



**MEAT CATEGORY SCORECARD
2023 IOWA STATE FAIR**

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- _____ Juiciness/Tenderness
(15)
- _____ Overcooked/Undercooked
(10)
- _____ Pleasing texture
(10)

Appearance

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(15) attractive? Does the prepared product
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Originality

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- _____ Is it an original idea, or a good
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**NAME: Denny Hanson
CATEGORY: BEEF
NUMBER: 101**

**Recipe Name
Denny's Flatiron Steak**

Ingredients:

Flatiron Steak
Tenderizer Seasoning Powder
Accent Seasoning
Garlic & Herb Seasoning

Instructions:

Cover steak with all seasonings
Cook to 140 degrees – inside medium
Wood chips used - Pecan



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**NAME: Jamar Jordan
CATEGORY: BEEF
NUMBER: 102**

**Recipe Name
Beef Brisket**

Ingredients:

Applewood rub
Roasted garlic rub
Honey hickory rub
Cowboy rub
Brown sugar bourbon rub
Mesquite rub
Sweet and smokey rub
Butter
Liquid smoke
Apple wood
Hickory wood
Sugar
Brown sugar

Instructions:

Cook at about 250°-270°



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**NAME: Marshall Whitaker
CATEGORY: BEEF
NUMBER: 103**

Recipe Name

Jalapeno Popper Meatloaf

Ingredients:

**2 lbs ground beef
4 Jalapenos
Cream Cheese
BBQ Seasoning
Shredded Mozzarella cheese
Shredded Pepper Jack Cheese
One Egg
Ritz Crackers**

Instructions:

Mix ground beef, seasoning, egg, and crushed Ritz crackers in a bowl. Then place into a gallon sized Ziploc bag and flatten out the meat to the same dimensions of the bag. Place parchment paper on the table, about a 2-foot piece. Cut the Ziploc bag so the beef is still flat. Flip the meat onto the parchment paper. Slice the jalapenos into quarters and place in the center of the beef, then add the cream cheese, shredded mozzarella cheese, and pepper jack cheese (all to your liking). Roll meat into a log and place on grill for about 3 hours at 240 degrees.



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**NAME: Ryan Friesth
CATEGORY: BEEF
NUMBER: 104**

**Recipe Name
Ribeye Cap Steak**

Ingredients:

Rub

- | | |
|---------------------|----------------------|
| 2 tsp. kosher salt | ½ tsp chili powder |
| 1 tsp brown sugar | 1 tsp black pepper |
| ¼ tsp turmeric | ¼ tsp cayenne pepper |
| ½ tsp garlic powder | ¼ tsp lemon pepper |
| ½ tsp paprika | ¼ tsp beef base |

Garlic Butter:

- | | |
|--------------------------|------------------------|
| ½ stick butter, unsalted | minced garlic to taste |
|--------------------------|------------------------|

Instructions:

- Charcoal grill to 600 degrees
Prepare Steak: remove spirals and form into circle. Secure with Butchers twine & pins. Marinade for 7 minutes with Aces Wild Marinade and 16 oz beef broth mixed.
1. Grill for 2 min, 20 sec on each side turning half way through for grill marks as desired
 2. Rise to top rack until internal temp reached 134 degrees
 3. Remove and loosely wrap in foil until internal temp reaches 140 degrees for medium doneness
 4. Brush with garlic butter

Serve with twice baked mashed potatoes and asparagus with hollandaise brown gravy sauce



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NAME: Jacob Bellman
Rub & Smoke BBQ

CATEGORY: BEEF

NUMBER: 105

Recipe Name

Rub & Smoke Brisket

Ingredients:

Beef Brisket
Worcestershire Sauce

Rub:

1 cup salt	½ cup onion powder
2 cups pepper	¼ cup cumin
½ cup paprika	¼ cup chili powder
½ cup garlic powder	

Instructions:

First start the smoker looking for a rolling temp of 225 degrees, then I start to trim the excess fat off the meat side and any silver skin, then I flip the brisket over and trim the fat side not trimming too much off the point. I trim the extra meat and fat off the point, I clean it up and make the brisket look uniform. After everything is trimmed and looking nice, I put the brisket on the smoker fat side up point facing the back. I smoke for 4.5 - 5 hours I normally don't use thermometers, it's all about feel and how it looks but if I did it would be around the 165 degrees mark then I take the brisket out the smoker and into a foil pan and cover with an additional piece of foil to lock in the moisture. I put the wrapped brisket back on the smoker for about 4 - 4.5 hours until the internal temp on the flat reaches about 203-205 degrees. Then the brisket is pulled off the smoker and set to the side to rest for about 2 hours then after it's rest, I remove the point from the flat and further trim extra fat as needed. I slice the flat first against the grain of the meat into nice and uniform slices and then do the same with the point. Lastly, I either brush or dip the meat in its original pan juices then serve.



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NAME: Jason Morris

CATEGORY: BEEF

NUMBER: 106

Recipe Name

Beef Brisket

Ingredients:

**5 lb Beef Brisket
Salt
Black Pepper
Garlic Powder
Brown Sugar**

Instructions:

Cook at 275 degrees for 5.5 hours until internal temperature reaches 200 degrees. Then rest for one hour. Spray brisket every hour for the first 4 hours.



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NAME: Sarah Cruise
C & W Barbecue

CATEGORY: BEEF

NUMBER: 108

Recipe Name
C&W Show Stopper

Ingredients:

Beef
Salt
Pepper
Garlic

Instructions:

15 minutes at 170 degrees smoking, then 3 minutes at 400 degrees each side



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NAME: Jeff Monk

CATEGORY: PORK

NUMBER: 201

Recipe Name

Pork Loin

Ingredients:

Pork loin
Salt
Pepper
Garlic
Seasoning Salt
Butter
Barbecue Sauce

Instructions:

Season the meat. Cook on reverse flow smoker at 225 degrees for 3 hours to a final meat temperature of 145 degrees. Add barbecue sauce.



