

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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Originality

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_____ 10	Is it an original idea, or a good adaptation?
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NAME: Lonnie Long
CATEGORY: Beef
NUMBER: 101

RECIPE NAME: Rump Roast Wishbone Style

Ingredients:
5 lb. rump roast
1 c. Wishbone Italian dressing
1 tsp. garlic salt
1 tsp. pepper

Instructions:
Mix dressing, garlic salt and pepper together and rub over roast, and place rubbed roast in Ziplock bag. Marinate overnight.

Cook on a smoker with lump charcoal, basting as needed with remaining dressing mixture. Cook till internal temperature reaches 160 degrees.

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NAME: Phil Cummings
CATEGORY: Beef
NUMBER: 102

RECIPE NAME: Wide Awake Steak

Ingredients:

2 Flat iron cut steaks

1 Tbsp. Espresso Steak Rub (The Spice & Tea Exchange) or your favorite seasoning.

Sauce:

1 c. Espresso or VERY strong coffee
1/4 c. sugar
1/2 Tbsp. cocoa powder
1/2 capful of vanilla

Instructions:

Cut flat iron steak in 1 inch strips lengthwise and roll using toothpicks or skewers to secure. Dust liberally with Espresso Steak Rub. Refrigerate while you make the sauce.

In a small saucepan combine espresso, sugar, cocoa powder and vanilla. Simmer over low heat until volume is reduced to approximately 1/4 c. and sauce is thickened.

Grill flat iron steak rolls over very high heat 4 minutes per side or until medium/rare. Let rest approximately 5 minutes. Remove skewers. Drizzle with approximately 1 Tbsp. sauce per steak.

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NAME: Keith Carris
CATEGORY: Beef
NUMBER: #103

RECIPE NAME: Stuffed Pizza Burgers

Ingredients:

1 lb. 90% ground beef
1/2 c. Contadina Pizza sauce
1/2 c. Kraft 3 cheese blend parmesan cheese
1 tsp. Pensey's Pizza seasoning
4 slices mozzarella cheese
1 tsp. diced pepperoni cubes

Instructions:

Press the cheese and pepperoni into each burger.

Grill for 5-6 minutes on each side to temperature of 160 degree Fahrenheit.

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NAME: Howard Jensen
CATEGORY: Beef
NUMBER: #104

RECIPE NAME: Cajun Flat Iron Steak

Ingredients:

1 c. sugar
1/4 c. granulated garlic
1/8 c. cayenne pepper (may use more if you like it hotter)
1/8 c. black pepper
3/4 c. salt
1/4 c. white pepper

Instructions:

Place all ingredients in a container and shake until thoroughly mixed. Wait at least half hour before removing lid. Rub dry mix on flank steak and grill. Cook to an internal temperature of at least 145 degrees Fahrenheit.

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NAME: Andy Grein
CATEGORY: Beef
NUMBER: #105

RECIPE NAME: Flat Iron Sensations
Ingredients:

1 beef flat iron steak
2 Tbsp. Traeger Beef Rub
Pinch of salt
Pinch of pepper

Instructions:

Season the flat iron steak the day before with Traeger Beef Rub and put in Ziploc bag until cooking time.

Grill until internal temperature is 130 degrees Fahrenheit. Remove and wrap in foil, and let rest 20 minutes.

Slice and serve on garlic bread garnished with fresh tomatoes.

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NAME: Bob Carson
CATEGORY: Beef
NUMBER: #106

RECIPE NAME: Flat Iron Steak on a Stick

Ingredients:

2 Flat iron steaks, 6-8 oz. each
1/2 c. Worcestershire sauce
3 Tbsp. balsamic vinegar
3 Tbsp. olive oil
1/4 tsp. salt
1 c. Maker's Mark Whiskey

Instructions:

Cut steaks into 3/4-inch strips across the grain. Put in the marinade of first four ingredients. Let steak rest for 24 hours in marinade. Take 10 inch wooden skewers for each steak and soak in whisky for 24 hours. Ribbon steak on wooden skewers and place on indirect heat. Cook steak for 20 minutes over a pan of leftover whiskey from skewers. Don't cook past medium rare. Pull steak sticks off cooker and rest 5 minutes in covered dish.

