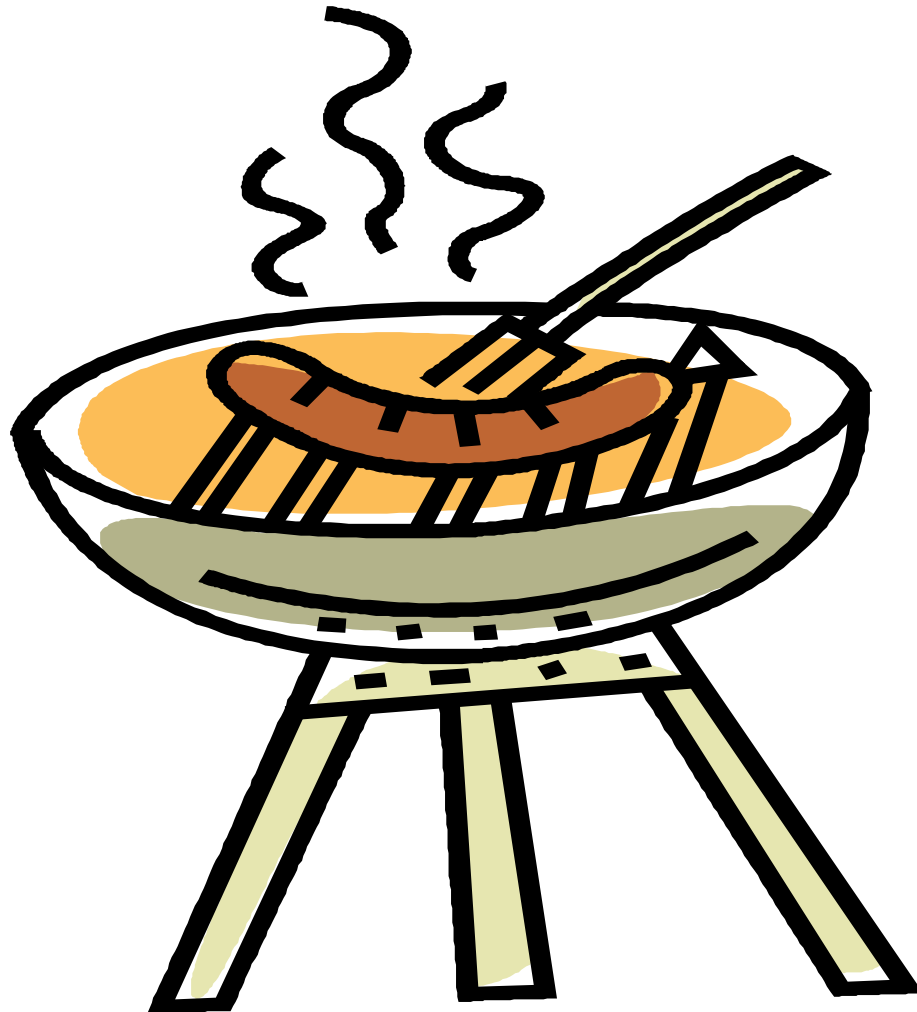


# HANCOCK COUNTY 4-H BBQ PROJECT



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# HANCOCK COUNTY 4-H BBQ PROEJCT

(County Project Only)

Level A (grade 3 – 5)  
Level B (grade 6 – 8)  
Level C (grade 9 – 12)

Champions will be awarded in Level A (grade 3 – 5), Level B (grade 6 – 8), Level C (grade 9 – 12)). An overall Grand Champion BBQ will be awarded.

Barbecue style cooking and cooking on the grill are increasing in popularity. According to the USDA, now more than half of Americans say they are cooking outdoors year round. Cooking out makes any meal more exciting for the whole family. The benefits derived from learning more about barbecue cooking:

1. Cooking on the grill is a fun way to entertain family and friends.
2. You will learn a tasty new way to prepare your favorite foods.
3. You will learn what the most desirable cuts of meat for the grill are as well as how to shop for them.
4. You will gain valuable knowledge and experience in meal preparation.

