halves for sensory evaluation.

In the turkey barbecue contest, participants have three hours to barbecue two turkey breast fillets. Again, they are judged on their cooking skills. The participants submit one of the turkey breasts for sensory evaluation.

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 completed registration form is submitted to Dr. Tony Pescatore before the registration deadline.

The senior winner(s) at the Chicken/Turkey Barbecue events will be given the opportunity to represent Kentucky at the National 4-H Poultry and Egg Conference which will be held in Louisville on the third Thursday in November. They will each receive \$300 to cover travel expenses to participate in the national event.

The purpose of the event is to:

- Develop leadership skills and to work toward achieving the broad objective of developing sound character and effective citizenship
- Acquire scientific knowledge and improved understanding of the economy, versatility and nutritional value of chicken broiler/turkey meat and its relationship to human nutrition and health
- Learn the basic principles of food safety
- Help youth develop skills in the preparation and use of chicken and turkey and to acquire the ability to express their ideas through participation in projects, talks, discussions, demonstrations, and exhibits



## Date and Time

The contest is held on Kentucky 4-H Poultry Days, on the last Saturday in July each year.

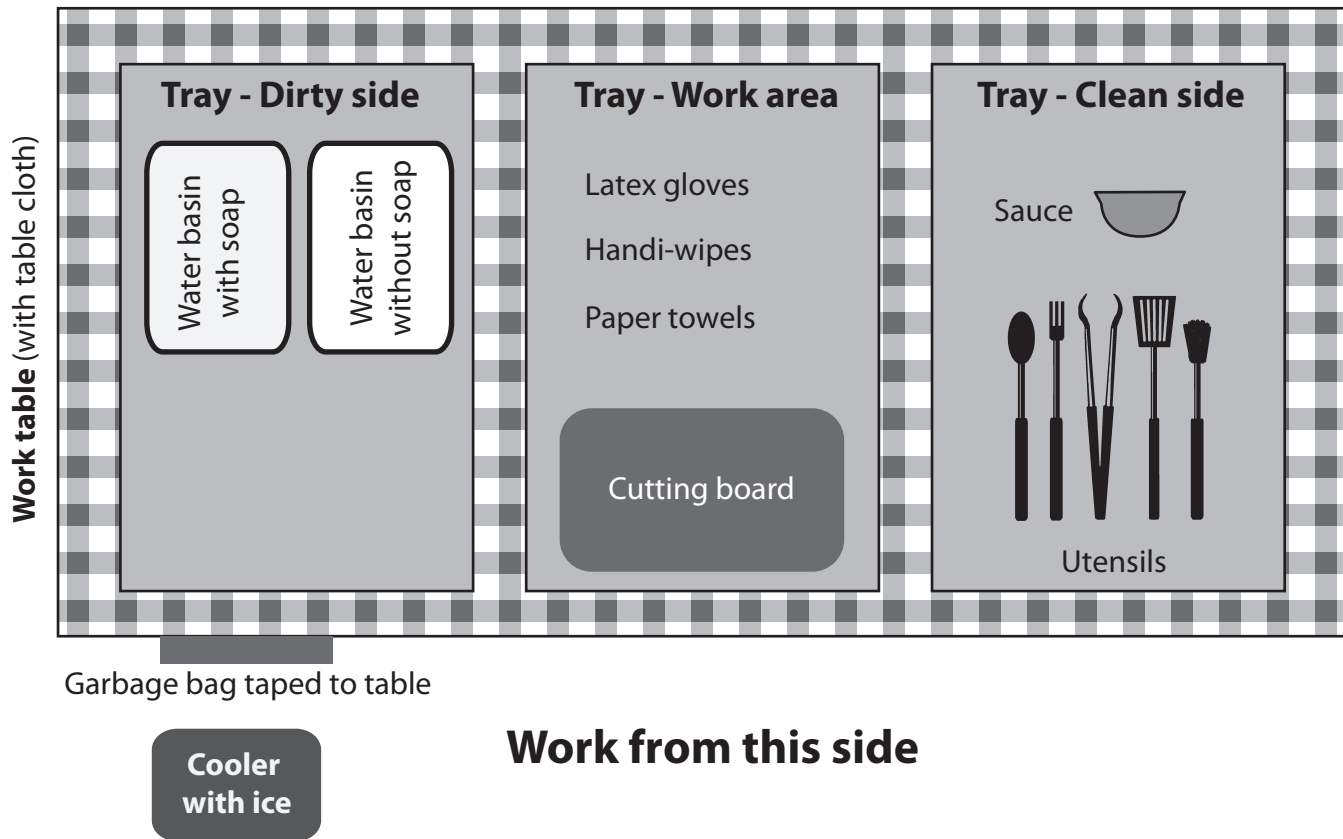
## Overview of the Contest

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

With regards to cooking skills the following criteria will be used:

**Equipment choice and table set up.** Participants are judged on their choice of equipment and cooking utensils. They 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 (see Figure 1). Since there is no running water next to the grill it is important to have a basin for water. It is preferable to

Figure 1. Example of table layout for chicken and turkey barbeque contests



have two basins for cleaning utensils—one with soap and one without soap for rinsing. In the work area participants should have a cutting board for preparing the chicken.

