

The Experience

Contest will be held at the Women's Building Wheat Commission Kitchen at the State Fair on Friday, September 3, 2010.

Contestants will be cooking at various times – finalists will be assigned a time slot between 9AM to 4PM.

Stoves, grill, refrigeration, tables, water sources and basic cleaning products will be provided.

CONTESTANTS MUST BRING FOOD ITEMS AND COOKING EQUIPMENT & UTENSILS.

Contestants will be cooking in a public area and encouraged to visit with passersby. However the judges will be kept in a secluded location and recipes will be judged completely on the finished product.

Contestants will not be judged on cooking techniques. Safe Food handling practices must be followed, refer to www.fightbac.org website. The competition is meant to be a fun experience for both the cook and the state fair attendee.

The ease of beef cooking will be promoted through out the day.

Entry Form

Personal Information

First/Last Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

Cell Phone _____

Email Address _____

Circle One:

Youth Division

(10 to 18 years)

Adult Division

(19 and older)

Recipe Information

Recipe Name _____

Circle One:

New Twist on Old Favorites

Fork Free-Hand Held

Name of Beef Cut _____

Number of Servings _____

Total preparation & cooking time _____

Along with Entry Form **MUST ATTACH A RECIPE COPY IN THIS FORMAT:** On white 8.5 x 11 paper, legibly **PRINT** or **TYPE** in black ink your complete recipe.

List all Ingredients (including garnishes) with specific quantities, in order of use.

Give complete, but simple directions.

Use exact measurements and pan dimensions.

Entries must be postmarked by AUGUST 2nd.

Please send completed entry form and recipe to

Karla Pazour
State Fair Beef Cook Off
25725 350th Ave.
Pukwana, SD 57370



State Fair Beef Cook-Off

September 3, 2010

9am to 4pm

South Dakota

State Fair Grounds

Women's Building

Huron, SD

BEEF



Hosted by the

South Dakota Cattle Women

Funded by

South Dakota

Beef Producers

through

Beef Checkoff Dollars

Recipe Categories

Who Can Enter

How To Enter

New Twist on Old Favorites

New concept or variation on traditional beef recipes

Youth Division (10 to 18 years)

Adult Division (19 and older)

Fork Free-Hand Held

Finger-friendly recipe from appetizer to entree

Youth Division (10 to 18 years)

Adult Division (19 and older)

The Kind of Recipes Wanted:

Simple style that reflects how active and busy consumers cook today.

3 oz. serving size of cooked beef in each serving of the finished dish
(*Example – Recipe serves 4 people, a pound of uncooked beef should be used*).

Judging will be based on
Taste, Appearance, Originality, Nutrition and Category Appropriateness.

Ask yourself these questions:

Is the beef flavor prominent in the entire plate?

Is it eye appealing?

Is this a new recipe idea?

Is this a dish you would prepare for your family or friends?

South Dakota residents
(male or female)

10 years of age or older as of
September 3, 2010

May or may not own cattle –
OPEN TO EVERYONE

Must be a **HOME COOK** –
not a professional chef.

\$2000 Prize Money

Grand Prize
New Twist on
Old Favorites

Adult Division - \$500

Youth Division - \$250

Grand Prize
Fork Free
Hand Held

Adult Division - \$500

Youth Division - \$250

Eight Honorable Mention Awards

Combination All Categories

Contestants must complete the entry form in this brochure or a downloaded copy from:

www.sdcattletwomen.org

www.sdbef.org

www.sdstatefair.com

Please send along with your recipe as indicated on the entry form.

Multiple recipes may be submitted.

Entries must be

POSTMARKED BY

AUGUST 2nd

to be considered.

Finalists will be contacted by August 17th. More information will be sent to finalists at that time.

By entering, you are agreeing to participate on September 3, 2010 at the South Dakota State Fair in Huron, SD. If for some unforeseen reason you are not able to compete, contact Karla Pazour immediately.

For more information:

Karla Pazour (605) 894-4490

Nancy Stirling Neuhauser

(605) 567-3328

Lisa Dorschner (605) 280-6339