Cook-Off Division Requirements:

You may use any type of grill (see examples below), however, you are required to provide your own grill and all supplies at the cook-off contest.

## Level A (grade 3 – 5)

- Read the Barbecue Manual
- You must barbecue at least four (4) times for your family prior to the contest
- Enter the County Fair barbecuing contest

You may choose from a cut of meat of beef, pork, or poultry and must be barbecued on the 4-H fairgrounds on date/time specified in the 4-H Fair Schedule. The entrée you choose must have a minimum of one (1) pound of above specified meat in the recipe. Bring your grill, all equipment, supplies, meat and ingredients that you will need for the contest. **Pre-cooking of meat before arriving at contest is NOT ALLOWED.** Recipe on 5 x 8 card must accompany you when you come to the fair to prepare your entree. Contestant must build his/her own fire, or prepare the grill of your choosing, and barbecue his/her own entrée. Contestant will have 1 ½ hours after they have been asked to start their fire to barbecue their entrees and present it to the judge. You will be judged on use of equipment, building the fire/preparation of grill, timing, appearance, doneness and taste.

## Level B (grade 6 – 8)

- Read the Barbecue Manual
- You must barbecue at least four (4) times for your family prior to the contest
- Enter the County Fair barbecuing contest

You may choose from a cut of meat of beef, pork, poultry, lamb, or rabbit and at this grade level you must add some form of garnishment to your entrée for judging. The meat must be barbecued on the 4-H fairgrounds on date/time specified in the 4-H Fair Schedule. The entrée you choose must have a minimum of one (1) pound of above specified meat in the recipe. Bring your grill, all equipment, supplies, meat and ingredients that you will need for the contest. **Pre-cooking of meat before arriving at contest is NOT ALLOWED.** Recipe on 5 x 8 card must accompany you when you come to the fair to prepare your entrée. Contestant must build his/her own fire, or prepare the grill of your choosing, and barbecue his/her own entrée. Contestant will have 1 ½ hours after they have been asked to start their fire to barbecue their entrees and present it to the judge. You will be judged on use of equipment, building the fire/preparation of grill, timing, appearance, doneness and taste.

## Level C (grade 9 – 12)

- Read the Barbecue Manual
- You must barbecue at least four (4) times for your family, using at least 2 different cuts of meat, prior to the contest
- Enter the County Fair barbecuing contest

You may choose from a cut of meat of beef, pork, poultry, lamb, rabbit, or seafood and at this grade level you must include an accompaniment side dish, all prepared on the grill. The entrée must be barbecued on the 4-H fairgrounds on date/time specified in the 4-H Fair Schedule. The entrée you choose must have a minimum of one (1) pound of above specified meat in the recipe. Bring your grill, all equipment, supplies, meat and ingredients that you will need for the contest. **Pre-cooking of meat before arriving at contest is NOT ALLOWED.** Recipe on 5 x 8 card must accompany you when you come to the fair to prepare your entrée. Contestant must build his/her own fire, or prepare the grill of your choosing, and barbecue his/her own entrée. Contestant will have 1 ½ hours after they have been asked to start their fire to barbecue their entrees and present it to the judge. You will be judged on use of equipment, building the fire/preparation of grill, timing, appearance, doneness and taste. **Presentation of meat will be included in judging criteria at this level and 4-Her must provide their own presentation materials.**



## The BBQ Grill

The kind of grill you choose will depend upon how much money you want to spend and the size of grill you wish to purchase. The following will give you an idea of the grills available:

### Hibachi

Small and easily portable for trips to the beach or picnics, Hibachis are the perfect size for grilling for one or two on tabletops and tiny city terraces. The grill is large enough for only a few burgers or a small steak. An adjustable grill height lets you control the speed of cooking. Very affordable for everyone. For fuel, use wood, hardwood charcoal or charcoal briquettes.