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NAME: Ben Zehr

CATEGORY: PORK

NUMBER: 202

Recipe Name

Pork Loin

Ingredients:

- 8 lbs. pork loin**
1 c. Meat Church Holy Gospel Seasoning
¼ c. mustard
¼ c. brown sugar
6 c. apple juice

Instructions:

Rub pork loin with mustard to act as a binder. Next use brown sugar and Meat Church seasoning and rub meat thoroughly. Cook until an internal temperature of 145 degrees. While cooking, spritz with apple juice. When meat reaches correct internal temp, pull meat from smoker, wrap in tin foil, and let rest for 30 minutes before slicing. Slice and serve



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NAME: Michael Gyles

CATEGORY: PORK

NUMBER: 203

Recipe Name

Grizzly's Pork & Slaw S sammich

Ingredients:

Smoked Pork loin and slaw on onion bun with pear apple bourbon bbq sauce.

Meat Rub: Salt, pepper, sugar, brown sugar, smoked paprika, onion powder, garlic powder, chili powder, dill, cayenne, cinnamon, red pepper flakes, cumin parsley, mustard, butter.

Sauce: Rub Blend, ketchup, pear, sugar, lemon juice, cinnamon, cloves, pepper flakes, bourbon, apple juice, Worcestershire, liquid smoke.

Instructions:

1. Trim excess fat & sliver skin from pork loin
2. Coat in mustard and apply generous amount of meat rub to cover the pork loin.
3. Heat smoker to 225-250 deg. using apple wood as primary fuel source.
4. Place meat in center of smoker rack, fat cap down.
5. Cook meat 30 minutes per pound of loin, rotating meat at 1/3 of cook time (based on weight of meat being cooked) mop with apple juice after rotating.
6. Once internal temp of 140-145 deg. is reached remove from smoker and place on large aluminum foil.
7. Sprinkle brown sugar over to top of meat. Slice thin pads of butter, placing 1 square across top of meat every 2-4 inches.
8. Wrap foil over meat to allow to rest 15-30 minutes before cutting and serving.



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NAME: Mitch Schmitz

Team Gone Hossin' BBQ

CATEGORY: PORK

NUMBER: 204

Recipe Name

Baby Back Pork Ribs

Ingredients:

Baby Back Ribs

Asian BBQ Sause

Toasted Sesame Seeds

- | | |
|-----------------------------|----------------------------|
| 1 Tbsp. Soy Sauce | ½ Tsp. Chili Flakes |
| 1 Tbsp. Rice Vinegar | ¼ Tbsp. corn starch |
| 3 Tbsp. Brown Sugar | ¼ c Water |
| 1 Tbsp. Sesame oil | 2 Garlic Cloves |
| ¼ Tsp. Ginger Powder | |

Instructions:

Cook at 225 degrees for 6 hours



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NAME: John Jackson

CATEGORY: PORK

NUMBER: 205

Recipe Name

BBQ Ham Balls

Ingredients:

- 3# ham loaf**
- 1 sleeve graham crackers**
- 1 c brown sugar**
- 1 Tsp. vanilla**
- 2 Tbsp. milk**
- Mix all together and season with Holy Gospel Seasoning**

Instructions:

- Smoke at 160 degrees for 1 hour**
- Bump up to 250 degrees for 1 hour, then add BBQ sauce**
- Bump up to 275 degrees for 20 minutes**



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NAME: Dalton Dunbar

CATEGORY: PORK

NUMBER: 207

Recipe Name

Pulled Pork Butt

Ingredients:

**Pork Butt
Lawry's
Cookies
Creole Seasoning
Minced Garlic
Garlic Salt
Fat Boy Pork Rub
Long Horn Steak Rub
Butter Injection**

Instructions:

**Preheat grill to 250 degrees, charcoal w/ hickory
Let dirty smoke burn off
Throw meat on grill at 250 degrees
Cook for 8 hours
Enjoy!**



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NAME: Barry Sandbulte

CATEGORY: PORK

NUMBER: 208

Recipe Name

Pork

Ingredients:

**Rack of St Louis style ribs
Uncle Steve's Competition Pig Shake
Honey
Butter
Brown Sugar**

Instructions:

Preheat the smoker to 275 degrees, place ribs bone side down on the smoker for 3 hours or until the color of preference, place the ribs in tin foil wrap with butter, brown sugar and honey. Place them back on the smoker for up to 2 hours or until they are tender. Take them out of the wrap and back on to the smoker and cover with your favorite BBQ sauce for up to 1 hour or until the sauce is set. Take them off and cut ribs to serve.



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NAME: Francisco Baltazar

Arely's

CATEGORY: PORK

NUMBER: 209

Recipe Name

Pork

Ingredients:

- | | |
|--------------|----------|
| Pork | |
| Red Chilies | Cinnamon |
| Onion | Lemon |
| Garlic | Leaf |
| Black Pepper | Cilantro |
| Pineapple | Tortilla |

Instructions:

**Cooked in (el trompo / Vertical Broiler) directly on the fire.
Cut and finished by grilling at 160 degrees
Served with tortillas, onion, cilantro, lemon, green or red sauce**



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NAME: Ryan Justice

CATEGORY: LAMB

NUMBER: 301

Recipe Name

Korean Style Lamb Chops

Ingredients:

- | | |
|---------------------------|------------------------|
| 12 lamb chops | 2 tsp minced ginger |
| ½ c Gochugang Paste | 2 tbsp Minin |
| 2 tbsp Rice Wine Vinegar | 2 cloves minced garlic |
| 1 tbsp light brown sugar | 1 tbsp sesame oil |
| 2 tbsp shichimi togarashi | 2 tbsp soy sauce |

