



2021

IFBF

Cookout Recipes



NAME: Rashawn Parker

CATEGORY: Beef

NUMBER: 101

Picanha Steaks

Ingredients:

3 to 4 lb. Picanha steak or Sirloin Cap Choice Grade

Picanha is a cut of beef first made popular in Brazil, and later adopted in Portugal. In the United States, the cut is little known and often named top sirloin cap, rump cover, rump cap, or culotte. Instead, North American butchers generally divide this cut into other cuts like the rump, the round, and the loin. It consists of the biceps femoris muscle and its fat cap

Salt

Pepper

Garlic

Beef Fallow

Instructions:

Preheat smoker to 250 degrees Fahrenheit.

Apply equal amounts of salt, pepper, and garlic over the meat side and fat cap side. Allow the rub to set for 15-20 minutes.

Once the rub has set put on smoker for two hours. Check for dryness if dry spritz with water and continue cooking for an additional two hours or until tender around 200 degrees Fahrenheit. After the four hours cooking wrap steak in butcher paper coated with beef fallow. Let rest.

NAME: Robbie Stevens

CATEGORY: Beef

NUMBER: 102

Robbie's Smoked Beef

Ingredients:

Chuck Roast

Cookies Seasoning Salt

Johnny's Seasoning Salt

Instructions:

Coat chuck roast with Cookies Seasoning Salt, smoke for 3 hours.

Mix Johnny's Seasoning Salt with two parts water.

Remove smoked roast, place in pan, and pour Johnny's mixture over roast. Continue smoking till roast reaches an internal temperature of 200 degrees Fahrenheit.

Remove roast, let rest and serve

NAME: Bob Carson

CATEGORY: Beef

NUMBER: 103

Heavenly Prime Rib

Ingredients:

1 tsp. Lawry's seasoning salt	1 tsp. garlic salt
1 tsp. pepper	1 tsp. Accent
1/2 c. A-1 sauce	1/2 c. Heinz 57
1/2 c. Worcestershire sauce	1/2 Tbsp. soy sauce
4 cloves fresh garlic	
1/2 Tbsp. Kitchen Bouquet	
Beef bouillon – add as needed	

Instructions:

Light grill and heat to 200 to 225 degrees Fahrenheit.

In a large bowl combine A1, Heinz 57 and Worcestershire sauce. Add Lawry's, garlic salt, pepper, and Accent. Add soy sauce and Kitchen Bouquet to the mixture.

Place the prime rib in a roasting pan and rub the above mixture on all surfaces of the prime rib. Add 1-1/2 cups water to roasting pan, cover.

Cook at 200-225 degrees Fahrenheit for approximately 3 hours. Remove from grill when the internal temperature reaches 120 degrees Fahrenheit. Let sit on counter for at least 1 hour to allow meat to soak up juices and become tender.

Now, to the top of the prime rib and 4 cloves of fresh garlic (chopped or minced) and pepper to taste. Place back in 200-225 degrees Fahrenheit grill until the prime rib reaches an internal temperature of 135 degrees Fahrenheit. Place prime rib on serving platter and enjoy

NAME: Mike Anderson

CATEGORY: Beef

NUMBER: 104

Garlic and Herb Butter Burgers

Ingredients:

1-1/2 lbs. ground chuck	1/2 c. softened butter
1 clove garlic, minced	1 Tbsp. fresh basil
1 Tbsp. fresh chives	1 Tbsp. fresh cilantro
Salt	Pepper
Sliced cheese (choice)	

Instructions:

Finely chop the fresh herbs, mix with the softened butter. Put mixture on wax paper and roll up into a cylinder. Put roll in refrigerator until firm.

Make hamburger patties and cut seasoned butter into 1/4-inch slices. Put a slice of butter and herb mixture onto burger and wrap hamburger around the butter mixture to make a patty.

Put patties on smoker, offset from the fire and smoke slow for about 1 to 1- 1/2 hours or until meat thermometer temperature reaches about 160 degrees Fahrenheit. Add a slice of the cheese of your choice if desired and let cheese melt for about 2 minutes. Take burgers off smoker and cover and let rest 10 minutes. Makes approximately 4 burgers.