Serves 2

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NAME: Justin Palmer
CATEGORY: Beef
NUMBER: #107

RECIPE NAME: Whiskey Ribs with Maple Bacon Glaze

Ingredients:

2 lbs. boneless beef ribs (approx.6)
1 oz. favorite whiskey-based rub, or to taste
3 strips bacon, uncooked
1/4 c. maple syrup
1 Tbsp. honey
1 Tbsp. brown sugar

Instructions:

Season all sides of boneless beef ribs with whiskey rub to taste. Place in plastic bag and let marinate overnight in refrigerator.

Remove boneless ribs from refrigerator and allow to reach room temperature. Remove from plastic bag and add more rub, if desired.

Meanwhile, combine maple syrup, honey, and brown sugar in a sauce pan to make glaze. Heat mixture on medium, and bring to simmer. Stir as needed and be careful not to let glaze burn. Glaze the ribs occasionally while cooking.

When the boneless ribs reach 150 degrees Fahrenheit, remove from grill/smoker, and place on sheet of oven foil. Remove a few strips of bacon and set aside. Spoon some of glaze mixture over all the boneless ribs, and then wrap them in the foil and place back on grill/smoker. Continue to cook for approximately 1 hour or until internal temperature is around 200 degrees Fahrenheit. Cooking time will vary depending upon the thickness and toughness of the meat.

Meanwhile, dice strips of bacon that were removed and stir into the glaze mixture. Simmer and stir as needed until glaze is thickened.

Once the boneless ribs reach 200 degrees Fahrenheit, remove from the grill/smoker and let rest in foil. Before serving, brush with remaining glaze.

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NAME: Jennifer Kunz
CATEGORY: Beef
NUMBER: #108

RECIPE NAME: Thai Steak Tacos

Ingredients:

Meat:

1 lb. round steak, cut into 1/4 inch strips

Thai Marinade:

1/4 c. soy sauce	1/2 c. rice wine vinegar
2 Tbsp. honey	1 Tbsp. fish sauce
1 Tbsp. chili garlic paste	
Zest and juice of 1 lime	

Ingredients:

1 Tbsp. Sriracha (Asian hot sauce)	1/2 c. mayonnaise
1 c. shredded cabbage	1 shredded carrot
6 radishes: sliced thinly	
1/2 c. fresh cilantro leaves	
1 Tbsp. toasted sesame seeds	
8 tortilla shells	

Instructions:

First whisk in a medium bowl soy sauce, vinegar, honey, fish sauce, chili paste, lime zest and juice. Place steak strips in a 2 gallon Zip Lock bag. Add Thai marinade and refrigerate for 3 to 6 hours. Next combine mayonnaise and Sriracha in a small bowl, cover and refrigerate.

Wrap tortilla shells in foil, and place on grill while steak is cooking. Sear steak strips in a grill pan with holes over medium direct heat on the grill and (discard marinade). Cook about 3 minute's total.

Assemble tacos by dividing the steak equally among 8 tortilla shells, top with veggies, sauce cilantro and sesame seeds.

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NAME: Andy Van Aernam
CATEGORY: Combo/Specialty
NUMBER: 201

RECIPE NAME: Smoked Leg of Goat

Ingredients:

1/3 bottle of Plowboy's BBQ Bovine Bold rub
4 lb. leg of goat
Mustard of your choice
Hickory or apple wood

Instructions:

Rub leg of goat with mustard to help adhere the dry rub to the meat. Coat the goat leg with Powboy's BBQ Bovine Bold dry rub. Place the coated goat leg in a Ziploc bag in the refrigerator overnight.