Instructions:

- 1 Mix all ingredients (except lamb chops) in large bowl
- 2 Transfer liquid to a Ziploc bag and add lamb chops
- 3 Toss contents around to coat lamb
- 4 Place in fridge to marinate for at least 2 hours (up to 12 hrs)
- 5 Light and heat grill to a medium heat
- 6 Cook to an internal temp of 145 degrees
- 7 Enjoy

**** for additional flair when serving, top with chopped scallions and sesame seeds ****



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NAME: Adam Hoffman
CATEGORY: LAMB
NUMBER: 302

Recipe Name

Rosemary & Garlic Lamb Loin Chops

Ingredients:

- | | |
|--------------------------------|-------------------|
| 2 lbs lamb loin chops* | ¼ tsp kosher salt |
| 4 cloves garlic, minced | ¼ c olive oil |
| 1 tbsp fresh rosemary, chopped | Zest of 1 lemon |
| ½ tsp ground black pepper | |

*I purchased my lamb at Waverly Farmers Market from Yellow Table Farms

Instructions:

1. Combine the garlic, rosemary, salt, pepper, lemon zest and olive oil in a 1 gallon (or larger) disposable storage bag. Mix the contents of the bag by gently squeezing the exterior of the bag.
2. Add the lamb chops ensuring that all sides of each lamb chop are exposed to the marinade.
3. Allow the lamb chops to marinade in the refrigerator for at least 1 hour, or as long as overnight.
4. Prepare a grill to provide a consistent medium heat for a cooking session of at least 10 minutes.
5. Once the grill is prepared, place the lamb chops on the grill for 1 minute to allow the lamb to sear. Flip the lamb to the opposite side for 1 minute to sear it as well.
6. Once both sides are seared, stand the lamb chops on their bone end to allow the bone to absorb the direct heat and allow the sides to evenly cook with the ambient, indirect heat.
7. Monitor the lamb chops with a food thermometer as they progress toward an internal temperature goal of 125 degrees F, which should take about 7-10 minutes.
8. Remove the lamb and allow it to rest for 5 minutes to allow the temperature to even out and the internal juices to settle. The internal temperature should rise by 5 additional degree to a final medium-rare level of doneness.
9. Serve with any assortment of fresh vegetable sourced from your local farmers market that may also be cooked on the grill you have prepared.

Notes:

Use of a remote monitoring thermometer (wired or wireless) will decrease cooking time due to not venting heat from the grill to check the meat's temperature.



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NAME: Jesus Ojeda

CATEGORY: LAMB

NUMBER: 303

Recipe Name

Smoked Lamb Shank

Ingredients:

- | | |
|-------------------------------------|-----------------------|
| 4 Lamb shanks | 2 cups of water |
| 8 ounces of Balsamic Vinegar | 2 large white onion |
| 6 Fresh Garlic Cloves | 4 springs of rosemary |
| 2 tbsp of kosher salt | 4 springs of thyme |
| 2 tbsp ground black and red peppers | |

Instructions:

1. Preheat smoker to 200°F, I like to use wood planks for smoker, but a pellet smokers will do
2. Clean shanks by removing extra fat, place on the side
3. In a bowl place salt, pepper, chopped fresh garlic, Balsamic Vinegar, onion, rosemary, thyme and whisk until all ingredients are all mixed together
4. Add the shanks to the mix and let marinate for 20 minutes or if prefer over night
5. after the 20 minutes are up, take the shanks and place in smoker and smoke for 2 hours at 200°F
6. While the shanks smoke, place the marinade liquid in blender and blend for 2 minutes. Then place in a pot on medium heat to reduce the liquid by half. Once reduce place to the sided
7. Once the shanks have been smoked for 2 hours remove them and wrap them in aluminum foil, place them back in the smoker until the internal temperature reaches 180°F.
8. Ready to enjoy!



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NAME: Misty Phillips

CATEGORY: LAMB

NUMBER: 304

Recipe Name

Smoked Lamb Meatball Gyros

Ingredients:

Lamb Meatballs:

- 1 lb ground lamb
- ¼ c Panko breadcrumbs
- 3 Tbsp diced shallot
- 3 garlic cloves, diced
- 1 Egg
- ½ Tsp pepper
- 1 Tsp salt
- ½ Tsp cumin
- ½ Tsp Smoked Paprika
- ¼ tsp red pepper flakes
- ¼ tsp ground cinnamon

Pita Ingredients

- 4 whole pita rounds
(cut into halves)
- 1 Red onion sliced thin
- ½ c Tzatziki sauce
- 1 tomato sliced thin
- 1 cucumber sliced thin

Instructions:

1. SET SMOKER TEMP TO 250. RECOMMEND USING ANY FRUIT WOOD
2. COMBINE ALL MEATBALL INGREDIENTS IN LARGE BOWL. MIX THOROUGHLY WITH HANDS, TO PREVENT OVER MIXING
3. FORM GOLF BALL SIZED MEATBALLS AND PLACE ON BAKING SHEET (MAKES AROUND 20 MEATBALLS)
4. PLACE BAKING SHEET WITH MEATBALLS ON THE SMOKER. COOK UNTIL MEATBALLS REACH INTERNAL TEMP OF 160 DEGREES (APPROXIMATELY 1 HOUR)
5. REMOVE AND SERVE ON PITA BREAD WITH RED ONION, TOMATO, CUCUMBER, AND TZATZKI SAUCE



**MEAT CATEGORY SCORECARD
2023 IOWA STATE FAIR**

Taste

- _____ Taste/Flavor
(30)
- _____ Juiciness/Tenderness
(15)
- _____ Overcooked/Undercooked
(10)
- _____ Pleasing texture
(10)

Appearance

- _____ Appetizing color, is the garnish
(15) attractive? Does the prepared product
have eye appeal?