NAME: Steve Heaberlin

CATEGORY: Beef

NUMBER: 105

Grilled Tri Tip

Ingredients:

1 Tri Tip – 1 ½ - 2 ½ lb. 1 Tbsp. granulated Garlic
2 Tbsp. salt Bottle of yellow mustard
1 Tbsp. black pepper 4 oz. apple juice

Instructions:

Start your grill and get to desired cooking temperature. On a charcoal grill start your charcoals so you have a hot direct zone, and an indirect zone should be 350 degrees Fahrenheit for cooking the tri tip. A gas grill should be set at 350 degrees Fahrenheit and have a searing unit for the searing.

Take the yellow mustard and slather all over the tri tip. This will allow the rub to stick better. It won't flavor the meat. Mix the salt, pepper and garlic together and apply evenly over the mustard covered tri tip.

Place the prepared tri tip over the hot (direct) heat. Turn every 30 seconds until you have reached the amount of sear and bark you desire.

After searing, place the tri tip over the indirect heat and cook until done. Spritz with apple juice every 15 minutes during this time. The recommended final temperature for beef is 145 degrees Fahrenheit. It will continue to cook after taking it off the grill. This results in a medium cooked tri tip. You can decide your cooking doneness if your preference is other than medium.

Tent the tri tip with foil and let rest for 15 minutes. Slice across the grain to get service pieces of 1/2 inch. A tri tip has two different grains in the meat so make sure each area is sliced properly. Serve right away after carving.

NAME: Aaron Sandersfeld

CATEGORY: Beef

NUMBER: 106

Rucklin' Fidiculous Beef Chuck

Ingredients:

Beef chuck roast
1 c. Kosher salt
1 c. brown sugar
Cavender's Greek Seasoning

Instructions:

Make salt brine, mixing one gallon of water with brown sugar and kosher salt.

Marinate beef chuck roast in salt brine mix for 72 hours.

Drain salt brine and rub roast in Cavender's seasoning.

Smoke to 145 degrees Fahrenheit.

NAME: Justin Coats

CATEGORY: Beef

NUMBER: 107

Reverse Sear Tomahawk Ribeye Steak

Ingredients:

1 Tomahawk Ribeye

The [Tomahawk](#) is a bone-in marbled ribeye cut between the 6th and 12th ribs of a cow. It is tender and one of the most flavorful cuts of meat weighing approximately 30 to 45 ounces. It's called a "tomahawk" because the shape of the cut along with the rib bone attached looks similar to a single-handed ax.

Prime rib seasonings – your choice

Instructions:

Smoke steak at 180 to 195 degrees Fahrenheit for one hour each side.

Remove steak from smoker and Sear steak over hot charcoal 4 minutes each side.

Cook to desired doneness.

Rare temperature 125 degrees Fahrenheit

Medium Rare temperature 135 degrees Fahrenheit

Medium temperature 145 degrees Fahrenheit

Well-done temperature 160 degrees Fahrenheit

NAME: Steve Shelley

CATEGORY: Beef

NUMBER: 108

Steak Tailgaters

Ingredients:

2-3 lbs. frozen shoulder steak

¼ c. soy sauce

1 ½ tsp. Worcestershire sauce

1 ½ tsp. red wine

1 Tbsp. olive oil

Instructions:

Cut frozen steaks 3/8 inch thick (across grain).

Place in Ziplock bag with mixed soy sauce, Worcestershire sauce, red wine and olive oil for 6-12 hours, refrigerate.

Remove steak and damp dry, discard marinade.

Cook steak an estimate of 3 minutes per side, till done at 140-150 degrees Fahrenheit.

NAME: Jarod Boeck

CATEGORY: Beef

NUMBER: 109

Teres Major Steak

Ingredients:

Teres Major Shoulder Steaks

This is a flavorful and INCREDIBLY TENDER steak that comes from the chuck primal. These steaks are a whole muscle that weigh about a pound and there are only two steaks per head of beef.

Seasoning of choice

Instructions:

Bring meat to room temperature.

Season meat with desired seasonings.

Place on smoker at 250 degrees Fahrenheit for 45 minutes.

Remove from smoker, let steaks rest for 15 minutes, slice and enjoy!

NAME: Sean Van Cannon

CATEGORY: Combo/Specialty

NUMBER: 201

Bacon Shots

Ingredients:

12 oz. Hillshire Farm Beef Smoked Sausage

1 Tbsp. crushed jalapeno peppers (from a jar)

8 oz cream cheese

2 Tbsp. butt rub seasoning

2 Tbsp. strawberry jam

1 lb. bacon – thick cut

1 c. Colby Jack shredded cheese

Instructions:

In large bowl, mix cream cheese, green chilies, crushed jalapeno peppers, seasoning, strawberry jam, place in refrigerator.