Remove goat leg from refrigerator and smoke coated goat leg for three hours using hickory or apple wood and smoke at 225 degrees Fahrenheit. After three hours wrap goat leg in foil and continue cooking at 225 degrees Fahrenheit for an additional 3-4 hours. Goat leg will be on smoker for approximately 6-7 hours.

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NAME: Gene Petersen
CATEGORY: Combo/Specialty
NUMBER: 202

RECIPE NAME: Chicken Bombs

Ingredients:

6 Boneless chicken breasts
8 oz. cream cheese, softened
3-4 jalapenos peppers
8 oz. shredded cheddar cheese
1 Tbsp. minced garlic
1 lb. bacon
Basic chicken rub
1/2 c. barbeque sauce
1 bottle of Italian dressing

Instructions:

Trim and flatten chicken breasts. Marinate chicken breasts in Italian dressing overnight. Mix together cream cheese, shredded cheddar cheese and minced garlic. Clean jalapenos, cut in half and seed. Stuff jalapenos with cream cheese mixture and roll them inside the flattened chicken breasts. Sprinkle with rub and wrap chicken with bacon. Smoke at 250 degrees Fahrenheit for 2 hours or until internal temperature is 165 degrees. Baste with barbeque sauce, of your choice for 15 minutes before done. Serve and enjoy.

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NAME: Robert Taylor
CATEGORY: Combo/Specialty
NUMBER: #203

RECIPE NAME: Elk Ends

Ingredients:

Elk
Bacon

Instructions:

Cook elk with bacon ends at 160 degrees Fahrenheit, or about 5 minutes per side

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NAME: Lance Henrichs
CATEGORY: Combo/Specialty
NUMBER: #204

RECIPE NAME: Smoked Bacon Wrapped Meat Loaf

Ingredients:

2 lbs. ground chuck
1 lb. ground sausage (breakfast or mild Italian)
1/2 c. onion chopped
1 Tbsp. garlic finely minced
2 Tbsp. olive oil
2 Eggs
2 c. bread crumbs (needed to bind)
1 lb. bacon
1 c. cheddar shredded cheese.

Instructions:

Sauté onion and garlic in olive oil until onion become translucent. Mix together ground chuck, sausage, onion, garlic, eggs and enough bread crumbs to bind it together

Remove bacon from package and set aside 3 slices. Basket weave the rest in a 5 strip by 7 strips pattern. Place in bottom and sides of large loaf pan (11 3/4 x 5 5/8 x 3 3/16). Divide the loaf mixture in half. Place half of the mixture into the pan on top of the bacon. Flatten it out. Place cheese in the center of the meat mixture, running almost to the ends. Cover with remaining meat mixture. Fold any loose ends of the bacon on top of the meat loaf. Cover with remaining 3 slices of bacon.

Chill in refrigerator for a couple of hours. Remove from the mold by inverting it onto a cookie sheet or grill. Preheat smoker to 250 degrees Fahrenheit. Insert a meat thermometer into the center of the loaf. Place in smoker and smoke until internal temperature is 160 degrees Fahrenheit. This will take about 2 to 2 1/2 hours. It is not done until the temperature reaches 160 degrees Fahrenheit, no matter how long it takes. Remove from smoker and let rest 15 minutes before carving.

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NAME: Jim Otis
CATEGORY: Combo/Specialty
NUMBER: #205

RECIPE NAME: Tips and Tenders

Ingredients:

1 Beef Tri Tip
Olive oil
3 Tbsp. Traeger Beef Rub Seasoning

1 Pork Tenderloin

Otis Pork Rub consisting of the following:

Brown sugar	Regular sugar
Salt	Paprika
Course black pepper	Chili Powder
Onion powder	Cayenne pepper

Instructions:

The day before cooking, use olive oil and rub beef tri tip, then use the Traeger Beef Rub seasoning and rub on the oiled beef tri tip. Place seasoned beef tri tip in Ziploc bag so the meat can absorb all of the seasoning. Smoke the tip at 200 degrees Fahrenheit until internal temperature reaches 130 degrees Fahrenheit, then take off smoker. Wrap cooked tip in foil and let rest 20 minutes. Slice thin before serving. Serve on garlic toast.