Participants are also judged on how well they prepare the chicken 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 chicken or turkey. It is important to show skill in the use of the knife while trimming off excess fat. The chicken or turkey should only be handled with clean hands, preferably with latex gloves.

### Recommended equipment

#### For preparing the chicken:

- Sharp knife
- Cutting board (plastic or glass, not wood)
- Water
- Soap
- Hand towels
- Disinfectant wipes
- Latex gloves

#### For barbecuing:

- Long tongs for handing briquettes
- Second tongs for handling meat on the grill
- Long handled lighter or matches
- Vegetable oil spray (such as Pam)
- Water spray bottle
- Cooler with ice to keep sauces cold and to store raw chicken when not being handled
- Container for sauces
- Garbage bag
- Aluminum foil
- Platter
- Starter can and pliers (optional)

**Appearance and cleanliness.** 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

**Preparing chicken for cooking.** It is good to remove the tail and wing tips to prevent them from burning. Nick the two remaining wing joints to help the chicken lay flat on the grill. Remove excess fat from the chicken to prevent fire flare-up from dripping fat. Remember to wash all utensils and surfaces that have been in contact with the raw chicken.

**Barbecuing the chicken.** Start by placing the chicken on the grill skin-side up. This helps to seal the juices into the meat. Turn the chicken frequently (every 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. 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 barbecue the chicken until it is done. You can use a meat thermometer to make sure that the internal temperature of the breast is 160°F. Participants have three chicken halves to cook but only have to hand in two. The remaining half should be used to make sure that the chicken is properly cooked.

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.

Plates will be provided to hand in your finished two halves which will be evaluated for appearance, degree of doneness, texture, and taste.

## Turkey Barbecue

When cooking turkey breasts it is good to marinate the turkey prior to placing it on the grill. Note that participants will not be allowed to marinate their turkey prior to the start of the contest. Marination will improve the flavor and moisture of the final product. Remember to keep the turkey cold during the marinating period. It should be stored in an ice cooler.

The turkey breasts can be cooked by wrapping the turkey with aluminum foil with the dull side out. This will help prevent moisture loss. In addition, the aluminum foil helps make the turkey easier to handle. The turkey can be basted during cooking by opening the aluminum foil and basting the meat. You may want to add extra sauce to the meat and then close the aluminum foil.

Cook until the turkey is done. You can use a meat thermometer, making sure that the internal temperature of the turkey breast filet has reached 160°F. You will be grilling two breast filets but only have to turn in one. The other filet should be used for verifying that the turkey is done. When fully cooked turkey meat will be white in color with a slight pink tint. Bright pink color indicates that the turkey is not done.

## Rules and Regulations

1. Participants will be scored according to the attached Chicken/Turkey Barbecue Score Sheets (Cooking Skills and Sensory Evaluation).
2. Each participant will prepare three 1¼ to 1½ pound chicken halves or two turkey breast fillets provided to them by the event monitors. The fillets will each consist of a half breast with tenderloin removed (*pectoralis major* muscle). The skin may be left on or off both fillets or one of each. Chicken and turkey will not be available to participants prior to the event starting time.
3. There will be a 2½ hour time limit for the preparation of the chicken and a 3 hour time limit for the preparation of the turkey. One point will be deducted for every five minutes late. Fires cannot be lighted prior to the event.
4. Participants may use a meat thermometer. Commercial devices for covering of meat on the grill will not be allowed. Participants may wrap meat in aluminum foil. Chicken halves may not be placed in baskets to aid in turning. Sauce may be commercial or private recipe. Recipe must be provided to judges.
5. Chicken/turkey shall not be marinated prior to start of the event. A participant may not inject any fluid or sauce into chicken/turkey.
6. Each participant will present two barbecued chicken halves or one turkey fillet to the panel of judges. No garnishes will be permitted on plates when submitted to the judges.
7. Participants will work alone, except in case of an emergency, as determined by event monitors.
8. Tie scores will be broken in descending order by:
  - Highest score in “Finished Product Quality” portion.
  - Highest score in “Barbecuing Skill” portion.
  - A method will be decided by the event committee.

9. Past state winners of the Chicken/Turkey Barbecue contest at the senior level cannot participate in the same contest again. However, the past state winner of the chicken barbecue contest at the senior level can participate in the turkey barbecue contest and vice versa.

10. Past state winners of the Chicken/Turkey Barbecue contests at the junior level can participate in either contest at the junior and/or senior level providing they meet age requirements.

11. If, for any reason, registered participants are unable to attend, please contact Dr. Pescatore as soon as possible so we do not waste chickens/turkeys.