Slice the beef smoked sausage int 1/2-to-1-inch slices and wrap bacon around the slice creating a crown. To make sure it stays put a toothpick in the bacon and beef sausage.

Take the cream cheese mix out of the refrigerator and place in a piping bag, add the mixture to the crown on top of the sausage.

Place bacon shot on a grill and smoke/grill for one hour. Once cooked remove from grill let cool about 5 minutes. Enjoy!

NAME: Jeff Whitson
CATEGORY: Combo/Specialty
NUMBER: 202

Smoked Pig Shots

Ingredients:

1 ring smoked Kielbsa
2 Tbsp. jalapeno, chopped
8 oz. cream cheese, softened
1 lb. bacon
1 onion, diced

Instructions:

Slice smoked Kielbasa into 1-inch-thick rounds.

Cut bacon slices in half.

Lay the kielbasa slice on a cutting board and wrap a half slice of bacon around the perimeter forming a cup, with the sausage on the bottom of the cup. Push a toothpick through the end of the bacon the sausage and through the bacon on the other side to hold everything in place.

Combine the jalapenos, onions, and cream cheese to create the mixture to fill “cups.” Place the mixture into a zip top bag with a corner cut off and squeeze the mixture into the cups. Sprinkle tops with a dry rub of choice.

Set up smoker to 225 degrees Fahrenheit, smoke until bacon is done.

NAME: Duane Barlow
CATEGORY: Combo/Specialty
NUMBER: 203

Venison & Pheasant Kabobs

Ingredients:

Venison
Pheasant
Seasoning of your choice
Salt
Pepper
Green peppers
Onion
Cherry Tomatoes

Instructions:

Cut meat and vegetables into square individual pieces.

Add to meat skewer alternating veggies and meat.

Season and marinate with your choice of items.

Light dust with salt and pepper, place skewers on a 350-degree Fahrenheit grill. Grill skewers for 30 minutes.

NAME: Javier Rubio
CATEGORY: Combo/Specialty
NUMBER: 204

Chicken/Pork Fajitas

Ingredients:

4-skinless boneless chicken breasts
1-10 oz. tube of pork chorizo
½ tsp. salt
½ tsp. pepper
1-Tbsp. fajita seasoning
2-Tbsp. vegetable oil
1 pack flour tortillas
1 c. Colby jack cheese

Instructions:

1. Slice chicken breast into 1-inch slices.
2. Add all dry seasonings to chicken breast, set aside for seasoning to penetrate chicken strips.
3. Heat pan or wok to 300 degrees Fahrenheit. Add oil to hot pan or wok.
4. Add chicken to hot pan or wok, cooking halfway, then add chorizo. Cook till all chicken is tender.
5. Warm up tortillas as you wish.
6. Take combo meat and add to tortillas and cover with cheese.

NAME: Robert Jones
CATEGORY: Lamb
NUMBER: 301

Garlic Rosemary Parmesan Grilled Lambchops

Ingredients:

2 lbs. lamb chops
4 cloves garlic-minced
1 Tbsp. fresh rosemary – chopped
1-1/4 tsp salt
1/2 tsp ground black pepper
1 lemon
1/4 c. olive oil
Butter

Instructions:

Combine garlic, rosemary, salt, pepper, zest of a lemon and olive oil into a cup to make a marinade. Marinade the lamb chops in mixture at least 1-hour.

Grill chops over medium heat, with 1/4 to 1/2 pat of butter on each chop for moisture, for 7-10 minutes or until they reach 135 degrees Fahrenheit internal temperature. Place on plate and cover with foil, let rest 5 minutes and serve.

NAME: Shannon Glaser

CATEGORY: Lamb

NUMBER: 302

**Smoked Apple Cornbread
Stuffed Leg of Lamb**

Ingredients:

- 1 (3-5 lbs.) leg of lamb-butterflied and pounded
- 1 box cornbread stuffing. Prepared according to box instructions
- 1 Granny Smith Apple, cored and diced
- 1 c. brown sugar
- 1/2 stick unsalted butter

Rub

Salt, pepper & garlic powder -mixed to taste

Instructions:

1. Melt butter in skillet
2. Add in brown sugar; stir until dissolved and bring to a simmer, add apple and sauté until fork tender.
3. Add apple mixture to prepared stuffing, mix well.
4. Put stuffing in middle of lamb, roll and tie with Butcher's twine.
5. Shake rub over meat.
6. Smoke for 1 hour, at 300 degrees Fahrenheit and cook until internal temperature reaches 150 degrees Fahrenheit.
7. Wrap in foil, letting rest until time to serve.