Pork loin, the day before cooking use olive oil and rub the loin down. Then use mixed dry ingredients that are known as Otis Pork Rub and coat oiled pork loin. Seal seasoned loin in Ziploc bag until it is ready to be cooked. Smoke the tenderloin at 200 degrees Fahrenheit and ramp it up to 400 degrees Fahrenheit at the end to get nice color on the outside. The loin will be cooked to 140 degrees Fahrenheit internal, then wrap in foil and let rest for 25 minutes. Slice and serve on garlic toast.

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NAME: Mary Weisinger
CATEGORY: Combo/Specialty
NUMBER: #206

RECIPE NAME: Bacon Cheeseburger on a Stick

Ingredients:

2 lbs. ground beef	1 lb. ground pork
1/2 lb. onion	1/2 c. pine nuts
1 tsp. salt	1 tsp. unflavored gelatin
1/2 tsp. cumin	12 slices bacon
6 Colby-jack string cheese	12 skewers-soaked in water

Sauce:

1-1/2 c. Ketchup	1/2 c. brown sugar
1/2 c. brown sugar	1/2 c. water
1/4 c. vinegar	1 tsp. garlic
2 Tbsp. onion	
1 tsp. dry mustard	
2 Tbsp. Worcestershire sauce	

Instructions:

Process the pine nuts, salt, pepper, onion, cumin in a food processor. Mix in gelatin.

Mix meats and nut mixture. Knead together, will be sticky
Cut cheese in half. Divide meat into 12 portions.

Put cheese on skewer. Form meat around cheese. Put in freezer to firm up. While freezing meat, cut bacon into thirds and mix sauce. Wrap skewers with bacon and cover with sauce. Grill to desired doneness. Enjoy!

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NAME: Troy Burmeister
CATEGORY: Combo/Specialty
NUMBER: #207

RECIPE NAME: Troy's Tailgate Menu
Beef Burgers and Chicken Tacos

Ingredients:

Beef Burgers

1 lb. ground beef,	1 egg
1/2 medium onion (finely chopped)	1 tsp. soy sauce
1 tsp. Worcestershire sauce	1 tsp. red wine
1 tsp. mustard	1 Tbsp. garlic chopped
1 tsp. brown sugar	1 tsp. olive oil

Bacon wrapped Corn on the Cob

Fresh corn on the cob
Olive oil
Bacon: uncooked

Chicken Tacos

1 package boneless, skinless chicken thighs	
Marinade:	
1 oz. Tequila,	2 oz. olive oil
2 oz. Lime juice	Dash of chili powder
Dash of cumin	Dash of cayenne pepper

Instructions:

Beef Burgers

Combine ground beef with ingredients and form into burger patties. Cook on grill to desired doneness. Place on buns and top with your favorite burger toppings.

Bacon wrapped Corn on the Cob

Brush corn with olive oil, season to taste and wrap with bacon, cook on the grill until bacon is done.

Chicken Tacos

Combine marinade ingredients and chicken thighs, store in cooler or refrigerator. Marinade chicken overnight. Grill or smoke until done. Shred chicken; make tacos using corn or flour shells, and your favorite toppings.

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NAME: Andrea Greve
CATEGORY: Youth & Pork
NUMBER: #804 and #208

RECIPE NAME: Pineapple Glazed Ham Balls

Ingredients:

Grilled Ham Balls

2 lbs. ground ham
1 lb. ground pork

1 lb. ground beef

Pineapple Glaze:

1 c. pineapple juice
1/2 c. brown sugar
2 tsps. dry mustard
1 Tbsp. corn starch

1/2 c. apple cider vinegar
1 Tbsp. ketchup
1 tsp. cayenne pepper
2 Tbsp. cold water

Instructions:

Mix all ham ball mixture together by hand and make into a 3 oz. ball form.