Originality

- _____ Is the recipe suitable for outdoor
(10) cooking?
- _____ Is it an original idea, or a good
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(100)

_____ Judge's Signature

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NAME: Shelana Laing

CATEGORY: LAMB

NUMBER: 305

Recipe Name

Smokey Leg of Lamb

Ingredients:

- 1 (7-8 lb) bone-in leg of lamb
- 2 Teaspoon extra-virgin olive oil
- 1 Tablespoon crushed garlic
- 4 Clove garlic, sliced lengthwise
- 4 Sprig rosemary, cut into 1 inch pieces
- 4 Sprig of Mint
- 2 lemons
- 2 oranges
- Salt
- Black Pepper

Instructions:

- Make about 2 dozen small, 3/4 inch deep cuts in the lamb.
- Place the sliced garlic and cut rosemary & mint sprigs into the perforations.
- Zest and juice the lemons & 1 orange, spreading the zest and juice evenly over the lamb.
- Sprinkle lamb with salt and pepper.
- Heat smoker to 500 degrees, place lamb on for 30 minutes
- Reduce temp to 350 degrees, cook for 60 - 90 minutes
- Remove from smoker and let rest for 15 minutes before slicing
- Sauce- zest & juice orange into bowl, add pinch of salt, pepper, mint. Then add tablespoon of corn starch, warm over low heat, then place in bowl to be spooned over meat as desired.



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2023 IOWA STATE FAIR**

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**NAME: Jim Woodsmall
CATEGORY: LAMB
NUMBER: 306**

Recipe Name

Greek Lamb Chops on a Stick

Ingredients:

See attached

Instructions:

See attached

GREEK LAMB CHOPS ON A STICK

INGREDIENTS

2 racks of Lamb Chops, Frenched

DRY RUB

Use a Greek Seasoning of your choice, Cavender's Greek Seasoning or the below recipe. The goal is to bring a warm Mediterranean flavor to the Lamb Lollipops cooked to the recommended internal temperature of 145 degrees with a 3 minute rest. Allow 2-2 1/3 hours to complete this recipe.

GREEK SEASONING BLEND

2 tsp Salt
2 tsp Basil, dried
2 tsp Oregano, dried
1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Dill Weed
1 tsp Black Pepper
1 tsp Parsley, dried
1 tsp Cornstarch
1/2 tsp Thyme, dried
1/2 tsp Rosemary, dried
1/2 tsp Cumin
1/4 tsp Cinnamon, ground

Combine ingredients. Store seasoning mix in an airtight jar for up to 1 year. Recipe makes 1/4 Cup of Seasoning.

GREEK ALFREDO SAUCE

2 TB Butter
1 1/2 tsp Garlic Powder
1/2 cup Milk, Water or Half and Half
3/4 cup Plain Greek Yogurt
1/2 cup shredded Parmesan Cheese
Salt, Pepper and/or Greek Seasoning, to taste
Red Pepper Flakes and/or Balsamic to taste, optional

Olive Oil

Pasta Noodles, 8 ounce cooked and kept warm

Cucumbers and Parsley for Garnish, optional

Wood Chips, Flavor Chunks or Wood Pellets, if desired

DIRECTIONS LAMB

1. Fire up your smoker or grill to 225-250 degrees F. If you are using a grill set it up for indirect and direct cooking.
2. If making the rub combine dry rub ingredients in a small bowl. Use a fork to remove or crush any lumps. Lightly apply Olive Oil to the Lamb and apply a liberal amount of the chosen rub to all sides of the meat and let it rest at room temperature for 15-30 minutes.
3. Once your smoker/grill gets to temperature add smoking wood chips, flavor wood chunks or pellets to the coals. Put the lid on and wait for the dirty smoke to clear (20-30) minutes.
4. Lightly coat the indirect cooking racks with oil. Place the Lamb on the indirect racks and leave it there until the meat reaches 120 degrees F internal temperature.
5. Move the Lamb over to the direct side. Flip and turn it frequently until an internal temperature of 135-140 degrees F is reached. If there are no different zones just continue to cook the meat until it reaches the target temperature based on how you would like your meat doneness to be. Always allow for some residual rise in temperature after taking it off the smoker/grill.
6. Remove to a cutting board, tent with foil and let the meat rest for 10-20 minutes. Then cut between the bones to produce Lollipops for serving.
7. Serve over a bed of Pasta with the Greek Alfredo Sauce for dipping and to be used as a finishing sauce for the Pasta.

DIRECTIONS ALFREDO SAUCE

1. In a medium sauce pan melt the butter over medium heat. Stir in the garlic powder and milk, water or half and half.
2. Remove from the heat and allow to cool for 2-3 minutes.
3. Gradually whisk in the Greek Yogurt. Add Parmesan Cheese to the sauce and stir until melted. Add more Parmesan Cheese if a thicker consistency is desired. Add Salt and Pepper to taste. Finish with the Greek Seasoning, Red Pepper Flakes and Balsamic Vinegar, optional.
4. Set aside some of the sauce to dip the Lollipops in. Toss the remainder with the Pasta. Garnish, if desired with Cucumber and Parsley.
5. Enjoy!



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NAME: Robert Jones
CATEGORY: LAMB
NUMBER: 307

Recipe Name

Lamb Kabobs w/ Rosemary Potatoes

Ingredients:

Meat:

- 3 lb of boneless lamb cut into equal size cubes, about 1-2"
- 1/4 cup low sodium soy sauce
- 1/2 cup teriyaki sauce
- 1 tbsp steak seasoning, I used Montreal Steak Seasoning
- 1 cup dry Red Wine
- 1 tsp. fresh finely chopped rosemary
- 2 large bell peppers, I used red and yellow
- 1 large onion

Potatoes:

- 1 bag of small potatoes: the baby size, new potatoes, washed and dried.
- 1 tbsp of olive oil
- 1 tbsp of fresh chopped rosemary
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper

Instructions:

- Kabobs** (if not using metal skewers, soak skewers before assembly)
Cut and trim the lamb into 1" cubes. Place meat in a dish, cover with soy sauce, teriyaki sauce, wine, steak seasoning and rosemary. Cut onion and bell pepper into large squares, about the same size as the lamb. Mix them together with the meat in the marinade. Let it marinate overnight in the fridge. Assemble alternating the lamb and veggies (lamb, onion, bell pepper, lamb..)
Grill over medium high heat turning every 3-4 minutes till Lamb reaches 145 degrees.