NAME: Hudson Sallee

CATEGORY: Pork – Youth

NUMBER: 401--801

Applewood Smoked Pork Belly

Ingredients:

- 4 lbs. pork belly
- Heath Riles Garlic Butter seasoning
- McCormick's Grill Mates Applewood rub seasoning
- Obie-Cue's Gatorbreath Spicy Cajun salt
- Homemade barbeque sauce

Sauce

- Cookies Sweet Hickory BBQ Sauce
- KC Masterpiece BBQ Sauce
- Liquid Smoke
- Yellow mustard

Instructions:

Mix dry seasonings in equal amounts and rub over the pork belly. Smoke over charcoal and applewood for three to four hours with a minimum internal temperature of 165 degrees Fahrenheit.

Mix equal portions of sauce ingredients and mop pork belly after the first two hours.

Slice and serve.

NAME: Ryan Justice

CATEGORY: Pork

NUMBER: 402

Three Little Pigs

Ingredients:

8-10 lb. pork butt	3 lbs. ground pork
1lb. thick slices bacon	3 Hawaiian rolls (torn)
4 Tbsp. Olive Garden dressing	2 tsp. black pepper
2 shallots (minced)	1 Tbsp. kosher salt
2 tsp. Worcestershire sauce	2 c. apple juice
2 tsp. fresh thyme (minced)	Favorite rub
1 c. Apple cider vinegar	Alabama white sauce
12 slices sharp cheddar cheese	12 pretzel buns

Instructions:

Preheat smoker to 250 degrees Fahrenheit, along with your favorite wood or pellets.

While smoker preheats, mix apple juice, and apple cider vinegar together. Using a meat injector, inject the pork with mixture about 2 inches across the entire roast. Pour the left-over mixture into a spray bottle to use later.

Generously season the roast on all sides with your favorite rub. Put the pork roast in smoker, fat side up and smoke for 3 hours. Spritzing roast with juice/cider mixture every hour after the first hour.

While roast is cooking, prepare pork burgers. Combine pieces of rolls with salad dressing and mix well. Next combine mixture with ground pork, shallots, Worcestershire, thyme, pepper and salt. Form into 1/4 lb. patties and place in refrigerator until ready to grill.

After 3 hours at 225 degrees Fahrenheit, increase smoke temperature to 250 degrees Fahrenheit while still spritzing every hour. Continue cooking roast for 6-8 hours or until an instant read thermometer inserted into thickest part, but not touching the bone, registers 250 degrees Fahrenheit. Once done cooking, remove roast into a roasting pan and loosely cover with foil for 1 hour.

This is the perfect time to fry up bacon and start grill for pork burgers. Grilling burgers over a medium heat until a thermometer reads 160 degrees Fahrenheit. After roast has sat for one hour, proceed to pull or shred pork and mix in favorite BBQ sauce.

NAME: Elmer Totten

CATEGORY: Pork

NUMBER: 403

Elmer's Ribs

Ingredients:

Ribs
Plow Boy's BBQ Yard Bird Rub Seasoning
Honey
Apple juice
Brown sugar
Butter

Instructions:

Coat ribs with Plow Boy's seasoning.

Preheat smoker or grill to 225 degrees Fahrenheit

Place seasoned ribs on smoker for 3 hours.

Remove ribs, coat with butter, honey, apple juice, brown sugar. Wrap in aluminum foil.

Return wrapped ribs to smoker and continue to cook for 3 hours or until done.

NAME: Malorie Ort

CATEGORY: Pork/Youth

NUMBER: 404 -- 802

Mal Pals Stuffed Loin

Ingredients:

Pork Loin	Green bell pepper
Yellow bell pepper	Red bell pepper
Bacon	Hard salami
Cracker Barrell Bourbon Black Pepper Cheese	
T Birds seasoning rub (Secret Mix)	
Parsley	
Honey	

Instructions:

Clean and dice all peppers, parsley. Slice hard salami and the cheese into individual slices.