Glaze:

Mix all ingredients except the cornstarch and water, and bring to a boil. Then add the rest and let it set until the glaze thickens.

Brush finished glaze mix on ham balls and grill until they reach an internal temperature of 145 degrees Fahrenheit, about 30 minutes.

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NAME: Trenton McDonald
CATEGORY: Youth/Combo
NUMBER: #802 and #209

RECIPE NAME: Sweet & Spicy Meatballs

Ingredients:

1 lb. Italian sausage
1 lb. ground beef
Tomato soup
Rub seasoning
Mushrooms
Vine sweet peppers
Green onions

Instructions:

Cut up green onions and vine sweet peppers. Mix Italian sausage and beef together. Add mushrooms, peppers and green onions.

Roll mixture into balls. Smoke meat balls for 3 hours. Add tomato soup on top and cook for 1 hour.

Serve and enjoy!

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NAME: William Hoffman
CATEGORY: Lamb
NUMBER: #301

RECIPE NAME: Milk & Honey Lamb Pockets

Ingredients:

1 – 2 lbs. ground lamb
2 Tbsp. yogurt with honey (or 2 Tbsp. plain yogurt with 1 tsp. honey)
2 tsp. lime juice
1/2 tsp. liquid smoke
1/4 tsp. Cookies Flavor Enhancer
1/4 tsp. celery seed
1/4 tsp. dill weed or powdered dill seed (seed is more pungent)

Instructions:

Mix the non-lamb ingredients in a container which will be used to incorporate into the ground lamb. Then mix the ground lamb into the same mixture. DON'T over handle the lamb while in the mixing process. Form lamb mixture into patties of desired shape, but not too thick.

Place lamb burgers on grill over medium direct heat for approximately 3 minutes per side, being sure to check the temperature is 155 degrees Fahrenheit upon removal from grill.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?
_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: James Putz
CATEGORY: Lamb
NUMBER: #302

RECIPE NAME: Roasted Leg of Lamb

Ingredients:

1 boneless, rolled and tied leg of lamb

1/4 c. canola oil

1/4 c. chopped fresh rosemary

1/4 c. chopped fresh thyme

1 head garlic, chopped

Kosher salt

Fresh cracked black pepper

Instructions:

Combine canola oil, rosemary, thyme, garlic and some salt and pepper and rub all over the leg of lamb. Wrap and refrigerate overnight.

Preheat grill to 225 degrees Fahrenheit. Roast lamb until the internal temperature has reached 135 degrees Fahrenheit (for medium rare), 3- 1/2 to 4 1/2 hours. Let rest 20 minutes.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Scott Tibbals
CATEGORY: Lamb
NUMBER: #303

RECIPE NAME: Lamb Log

Ingredients:
2 lbs. ground lamb
5 oz. cream cheese, softened
Dash of ground dill
Dash of grill seasoning
Ground corn flakes

Instructions:
Mix lamb and ingredients together. Roll mixed lamb into a log.
Smoke on grill 3-1/2 hours at 195 degrees Fahrenheit.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's
Score Maximum
Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Bruce Campbell
CATEGORY: #304
NUMBER: Lamb

RECIPE NAME: Fresh Herb Marinated Iowa Lamb Steak

Ingredients:

Fresh Herb Marinade:

3 cloves garlic chopped
3 Tbsp. tarragon chopped
1 Tbsp. ground cumin
1 tsp. cayenne pepper
1/4 c. extra virgin olive oil

3 Tbsp. fresh rosemary chopped
3 Tbsp. fresh mint leaves
1 tsp. fresh ground black pepper
1/2 c. Greek yogurt, plain

Sauce:

3 Tbsp. Iowa honey
1/4 c. extra virgin olive oil
1 tsp. kosher salt

1/8 c. sherry vinegar
1 tsp. fresh ground black pepper
5 mint leaves, rough chopped

4 Iowa Lamb steaks

Instructions:

In a mixing bowl, whisk together all the ingredients for marinade. Place the lamb steak into a re-sealable plastic bag, and pour marinade over lamb steak. Squeeze out excess air, seal bag, massage marinade into meat and place in the refrigerator for 4-8 hours. (It may rest for overnight but should go no longer than 12 hours.)

Before grilling, remove meat from the refrigerator, and remove herb leaves and pieces from steaks (Herbs can easily burn during grilling.) Let steaks rest for 20-30 mins. at room temperature

When charcoal is white hot, rub steaks with olive oil and sprinkle with fresh cracked black pepper and kosher salt. Grill the steaks on direct heat for 6 mins. per side or to an internal temperature of 130 degrees Fahrenheit, for a perfect medium rare. Remove steaks, from grill, and place in a shallow dish. Spoon one third of sauce over meat, add a few rough chopped mint leaves and tent with foil for at least 10 mins. to allow the juices to pull into the meat.

Slice steak on bias, into 1/4" slices and serve over a bed of fresh arugula on top olive oil & garlic rubbed grilled artesian bread, drizzled with the sauce and fresh Greek yogurt.

Enjoy!

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Shelana Laing
CATEGORY: Lamb
NUMBER: #305

RECIPE NAME: Smokey Boneless Leg of Lamb
With Balsamic Glaze

Ingredients:

Meat

1 – 2 lb. boneless leg of lamb

Glaze

3 tsp. olive oil	1 tsp. rosemary
1 Tbsp. garlic	1 Tbsp. thyme
6 oz. Balsamic glaze- store bought	sea salt—to taste
Black pepper – to taste	

Instructions:

Open leg of lamb, trim off some fat, cut into 4-6 oz. portions. Season lamb chops by rubbing each side with olive oil, sea salt and pepper, let rest at room temperature for 30 minutes.

Soak a handful of cherry wood chips in water for 30 minutes.

Start charcoal and allow burning for about 10 to 20 minutes, once charcoal is gray, divide the charcoal in the center creating a pocket for the soaked wood chips. Place grate over charcoals and wood chips. Place lamb chops in the center of the grill. Cook 5 to 7 minutes per side, turning once. This should cook lamb to medium rare to medium. If you want well done, leave on grill longer

Serve grilled leg of lamb on a plate and drizzle balsamic glaze on top to pour a silver dollar size amount on plate to dip in.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Helen Schubert
Category: Lamb
NUMBER: #306

RECIPE NAME: BBQ Lamb Burgers

Ingredients:

1 lb. ground lamb
3 Tbsp. Sweet Baby Ray's BBQ Sauce
1-1/2 tsp. Cavendar's Seasoning
1/2 tsp. dry oregano
1 tsp. onion powder
1 tsp. garlic powder

Instructions:

Mix all ingredients. Form (4) 1/4 lb. patties.

Grill and enjoy!

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
-------------------------	--------------------------

Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Derek Perkey
CATEGORY: Pork
NUMBER: 401

RECIPE NAME: Apple Honey Ribs

Ingredients:

1 c. apple juice
4 oz. honey
Baby back ribs
Rib rub
BBQ sauce

Instructions:

Mix apple juice and honey together, cook down to thicken. Inject thickened mixture into the meat of the baby back ribs. Place injected ribs in the refrigerator overnight to marinate.

In the morning take marinated ribs out of refrigerator and coat with your choice of rib rub.