Potatoes:

- Place potatoes, oil, rosemary, salt, and pepper in a large bowl, toss to coat all the potatoes with oil and seasonings. Place on a large sheet of heavy duty foil, close foil around potatoes creating a tight seal. Grill for 25-30 minutes or until potatoes are tender.
Carefully open foil packet as it will have steam. Serve with the lamb and enjoy.



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NAME: Jase Wilson

CATEGORY: YOUTH - PORK

NUMBER: 401

Recipe Name

Pork

Ingredients:

- 1 pork loin**
- 1 bottle Laynes Spellbound BBQ Rub**
- 1 bottle Tennessee Red Sauce**
- ¼ cup brown sugar**

Instructions:

- Run grill around 250 degrees**
- Rub tenderloin down with the Laynes rub**
- Lay meat on grill and cook until 145 degrees**
- When done, wrap loin up in tin foil and pour sauce over the top the loin and throw in a cooler so the meat can soak up all the sauce. Leave in cooler for around 15 minutes or so then cut up and serve.**



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NAME: Kamie Helmke

CATEGORY: YOUTH - PORK

NUMBER: 402

Recipe Name

Pork Chops with Strawberry Salsa

Ingredients:

Pork Chops

Mr. Rub Seasoning

Smoke until internal temperature is 145 degrees

Fresh Salsa

3 large strawberries

3 Tb. onion

2 cloves garlic

1 Tb. honey

1 1/2 pints cherry tomatoes

3/4 Tb. salt

1 jalapeno seeded

2 Tb. fresh basil

Juice from one lemon

1/4 cup olive oil

Blend above ingredients. Then add: 1 chopped avocado

Spoon over Pork Chops & Serve

Instructions:

Rub Pork Chops with Seasoning.

Heat Smoker to 400, lightly char chops on both sides. Reduce heat to 225, smoke for an hour or until internal temperature is 145.

Add Salsa ingredients to blender, lightly blend.

Add chopped avocado, stir, spoon over pork chops.



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NAME: Stoney Wood

CATEGORY: PORK

NUMBER: 404

Recipe Name

Munch Hog Ribs

Ingredients:

- | | |
|----------------------------|---------------|
| 1 rack baby back ribs | <u>Spritz</u> |
| Triple H BBQ Munch Hog Rub | 1 c vinegar |
| Liquid margarine | ¼ c hot sauce |
| Honey | |
| Dark Brown Sugar | |
| Cholula Hot Sauce | |
| KC Masterpiece BBQ Sauce | |

Instructions:

Select rack of ribs, rinse with cold water, pat dry. Remove white membrane from ribs. Using fork tines, make several holes between bones of ribs. Sprinkle both sides of ribs with Munch Hog Rub. Place in refrigerator for 30 – 60 minutes. Heat smoker to 225 degrees. Add favorite wood for smoke flavor. Place ribs meat side up on smoker for 2 hrs. During the 2 hrs, spritz ribs every 30 minutes.

Prepare foil packet by applying liquid margarine, honey, and hot sauce in the outline of the ribs. Place brown sugar over the applied area. Remove ribs from smoker and place meat side down on prepared foil pack. Wrap foil around ribs and place back in smoker for 1 hr. When the hour is up, take out of smoker, unwrap, and check for doneness. Meat temp should be around 203 degrees. Remove ribs from foil pack and replace back on smoker for an additional 30 min. Mop glaze on ribs using BBQ sauce and honey. Place back on smoker, meat side up, for approximately 15 minutes.

Let rest for 10 – 15 minutes. Cut and enjoy!



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NAME: Harley Chaney

CATEGORY: YOUTH - PORK

NUMBER: 406

Recipe Name

Pork

Ingredients:

- ½ cup of Sugar
- ½ cup of onion powder
- ½ cup of garlic powder
- ½ cup of herbs
- ½ cup of salt
- ½ cup of pepper

Instructions:

Cook on the grill to the temp of 141 then rest for 5 mins.



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NAME: Destiny Chaney

CATEGORY: YOUTH - PORK

NUMBER: 407

Recipe Name

Pork

Ingredients:

- 6 boneless pork loin chops**
- ¼ cup original Dano-s**
- 2 tbs natural seasonings**
- 1 tbs brown sugar**

Instructions:

Cut 1 in thick then Cook on the grill at a temp of 225 to the temp of 137 brushed with favorite BBQ sauce. Cool until temp of 142. Rest 10-15 mins



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NAME: Austin Degeneffe

CATEGORY: PORK

NUMBER: 408

Recipe Name

Pork Loin Sandwich

Ingredients:

Pork Loin
Butter
Chicken Broth
Slap Ya Mama
Blues Hug Original
Mean Ninja Rub

Instructions:

- 1. Inject with a butter blast, mustard, and binder**
 - 2. Season with homemade rub (meat ninja)**
 - 3. Cook to 147 degrees internal temp, sliced thin**
 - 4. Serve on pretzel & hawaiian roll**
- pellet smoker- blend of pecan, hickory, and apple**



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NAME: Roland Story FFA
Katelyn Zimmerman

CATEGORY: YOUTH - PORK

NUMBER: 409

Recipe Name

Gourmet BLT Sandwich

Ingredients:

Pork Tenderloin, thawed if purchased frozen (2- approx 1 lb each)
Thin Sliced Sourdough Bread, 1 loaf
Butter Leaf Lettuce, 1 head, washed & patted dry
Tomatoes, medium, sliced
4-6 strips thick cut bacon, cooked crisp, finely chopped
Blues Hog Sweet & Savory Rub 1 1/2 cup real mayonnaise
Dan-O's Original Seasoning (Green Bottle) 1/2 tsp. Salt
1 Tbsp. Lemon Juice 1 tsp. Paprika
1 tsp. Ground black pepper 1 tsp. Garlic Powder

Instructions:

1. Remove pork tenderloins from packaging, pat dry. Trim ends of meat to make uniform shape. Remove excess fat or membrane. Generously sprinkle Blues Hog Sweet & Savory and Dan-O's seasonings and rub seasoning to cover entire pork tenderloins. Place meat into a large ziplock bag, add 1-2 Tbsp of both seasonings, seal bag. Shake bag until well coated. Refrigerate in bag for 2 hours to 4 hours.
2. Prepare bacon aioli by cooking 4 to 6 strips of bacon until crisp. Bacon can be cooked on a 375 F grill for approx 20 minutes. Let bacon cool and place in a food processor/food chopper to finely chop bacon. Measure 1 1/2 cup of mayonnaise into a small mixing bowl. Add finely chopped bacon, lemon juice, paprika, black pepper, garlic powder and salt to mayonnaise. Mix well. Cover bowl, refrigerate until chilled.

Cooking Pork Tenderloins.

1. Pre-heat grill to 375 F. Remove meat from the fridge, allow to rest at room temp for approx 15-20 mins. Remove meat from bag, place on hot grill, shut grill hood. Turn pork tenderloins after 5-7 min. Meat remains on grill for add'l 7-10 min or until internal temperature reaches 145 F at thickest part of each tenderloin. Once pork achieves desired temp, remove from grill, wrap each pork tenderloin in foil. Allow wrapped tenderloins to rest for 10 minutes before slicing.
2. As pork rests, you toast 12 slices of sourdough bread on the grill. (Not buttered or oiled). Toast slices on open grill for approx 5 min per side. Remove toasted slices to a clean plate or tray.
3. After pork has rested, you remove tenderloins from foil, slice meat long-wise, w/ the grain, into long thin strips about 1/8" thick.

Sandwich Assembly:

Place two slices of toasted sourdough bread side by side on a plate. Smear 1-2 Tbsp. of bacon aioli on each slice of bread. Add 2-3 leaves of butter leaf lettuce to 1 slice of bread. Add 3-4 slices of pork tenderloin on top of the lettuce. Add 2 slices of tomato. Top with second slice of sourdough bread, and gently press to adhere sandwich together. Cut sandwich in half. Repeat assembly with remaining slices of bread, pork tenderloin, lettuce, tomato and bacon aioli.



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NAME: Brent Kolder
CATEGORY: POULTRY
NUMBER: 501
Recipe Name

Wings

Ingredients:

Rub

- | | |
|--------------------------------|--------------------|
| 2 Tbsp Salt | 1 Tbsp paprika |
| 2 Tbsp dehydrated onion | 1 tsp black pepper |
| 1 tsp minced dehydrated garlic | 1 tsp cumin |
| 4 Tbsp brown sugar | 1/8 tsp cayenne |
| 1 Tbsp sugar | |

Sauce

- | | |
|-----------------------|---------------------------|
| 2 c light brown sugar | 2 T Worcestershire |
| 1.5 c ketchup | 16 drops vanilla |
| 1/2 c cider vinegar | 1/2 tsp granulated garlic |
| 5 Tbsp sugar | 1/2 tsp allspice |
| 2 tsp kosher salt | 1 tsp cayenne |
| 1 Tbsp chili powder | |

Instructions:

Break down wings to flatten.

Mix rub ingredients together thoroughly and apply to wings. Smoke at 300 degrees for over 1 hour until proper temperature.

In the meantime, mix sauce ingredients, bring to boil then simmer for 20 minutes.

After removing wings from smoker, cover with sauce and allow to set for 15 minutes.



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**NAME: Tajuan Harris
CATEGORY: POULTRY
NUMBER: 503**

Recipe Name

Southern Dream Smoked Chicken

Ingredients:

Brine

2 liters / 2 quarts water, cold tap water 1/3 cup kosher or cooking salt, 2 lemons, quartered 10 sprigs parsley, fresh 7 sprigs thyme 2 sprigs rosemary 5 bay leaves, fresh (or 3 dried) 1/4 cup honey 6 garlic cloves, smashed, 1 tbsp black peppercorns

Injection

Butter and garlic pre mix

Rub

1tbls salt 1 tbsp cayenne pepper 1 tbsp black pepper 4 tbsp garlic powder 1/2 tbsp fennel seed 1/2 cup premade chicken seasoning 3 tbsp kc sweet heat mix 1 tbsp celery seed 2 tbsp sea salt 2 tbsp lemon zest
bottle spray-- apple cider vinegar apple juice and honey garlic and garlic mix
sides-- fire grilled veggies with smoked mac and cheese

Instructions:

Prep the chicken thighs by washing them with cold water then trim fat. Prepare brine, place chicken in brine solution for about 1-1 1/2 hrs. Prep grill with indirect heat plus flavored wood to smoke chicken. Remove chicken from brine, pat dry. Inject chicken with butter garlic mix. Combine apple cider vinegar, apple juice, garlic, and honey garlic mix, set aside. Use to spritz chicken while smoking. Using the dry rub place on all chicken pieces. Place on preheated grill (200 to 220 temp). Smoke low and slow for about 3 hrs or till internal temp of chicken reaches 165 to 170. During the 3 hours, spritz chicken with liquid mixture. Remove chicken from smoker. Serve with sides.