Filet the pork loin open to lay flat, add the cut peppers and parsley, then roll part way. Add salami and cheese and roll again. Wrap the stuffed loin with the bacon strips and tie with string. Coat with T-Birds seasoning mixture.

Smoked stuffed pork loin till 145 degrees Fahrenheit. Light coat with honey. Remove from smoker, wrap with foil and let rest for half hour. Slice and enjoy

NAME: Mark Bickal

CATEGORY: Pork

NUMBER: 405

Rocky Road BBQ Ribs

Ingredients:

Baby back ribs – full rack
6 Tbsp. Famous Dave's Rib Rub
1 Tbsp. yellow mustard
Apple juice
3 Tbsp. BBQ sauce-your choice

Instructions:

Remove membrane from the bottom side of ribs. Cover bottom side in Famous Dave's rib rub. Cover top side of ribs with yellow mustard and coat with rib rub.

Place ribs on smoker for 1-1/2 hours at 225-250 degrees Fahrenheit, spraying with apple juice every half hour.

Remove ribs and spray again with apple juice, wrap in aluminum foil and continue cooking for 1-1/2 hours.

Open foil and let cook for 1/2 hour. Once meat looks fairly dry, sauce with your choice of BBQ sauce. Continue cooking for 30-45 minutes until the sauce gets tacky. Remove from smoker and enjoy

.NAME: Gary Klahn

CATEGORY: Pork

NUMBER: 406

Garlic and Herb Butter Burgers

Ingredients:

Meaty baby back ribs
1/4 c. course kosher salt
2 Tbsp. course ground pepper
BBQ sauce
Apple juice
Aluminum foil

Instructions:

Mix salt and pepper together. Rub mixture on the rack of ribs.

Prepare smoker to 225 degrees Fahrenheit. Smoke for 3 hours.

Remove ribs from smoker and wrap in aluminum foil with apple juice. Place wrapped ribs back on smoker for 2 hours. Unwrap ribs and put on grill. Add BBQ sauce to one side and flip in 1/2 hour. Add more BBQ sauce to ribs and continue to smoke for another 1/2 hour.

Pull ribs, let rest, and serve.

NAME: Scott Geiger

CATEGORY: Pork

NUMBER: 407

Smoked Pork Ribs

Ingredients:

Pork ribs
What's This Original Dry Seasoning & Rub
Apple juice

Instructions:

Rub ribs with seasoning the night before, placing in refrigerator overnight.

Start smoker at 250 degrees Fahrenheit. Place meat in smoker, smoke for 3 hours. Spray with apple juice every 1/2 to 1 hour.

After 3 hours, wrap in aluminum foil and put back in smoker for 2 hours, reaching internal temperature of 145 degrees Fahrenheit.

After 2 hours, unwrap and smoke an additional hour. Internal temperature for serving should be 170 degrees Fahrenheit.

NAME: Kim Pepin

CATEGORY: Poultry

NUMBER: 501

Sweet Chili Chicken Kabobs

Ingredients:

3-large chicken breasts

1/2 c. zesty Italian dressing

1/2 c. sweet chili sauce

2-3 Tbsp. soy sauce

Cut up vegetables (peppers, onions, mushrooms, zucchini, etc.)

Additional sweet chili sauce

Instructions:

1. Cut chicken into 1-1 ½ inch chunks and place in gallon Ziplock bag, set aside.
2. In bowl mix Italian dressing, sweet chili sauce and soy sauce together.
3. Pour marinade over chicken in Ziplock bag, add cut vegetables. Seal and gently mix everything to get coated with marinade.
4. Put in refrigerator for 2-24 hours, rotating bag evenly disperse marinade.
5. When ready to grill place meat and vegetable on soaked wood skewers.
6. Place on heated grill, cooking 2-3 minutes per side depending on size of chicken chunks.
7. Cook until chicken is completely cooked through.
8. Take off grill and place on serving tray.
9. Lightly drizzle with additional sweet chili sauce.

NAME: Hank Loyd

CATEGORY: Poultry

NUMBER: 502

Back Yard Chicken Thighs

Ingredients:

Chicken thighs skinned and trimmed

BBQ Sauce – Your favorite brand

Kosmos Dirty Bird Rub

Instructions:

Rinse and trim chicken thighs.