### Brazier

The suburban icon of the 50's. It has three legs (two on wheels for portability) but no air vents for controlling the intensity of the fire. Ashes need to be scooped out because it has no hole in the base. These grills are very inexpensive, but you can add options like a partial hood and rotisserie attachment which add to the cost, but make for more versatile grilling. For fuel, use wood, hardwood charcoal or charcoal briquettes.

### Covered Kettle

The quintessential domed charcoal grill comes in bright colors with a top handle, air vents to control the fire's heat, and a hole in the base for easy ash removal. By cooking with the hood on, you can roast or smoke meats. Prices vary according to size and add-ons. For fuel, use wood, hardwood charcoal or charcoal briquettes.

### Gas Grill

The propane counterpart to the covered kettle. Instead of charcoal, it has porous lava coals or metal bars. At the push of a button, the coals or bars heat to the ready stage in about 10 minutes. It comes with a hood, and optional accessories include side burners and shelves. You can get as big and elaborate as you care to spend.

### Smoker

This grill is actually a stacked unit: a fire source on the bottom, a pan of water in the middle and food on the top. Wet wood chips placed on the fire create the smoked flavor which permeates the food. It's somewhat expensive, but smoked food aficionados say it's worth every penny. Smokers are available in charcoal, gas and electric models.

### Kitchen Grill

Some newer or remodeled kitchens are built with cook-top gas or electric grills which can give foods the taste and texture of the great outdoors. There are also portable electric grills available that add to the convenience of the grilled flavor "indoors".

## **Easy Grilling/Getting Started**

Steaks, burgers and kabobs that cook in under 30 minutes are grilled using the direct method of grilling. In this method, food is placed on the cooking grid directly over the coals. The other method of grilling is indirect, which is placing the coals to one side of the grill so that the meat can be placed to the opposite side of where the coals are located and cooked very slowly. Keep in mind there will only be 1 ½ hours from the time you start your grill to complete the contest, so the direct grilling method may be a better choice. The first step is building the fire and maintaining the correct temperature.

### **Starting the Fire**

Before you start the fire, if your grill has vents in the bottom, open them. One of the keys to good grilling is an even fire. For more even burning, use high quality charcoal. To determine the number of briquettes needed, spread briquettes one layer deep on the fire grate extending them one to two inches beyond the area the food will cover on the cooking grid. Arrange and ignite the briquettes using on the following methods. Whichever method you choose, when the coals are ash covered (about 30 minutes), carefully spread them using tongs in a single layer, set the cooking grid in place and check for proper cooking temperature.

- If you have access to an electrical outlet, one of the simplest tools for igniting your charcoal is an **electric starter**. These simply plug into an outlet or extension cord and heat the charcoal to igniting temperature using an electric coil. Simply insert the coil portion of the starter underneath the bed of charcoal, rest the handle against the edge of your grill and plug the starter into an outlet. Within about 10 to 15 minutes, the fire should be off to a good start. Unplug the starter from the outlet and remove it from the grill. (Don't leave the starter in the fire longer than recommended in the instructions, as this may shorten its useful life.) Let the charcoal burn for a while longer -- until the briquettes are covered with gray ash -- before you place food on the grill.
- **Natural wood lighters** are treated wood materials, usually contained in a paper wrapping, that are easy to light and burn for a long time. Insert the end of the lighter underneath the bed of charcoal briquettes and light it. After 10 to 15 minutes, the charcoal fire should be well under way. You may need to stir or fan it a bit to help it along. Once the charcoal is well ashed, put your grill in place, and you're ready to cook.
- **Lighter cubes** are another simple way to ignite your charcoal without using petroleum-based chemicals. Place three of the cubes, in a triangle pattern, at the outer edges of your charcoal bed so that each is in contact with briquettes. Light each cube individually, then simply wait for the charcoal fire to begin burning. The cubes are lit with matches or propane lighter by simply exposing the edge of each to a lit flame