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**NAME: Tim Schneider
CATEGORY: POULTRY
NUMBER: 504**

**Recipe Name
Muffin Pan Chicken Thighs**

Ingredients:

**Bone In Chicken Thighs
Butter
BBQ Sauce**

Instructions:

Buy bone in thighs trimming knuckles off and forming to fit your muffin pan, cooking skin down in a muffin pan in a butter bath until last 15 minutes when you pull from pan, turn upside down and brush on your favorite BBQ sauce until temperature is 165 degrees. Pull from grill and let rest for 10 minutes. Enjoy



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NAME: Bob Carson

CATEGORY: POULTRY

NUMBER: 507

Recipe Name

Blackened Chicken

Ingredients:

- 4 boneless skinless chicken breast halves
1 Tbsp. paprika 1 Tsp. cayenne pepper
4 Tsp. sugar, divided 1 Tsp. garlic powder
1 Tsp. dried thyme 1 Tsp. lemon pepper
1-1/3 C. mayonnaise 2 Tbsp. water
1-1/2 Tsp. salt, divided
2 Tbsp. cider vinegar
1-1/2 to 2 Tsp. pepper, divided

Instructions:

In a small bowl, combine paprika, 1 tsp sugar, 1 tsp salt, garlic powder, thyme, lemon pepper, cayenne, and ½ to 1 tsp pepper: sprinkle over both sides of chicken. Set aside. In another bowl, combine mayonnaise, water, cider vinegar and remaining sugar, salt, and pepper; cover and chill 1 cup for serving. Save remaining sauce for basting.

Grill chicken, covered, over indirect medium heat for 4-6 minutes on each side or until juices run clear, basting frequently with remaining sauce. Serve with reserved sauce. Yield: 4 servings



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NAME: Richard Bishop

Boots BBQ

CATEGORY: POULTRY

NUMBER: 509

Recipe Name

Smoked Chicken Legs

Ingredients:

Chicken drumsticks

Butter

Heath Riles Garlic Jalapeno Rub

Triple 9 "Chicken" Bundle

What the Cluck Butter

Meat Church Bird Baptism (seasoning)

Heath Riles Sweet Sauce

Chicken Broth

Apple Juice

Instructions:

1 Trim chicken, Jaccard (tool) chicken & skin

2 Mix chicken broth w/ bird baptism

3 Marinate chicken overnight

4 Pull chicken from brine and pat dry

5 Season w/ garlic jalapeno & triple 9: what the cluck directly on meat, repeat

6 Put chicken in ½ pan with butter, basting after 1 hour, repeat at 90 minutes, and another layer of Triple 9 and what the cluck.

7 Mix sweet sauce w/ apple juice to thin sauce. Brush on chicken. Let sit for 10 minutes, Serve.



**MEAT CATEGORY SCORECARD
2023 IOWA STATE FAIR**

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(10)
- _____ Pleasing texture
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Appearance

- _____ Appetizing color, is the garnish
(15) attractive? Does the prepared product
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Originality

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(10) cooking?
- _____ Is it an original idea, or a good
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- _____ Total Possible Points
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**NAME: Alan Schroeder
CATEGORY: TURKEY
NUMBER: 601**

Recipe Name

Smoked Chipotle Turkey

Ingredients:

1 - 14 to 18 lb turkey (fresh or thawed if frozen)

Turkey Brine

2 Gallons cold water	2 Cups brown sugar
3 Cups apple juice	3 TBSP Peppercorns
4 TBSP - fresh rosemary leaves	5 Whole bay leaves
5 Cloves garlic, minced	Peel of 3 large oranges
1-1/2 Cup kosher or sea salt	

Turkey Injection Mixture

½ cup melted butter	½ c maple syrup
2 tbsp chipotle seasoning	

Instructions:

Brine: Combine all ingredients in a large pot. Stir until salt and sugar dissolve. Bring to a boil, then turn off heat and cover. Allow brine to cool completely, then pour into a large brining bag or pot. Place uncooked turkey in brine solution, then refrigerate for 14 - 18 hours (1 hour per pound). When ready to smoke turkey, remove turkey from brine. Pat dry with paper towels.

Inject turkey with injection mixture. Season outside of Turkey with Chipotle seasoning.

Heat smoker to 225 degrees. Smoke Turkey for 2 hours, basting turkey every hour with mixture used for injection. After 2 hours, increase temperature of smoker to 325 degrees. Smoke turkey for 2 more hours or until meat thermometer reads 165 degrees in thickest part of thigh, breast & wing (without touching bone). Remove from smoker and allow to rest at least 20 minutes.



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NAME: Dusty Wilson

CATEGORY: TURKEY

NUMBER: 602

Recipe Name

Turkey

Ingredients:

- 1 turkey breast**
- 1 bottle sweet rub (Simply Marvelous Sweet Seduction)**

Brine:

- 3 cups apple cider**
- 2 cups water**
- 1 cup apple cider vinegar**
- ¼ cup salt**
- ¼ cup brown sugar**
- ¼ cup Worcestershire sauce**
- 2 Tbsp. sweet seduction rub**
- 1 Tbsp. garlic powder**
- 1 Tbsp. onion powder**

Instructions:

Run the smoker at 200 degrees to 250 degrees. Cook turkey until 150 degrees, then remove from smoker to add my BBQ sauce which consists of 1 jar of Blues Hog Tennessee Red Sauce, ½ cup brown sugar, 2 tablespoons of Sweet Seduction rub. Put back on grill and cook until internal temp is 165 degrees. serve.