Apply rub to both sides and thighs and place in a cake pan. Cover and place thighs in the refrigerator for 2 hours to allow rub to soak in.

Pre-heat smoker to 150 degrees Fahrenheit.

Remove cover and smoke thighs for 1-hour in cake pan.

Increase heat to 250 degrees Fahrenheit. Cover cake pan and continue cooking to an internal temperature of 160 degrees Fahrenheit.

Coat thighs with BBQ sauce, place on grill and cook for 2 minutes per side.

NAME: Team Hamilton County

CATEGORY: Team

Paige Barlow/Hayden O'Brien/Eric Baker

NUMBER: 602

Venison & Pheasant Kabobs

Ingredients:

Venison
Pheasant
Seasoning of your choice
Salt
Pepper
Green peppers
Onion
Cherry Tomatoes

Instructions:

Cut meat and vegetables into square individual pieces.

Add to meat skewer alternating veggies and meat.

Season and marinate with your choice of items.

Light dust with salt and pepper, place skewers on a 350-degree Fahrenheit grill. Grill skewers for 30 minutes.

NAME: Smokeshow BBQ

CATEGORY: Team

Jake Lambrecht and Allison Lambrecht

NUMBER: 601

Smoked Ribs

Ingredients:

1 rack St. Louis style pork ribs
Killer Hogs The BBQ Rub
Heath Riles Sweet BBQ Rub
Kozmo's Q Cherry Habanero BBQ Sauce

Butter Bath

1 stick butter
1 c. brown sugar
1/2 c. honey

Instructions:

Heat smoker to 250 degrees Fahrenheit.

Season both sides of ribs layering Killer Hog Rub followed by Sweet BBQ Rub. Put ribs on smoker uncovered for 2 hours maintaining temperature of 250-275 degrees Fahrenheit.

Combine Butter Bath ingredients and heat.

Once ribs reach 160 degrees Fahrenheit internal temperature pull and apply butter bath to meaty side of ribs.

Wrap the ribs in aluminum foil and place back on smoker until internal temperature reaches 200 degrees Fahrenheit. Heat BBQ sauce on smoker, lightly glaze top of ribs then place back on smoker for 15 minutes. Remove, let rest, and serve.

NAME: Gilbert FFA

CATEGORY: Team

Rachel Rydl, Kielee Miller, Kierra Miller, Jaden Rydl

NUMBER: 603

Bacon Wrapped Pork Tenderloin Pinwheels

Brine: Ingredients:

1 Gallon water	1 to 1-1/2 lb. pork tenderloin
3/4 c. Kosher Salt	4 strips bacon
3/4 c. brown sugar	Seasonings of choice

Instructions:

Mix brine ingredients and marinate pork loin for 2-3 days.

Adjust grill to an even temperature of 450 degrees Fahrenheit.

Trim pork tenderloin of any loose fat, membranes, and silver skin.

On a cutting board, lay out four strips of bacon with a little gap between (about 8 inches). Lay the trimmed tenderloin on the bacon. Roll the bacon over the tenderloin, then cut between the bacon. Lay flat and smash the meat to make the piece about the same thickness as the bacon. Pin the end of the bacon with a toothpick and use two in the piece with the tail end to keep it together. Add seasoning to your taste.

Place over direct heat and flip about every 5 minutes until an internal temperature of 145-150 degrees Fahrenheit, about 20 minutes. Allow to rest 5 to 10 minutes before serving.

NAME: Team Lee County

CATEGORY: Team

Peter and Hannah Kaboli

NUMBER: 604

Ground Lamb Kebabs

Ingredients:

1 lb. ground lamb
1/2 tsp. ground cumin
1/2 tsp. ground coriander seed
1/2 tsp. whole fennel seed
1/2 tsp. cayenne
1 tsp. paprika
1 tsp. salt
2 tbsp. fresh cilantro
2 fresh garlic cloves
1/2 onion

Instructions:

Finely chop cilantro and garlic cloves. Grate onion into a fine mesh strainer, press out extra water from onion.

Mix all ingredients in a bowl with hands or potato masher until well incorporated.

Form mixture into sausages approximately 1 inch in diameter and 5 inches long around skewers. Grill over medium high heat or in a cast iron skillet, brushing with melted butter when turning.