Score sheets used by the judges are given on pages 5-8. Reviewing these sheets will help guide participants in the state contest.

## National Contest

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

An illustrated presentation, including factual information about broilers or turkeys is required for the state senior level winners (chicken or turkey) who proceed to national event. Participants will be allotted a maximum of 10 minutes for presentation. Judges will have up to three minutes for questions directed to Participants. Posters, table top displays and/or PowerPoint presentations may be used.

Each senior division winner will receive \$300 for expenses to participate in the national events.

# Kentucky 4-H Chicken Barbecue *Cooking Skills*



Participant No. \_\_\_\_\_

Junior or Senior

*\*Circle or check appropriate statement*

	Max points	Points scored	Comments
<b>Equipment and utensils*</b>			
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			
<b>Appearance and Cleanliness*</b>			
Person and equipment:	5		
Initially inappropriate marginal appropriate			
While cooking inappropriate marginal appropriate			
Apron/Attire inappropriate marginal appropriate			
<b>Starting Fire*</b>			
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			
<b>Controlling Fire*</b>			
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 N/A			
Excessive ash dust stirred up? Yes No N/A			
If needed, was charcoal added properly? Yes No N/A			
<b>Preparing Chicken for cooking*</b>			
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			
<b>Skill in Barbecuing*</b>			
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			
<b>Total Points</b>	70		

**General comments:**



# Kentucky 4-H Chicken Barbecue *Sensory Evaluation*



Participant No. \_\_\_\_\_

Junior or Senior

<i>*Circle or check appropriate statement</i>		Max points	Points scored	Comments
<b>Appearance*</b>		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			
<b>Degree of Doneness (for each half handed in)*</b>		20		
Drumstick	undercooked done overcooked			
	undercooked done overcooked			
Wing	undercooked done overcooked			
	undercooked done overcooked			
Breast	undercooked done overcooked			
	undercooked done overcooked			
<b>NOTE:</b> 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.				
<b>Texture*</b>		15		
Chewiness	tough chewy tender			
Rubbery	much moderate none			
Juiciness	dry moist wet			
<b>Flavors*</b>		25		
Chicken taste	poor moderate good excellent			
Sauce	too strong OK weak none			
Off flavor	too strong slight none			
BBQ flavor	too strong slight none			
<b>After taste*</b>		5		
	strong moderate weak none			
<b>Total Points</b>		80		

General comments:

# Kentucky 4-H Turkey Barbecue *Cooking Skills*



Participant No. \_\_\_\_\_

Junior or Senior

**\*Circle or check appropriate statement**

	Max points	Points scored	Comments
<b>Equipment and utensils*</b>			
Practical? <input type="checkbox"/> Efficient? <input type="checkbox"/> Complicated? <input type="checkbox"/> Timely? <input type="checkbox"/> Appropriately arranged? <input type="checkbox"/>	5		
Cleanup of work area and equipment? Yes No			
Provided appropriate recipe card? Yes No			
<b>Appearance and Cleanliness*</b>			
Person and equipment:	5		
Initially inappropriate marginal appropriate			
While cooking inappropriate marginal appropriate			
Apron/Attire inappropriate marginal appropriate			
<b>Starting Fire*</b>			
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			
<b>Controlling Fire*</b>			
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 N/A			
Excessive ash dust stirred up? Yes No N/A			
If needed, was charcoal added properly? Yes No N/A			
<b>Preparing Turkey for cooking*</b>			
Demonstrated overall cooking skill? Yes No	10		
Safe use of knife? Yes No N/A			
Trimmed excess fat? Yes No			
Safe handling of uncooked turkey? inappropriate marginal appropriate			
<b>Skill in Barbecuing*</b>			
Was turkey turned before blisters occurred? Yes No	25		
Demonstated skill in turning turkey? Yes No			
Was sauce uniformly applied? Yes No			
Food safety issues observed? cleanliness contamination handling check for doneness			
<b>Total Points</b>	70		

**General comments:**



# Kentucky 4-H Turkey Barbecue *Sensory Evaluation*



Participant No. \_\_\_\_\_

Junior or Senior

*\*Circle or check appropriate statement*

		Max points	Points scored	Comments
<b>Appearance*</b>				
Color	too light OK too dark	15		
Uniformity	poor OK good excellent			
Burnt or blistered	severe moderate slight none			
Speckled with ash	severe moderate slight none			
<b>Degree of Doneness*</b>				
Outer part of breast filet	undercooked done overcooked	20		
Center of breast filet	undercooked done overcooked			
<p><b>NOTE:</b> 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>				
<b>Texture*</b>				
Chewiness	tough chewy tender	15		
Rubbery	much moderate none			
Juiciness	dry moist wet			
<b>Flavors*</b>				
Turkey taste	poor moderate good excellent	25		
Sauce	too strong OK weak none			
Off flavor	too strong slight none			
<b>After taste*</b>				
	strong moderate weak none	5		
<b>Total Points</b>		80		

**General comments:**