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NAME: Theresa Jones
CATEGORY: TURKEY
NUMBER: 603

Recipe Name

Greek Turkey Burger with Cucumber Salad

Ingredients:

1 1/2 pounds of ground lean turkey
1tbs fresh minced garlic
2 tsp. Greek all purpose Seasoning
1/4 cup finely chopped marinated kalamata olives
1/4 cup marinated sun-dried tomatoes
1 cup finely chopped fresh spinach
olive oil spray
1/2 cup tomato basil or garlic crumbled feta cheese
Pita Flat bread
Tzatziki Sauce/dip
thin sliced red onions Opt.
Garlic Soft Cheese, I used Montchevre Goat Cheese
Romaine Lettuce Hearts, chopped

Cucumber salad:
2 cucumbers diced small, can be peeled
3-4 roman tomatoes deseeded and diced same size as cucumbers
1/4 cup olive oil
juice from 1/2 of a fresh lemon
Splash of Red Wine Vinegar- about 1/3 tsp. to taste
1/3 tsp of fresh dill chopped finely
1/3 tsp of fresh basil chopped finely
1/4-1/2 tsp for greek all purpose seasoning
1/4 tsp fresh finely chopped garlic
1/2 cup tomato basil or garlic crumbled feta cheese

Instructions:

Burgers: mix first 6 ingredients, add feta and gently mix. Form oblong patties about 1/4" thick. Refrigerate, 30 minutes, before cooking burgers. Grill burgers over medium high heat. Cook for 4-5 minutes on each side. Cook until internal temp is 165. Remove turkey, place on the Pita Bread with the garlic goat cheese spread on it. Top with Tzatziki Sauce, tomato salad, romaine lettuce and red onions if desired.

Cucumber Salad:

Mix olive oil, lemon juice, vinegar and herbs in a small jar and shake very well. In a small bowl add the cucumbers and tomatoes, pour dressing over, taste and see if it needs more salt, remember the feta will be a little salty to taste as well. Add feta cheese and gently stir. Refrigerate for at least 30 minutes, the longer the better. Enjoy!



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NAME: Lucas Deiber

CATEGORY: TURKEY

NUMBER: 604

Recipe Name

Smokin Bs stuffed turkey breasts

Ingredients:

**4 turkey breast
16oz cream cheese
Kosmos Q honey killer bee seasoning
Kosmos Q dirty bird hot seasoning
2 pounds of bacon
Kosmos Q apple habanero rib glaze.**

Instructions:

Trim and fillet open the turkey breasts. Take softened cream cheese and mix in the 2 seasonings until it tastes how you like. Fill turkey breasts with cream cheese mixture. Season the turkey liberally with the 2 seasonings then wrap with bacon and place in a foil pan. Place the pans on the smoker at 300 degrees for roughly 1 hour. After 1 hour check the internal temp you're looking for 145ish degrees. Pull from the smoker and cover in the glaze. Return to the smoker on a wire rack for 20-30 minutes until internal temp is 165. Remove from smoker and let rest 10 to 20 minutes. Slice and enjoy.



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NAME: **Rodger Sperling**

Bob & Rod's BBQ

CATEGORY: **TURKEY**

NUMBER: **605**

Recipe Name

Cherry glazed garlic and herb Turkey burnt ends

Ingredients:

Brine – overnight

- 1/4 cup kosher salt
- 1/4 cup brown sugar
- Worcestershire sauce
- 1/4 cup Mothers vinegar
- 1 clove fresh garlic
- liberal amount of garlic and herb spices

Rub – equal amounts

- Garlic and herb (Spiceology)
- Smoked paprika
- Chili powder
- Paprika
- ground mustard
- Basil

Cherry Bourbon BBQ Sauce

- 2 cups ketchup
- 1/4 cup brown sugar
- 1 tbsp each: Paprika, garlic powder, Onion powder, Mustard powder, salt, black pepper, Worcestershire sauce.
- 3 tbsp Mothers vinegar
- 3 tbsp bourbon
- 3 tbsp honey fresh
- 3 tbsp Cherry juice
- 2 tbsp lemon juice

Spritz bottle

- 1/2 c Mothers vinegar
- 1/4 c bourbon
- 1/4 c cherry juice

Instructions:

- Brine in sealed container overnight. Pre heat smoker to 200 deg F
- Use bourbon barrel wood pellets for best taste.
- Spread rub over full turkey breast, place in smoker skin side up.
- Spritz ever 15 min
- Smoke Turkey for 2hrs until internal temp reaches 150 deg F
- Place Turkey in foil and rest for 30 min.
- Fire up grill side to 400 /500 deg F.
- Cube turkey into 1 to 2 inch chunks
- Combine all ingredients in a pot for the glaze and bring to a slight boil.
- Simmer at low temp for 5 min.
- Place chunks that have been coated with the sauce on a hot grill and caramelize until crisp.
- Serve immediately!



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NAME: Randy Andrews

CATEGORY: TURKEY

NUMBER: 606

Recipe Name

Thanksgiving Dinner

Ingredients:

**Turkey
Kosher Salt
Minced dried onion
Wonder Roast Seasoning
Brown Sugar**

Instructions:

Kosher salt rub 3 hours in fridge or cooler. Wipe clean. Apply onion and wonder roast seasoning. Cook in smoker at 190-220 degrees until internal temperature is 150 degrees. Add brown sugar and cook to internal temperature of 165 degrees. Remove from heat. Let rest for 10 minutes. Cut and serve.



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NAME: Bill McDonald

CATEGORY: TURKEY

NUMBER: 607

Recipe Name

Turkey

Ingredients:

Turkey Breast – fresh if possible
Salt
Pepper
Apple Juice

Apricot Sauce

Tomato base
Apricot preserves
Multiple seasonings
Molasses

Instructions:

Thaw and pat dry breast
Season lightly
Put directly in smoker
Spritz often with apple juice
Smoke to internal temp of 165 degrees (approx. 3 hrs)
Slice and serve warm with apricot sauce drizzle