NAME: Y Not BBQ

CATEGORY: Team

Tim Moore/Josh Yoder/Kate Yoder/Nathan Yoder

NUMBER: 605

Spatchcock Cornish Hen

Ingredients:

Cornish Hen

Honey BBQ rub seasoning

1 c. salt

1 c. sugar

2 gallons water

Instructions:

Combine salt, sugar and water to create brine. Brine hens for about 4 hours. Remove hens from brine and pat dry with paper towels.

Take Cornish hen and split and remove the backbone so more of the bird is exposed (Spatchcock).

Season hens with your choice of a honey rub seasoning mixture. Rub all over hen and under some of the skin.

Smoke hens until the thickest part has reached 180 degrees Fahrenheit.

NAME: Adair County "Hot Stompers"

**CATEGORY: TEAM
Jack & Randy Stamper**

NUMBER: 606

Stamper Breakfast Sandwich

Ingredients:

Sausage:

2 tsp. dried sage

2 tsp. salt

1 tsp. ground black pepper

1/4 tsp. dried marjoram

1 ½ Tbsp. brown sugar

1/2 tsp. crushed red pepper flakes

1/2 tsp. cayenne pepper

1/2 tsp. ground cloves

2 lbs. ground pork

English muffins

Pepper jack cheese

Fried egg

Butter

Patty:

2 lbs. sausage mixture

1 lb. shredded hashbrowns

2 large eggs

Sauce:

1 c. strawberry preserves

1 c. mayonnaise

1 tsp. honey

Instructions:

1. In a small bowl, mix all spices together.
2. In a large bowl, place ground pork and combine with spice mix. Mix well with hands.
3. Mix in shredded hashbrowns and eggs with sausage mixture. Form into patties.
4. Place patties on medium heat section of grill for 5-7 minutes on each side until internal temperature reaches 160 degrees Fahrenheit.
5. While sausage is grilling, combine strawberry preserves, mayonnaise, and honey in a blender. Mix on high until fully combined.
6. Fry one egg.
7. After flipping sausage, place buttered English muffin on cool side of grill with buttered sides together turning once.
8. When muffins warm, spread strawberry mayonnaise honey mixture on bottom, then sausage patty, pepper jack cheese, fried egg and muffin top.

NAME: Theresa Jones

CATEGORY: Turkey

NUMBER: 701

Taco Turkey Burgers with Angel Hair Cabbage Slaw

Ingredients:

Turkey burgers:

1 lb. ground turkey	1 large egg
2 - 3 Tbsp. taco seasoning	1 tsp. mayonnaise
4 buns	

Corn Salsa:

2 c. grilled fresh corn	1/2 c. diced tomatoes
1 or 2 jalapenos grilled/chopped	2 Tbsp. cilantro
Lime - squeezed	Salt

Angel Hair Cabbage Slaw:

1 -1-1/2 bags of angel hair cabbage	1 Tbsp. mayonnaise
1 tsp. cilantro	Cumin – dash
2 - 3 Tbsps. Cotija cheese	Salt to taste

Instructions:

Corn Salsa: Mix all ingredients, adding more peppers if needed.

Angel Hair Cabbage Slaw: Mix all Ingredients.

Turkey Patties: In large bowl mix all turkey ingredients by hand and form into 4 patties. Place on pan lined with parchment paper and refrigerate for at least 30 minutes.

Prep grill by oiling grates or use a grill mat. Preheat grill to medium heat, 300 degrees Fahrenheit. Grill patties 6-8 minutes per side until cooked through and juices run clear – 165 degrees Fahrenheit. Toast buns and top with corn salsa, angel hair cabbage slaw, quesadilla cheese and shredded lettuce or your favorite toppings.

NAME: Bob Pepin

CATEGORY: Turkey

NUMBER: 702

Brined Smoked Turkey Breast

Ingredients:

1-bone-in turkey breast

Brine:

1 c. brown sugar
1 c. Morton curing salt
4 oz. chopped garlic
Chopped fresh herbs (oregano, rosemary)
1 gal. apple juice

Instructions:

Mix brine together until sugar and salt dissolve. Put in large Ziplock bag or food safe container and add turkey.

Brine for 2-3 days.

Shake or stir at least once a day.

Day of Smoking:

Take turkey out and rinse with cool water. Pat dry.

Place in smoker. When internal temperature reads 165 degrees Fahrenheit, take out and let rest for 10 minutes to redistribute juice before slicing.