- **Chimney Starter** is a heavy cylinder with holes in the side for ventilation. Briquettes can be ignited in this type of starter by using newspaper or solid fuel blocks in the center of fire grate. To light the chimney starter using newspaper turn the starter upside down. Crumple 2-3 sheets of newspaper and stuff them into bottom of chimney. Turn chimney right side up, place it on fire grate and fill with briquettes. Ignite newspaper through bottom air vents.
- Petroleum-based chemical starters add potentially harmful pollutants to the air and, if not allowed to burn away from the charcoal completely, can introduce potentially toxic substances to the foods you are preparing. There are several easy alternatives for starting a charcoal fire without resorting to chemical starters, however, if this is used, please follow manufacturer's directions and carefully light. DO NOT add more starter directly to briquettes after initial lighting.

## Temperature of Coals

The temperature of the coals is important for successful grilling. If the coals are too hot, the outside of the food can become charred and overcooked before the inside is properly cooked. Most cuts of meat are best grilled over medium to medium-low temperature coals.

To determine the temperature of the coals, use the hand count, a visual guide or a grill thermometer.

- **Hand Count/Visual Guide** – cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away. At the same time, observe the ash covering on the coals.

2-second hand count = HOT COALS = 400 F to 450 F

(Coals are barely covered with ash, not ready for cooking)

4-second hand count = MED COALS = 350 F to 375 F

(Coals glow through a layer of gray ash)

5-second hand count = LOW COALS = 300 F to 325 F

(Coals are covered with a thick layer of gray ash)



## Recipes

Barbecue cooks have individual preferences about the proper meats and sauces to use. The various seasoning methods produce different results, and can be divided into three main categories: rubs (wet and dry), marinades, and sauces. Following are examples of recipes you can use, however, you can use any recipe or create some classics of your own! You may do some research to find the best cut of meat for your recipe.

**Marinade:** Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Marinate food in refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. Never use marinade as a sauce after it has had raw meat/poultry in it, it is best to discard used marinade.

Recipe: To ½ cup Italian Dressing, add any of the following:

- ¼ cup frozen orange juice concentrate and 3 tablespoons brown sugar – great on steak!
- ½ cup your favorite prepared salsa and ½ cup chopped onion or pepper (red, green or yellow)
- 2/3 cup preserves (apricot or peach) and 2 tablespoons Dijon-style mustard – sweet on pork!
- 2 teaspoons lime juice and 1 teaspoon cumin – great on chicken!
- ¾ cup preserves (apricot or peach) and 2 ½ teaspoons hot pepper sauce – wonderful on chicken!

**Dry Rubs:** Dry rubs are combinations of dried spices massaged into food before cooking. Rubs help seal in flavor and form a savory crust. The appropriate ingredients in dry rubs vary with the kind of food you're cooking. The following is an all-purpose rub, good on ribs, brisket, chicken, and more:

- ¾ cup paprika
- ¼ cup ground black pepper
- ¼ cup salt
- ¼ cup sugar
- 2 tablespoons chili powder
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 teaspoons cayenne

Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry. Makes about 2 cups.

**Sauces:** Should only be used in the last hour of cooking and can be prepared in a relatively short period of time. You can quickly turn a commercial product into your own signature sauce by adding ingredients such as chiles, hot pepper sauces, ginger, or even fruits. The following is a basic barbecue sauce:

1 cup ketchup

¼ cup margarine or butter

1/3 cup water

1 tablespoon paprika

1 teaspoon packed brown sugar

¼ teaspoon pepper

2 tablespoons lemon juice

1 tablespoon Worcestershire sauce

Heat all ingredients except the lemon juice and Worcestershire sauce over medium heat. Stir in lemon juice and Worcestershire sauce and heat until hot. Serving suggestions: ribs, burgers and chicken.

## **SMART GRILLING: FOOD SAFETY TIPS**

We've included the most recent information provided from the United States Department of Agriculture (USDA) on food safety guidelines. Please read carefully as it is very important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing foodborne illness.



Acknowledgments: United States Department of Agriculture (USDA) Food Safety and Inspection Service