Smoke coated baby back ribs on smoker with hickory wood until 165 degrees Fahrenheit internal temperature. Use your choice of BBQ sauce and mop ribs. Cook last hour to thicken sauce.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?
_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Clark Borkowski
CATEGORY: Pork
NUMBER: 402

RECIPE NAME: Brown Sugar and Spice Ribs

Ingredients:

1 rack baby back ribs
1/4 c. honey
1/4 c. brown sugar
1/2 c. Parkay squeeze spread
Cookies Flavor Enhancer Seasoning

Instructions:

Coat ribs with honey and spread layer of brown sugar and Cookies Flavor Enhancer on both sides.

Cook ribs at 250 degree Fahrenheit in smoker with hickory chips for one hour.

Remove ribs, and cover with Parkay and remainder of brown sugar. Wrap ribs in foil and cook two more hours at 250 degrees.

Let rest half hour before serving.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Brandon Yoder
CATEGORY: Pork
NUMBER: 403

RECIPE NAME: The Smoked Yoda

Ingredients:

Rub:

1 -1/2 Tbsp. brown sugar	4Tbsp. Paprika
4 tsp. garlic powder	3 tsp. seasoned salt
2 tsp. kosher salt	4 tsp. black pepper
2 tsp. cayenne pepper	2 tsp. oregano
2 tsp. dry mustard	1 tsp. chili powder

Mop Sauce

3/4 c. apple cider vinegar	3/4 c. water
1/4 c. soy sauce	2 Tbsp. Worcestershire sauce
1 Tbsp. of rub	

Sauce

3 Tbsp. canola oil	8 cloves roasted garlic
3 c. onions, chopped	3/4 c. brown sugar
4 c. tomatoes, chopped	2 Tbsp. sea salt
1-1/2 tsp. black pepper	1-1/2 tsp. cumin
3/4 c. cider vinegar	1/4 c. white vinegar
2 Tbsp. Worcestershire	2 c. water
4 cloves garlic minced	3 Tbsp. honey.

Glaze

3 Tbsp. honey
3 Tbsp. stone ground mustard

Instructions:

Remove "silverskin" from pork tenderloin. Rub tenderloin with rub mixture to cover. Place in 225 degree Fahrenheit smoker with apple and hickory chips. Baste with mop sauce every hour. When pork reaches 140 degrees Fahrenheit internal temperature; glaze with honey mustard mixture and cover with foil. When pork reaches 155 degrees Fahrenheit, remove and spread with 1 C of Sauce and re-foil. Allow pork to come up to 160 degrees Fahrenheit then remove from smoker. Let rest for 15 minutes. Slice against the grain and serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
-------------------------	--------------------------

Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Denny Hanson
CATEGORY: Pork
NUMBER: #404

RECIPE NAME: Denny's Garlic Pork Ribs

Ingredients:

Rack of pork ribs
Ole Hickory "Garlic Butter Seasoning"
Honey
BBQ Sauce
Vegetable oil

Pecan wood chips for grill

Instructions:

Get charcoal grill up to 225 degrees Fahrenheit, then put some pecan wood chips on the coals. Put pork ribs on the grill for 2 hours to smoke them. Take off and put honey and BBQ sauce on them. Wrap up in foil, but back onto charcoal grill and bake 2- 1/2 more hours. Be sure to keep temperature at 250 degrees Fahrenheit, and put pecan chips on the coals for smoke.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

<u>Judge's Score</u>	<u>Maximum Points</u>	
		<u>Taste</u>
_____	30	Taste/Flavor
_____	15	Juiciness/Tenderness
_____	10	Overcooked/Undercooked
_____	10	Pleasing texture
		<u>Appearance</u>
_____	15	Appetizing color, is the garnish attractive? Does the prepared product have eye appeal?
		<u>Originality</u>
_____	10	Is the recipe suitable for outdoor cooking?
_____	10	Is it an original idea, or a good adaptation?
_____	100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Duane Heaberlin
CATEGORY: Pork
NUMBER: #405

RECIPE NAME: Game Changing Pork Ribs

Ingredients:

St. Louis style pork ribs

Rub:

4 Tbsp. kosher salt
2 Tbsp. white sugar
1 Tbsp. ground cumin
1/2 Tbsp. black pepper
1/2 tsp. cayenne pepper

2 Tbsp. brown sugar
1 Tbsp. mild chili powder
1 Tbsp. granulated garlic
1/2 Tbsp. white pepper

Wrapping ingredients:

3/4 c. brown sugar
1/3 c. mixed apple and grape juice

1/3 c. agave nectar

Sauce

1 c. BBQ Sauce (your favorite)
2 Tbsp. hot sauce
1/4 c. mixed apple and grape juice

1/4 c. agave nectar
1 Tbsp. rub mix

Instructions:

Heat smoker to 235-240 degrees Fahrenheit

Remove silver skin membrane from ribs. Place thin layer of yellow mustard on both sides of ribs. Put 3 Tbsp. of rub on both sides of rib rack. Smoke for 2 to 2-1/2 hours. Take ribs off smoker, put ribs on foil, and wrapping ingredients to both sides of the ribs. Wrap ribs in foil and return to the smoker with meat side down. After 1 hour pull ribs and check for tenderness by inserting toothpick. If it glides easily, take off smoker. Unwrap ribs completely and place sauce on ribs both sides. Place ribs back on smoker for 30 minutes. Pull off and enjoy.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?
_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Luke Spencer
CATEGORY: Pork
NUMBER: #406

RECIPE NAME: Smoked Spencer Ribs

Ingredients:

3 lb. Baby back ribs with good marbling
3 1/2 tsp. kosher salt
1 tsp. brown sugar
1 tsp. granulated onion
1 tsp. thyme leaves
2 tsp. black pepper
1 tsp. granulated garlic
1/2 tsp. cayenne

Instructions:

Fire up a smoker to your desired temperature; I smoke with hickory or a fruit wood at 250 degrees Fahrenheit. Feel free to use your favorite wood.

Turn ribs bone side up and use a small knife, a paper towel and remove the silver lining.

Place ribs flat on smoker bone side down for two hours at 250 degrees Fahrenheit. After two hours foil ribs for 1 to 1-1/2 hours make sure to put some apple juice in you foil. After the 1-1/2 to 2 hours in foil ribs should be done or really close.

Now it's time for the final step. Get some more foil ready, it's best if you double it up to make it stronger. Apply your favorite BBQ sauce; I prefer one with a little kick, directly to the foil, followed by Parkay butter, brown sugar, honey and a small amount of apple juice. Place ribs meat side down on sauce; place ribs in a warmer or a smoker turned down to 160 degrees Fahrenheit. Let ribs rest for 30 minutes then serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
-------------------------	--------------------------

Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Andy Wilson
CATEGORY: Pork
NUMBER: #407

RECIPE NAME: Rubbed Pork Shoulder

Ingredients:
5-6 lb. pork shoulder
Yellow mustard
Bottle of Bad Byron's Butt Rub
1/2 c. garlic minced
1 c. maple syrup
1 c. liquid butter
1 bottle red wine (choice)

Instructions:

Pre-heat a smoker to 225-250 degrees Fahrenheit. Use indirect cooking.

Rub pork shoulder with a very thin layer of yellow mustard. Coat mustard layered pork shoulder with Bad Byron's Butt Rub and garlic. Mix syrup and butter, add 3 Tbsp. of rub together and inject in pork shoulder. Place shoulder in a rack on a drip pan half full of wine and place in smoker and smoke until internal temperature is 150 degrees Fahrenheit. Pull off and wrap shoulder in foil, and continue cooking until temperature reaches 190 degrees Fahrenheit or until bone pulls out without sticking.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Jason Kula
CATEGORY: Pork
NUMBER: #408

RECIPE NAME: Southwest BBQ Pork Loin

Ingredients:

1 fresh, whole pork loin – 8-9 lbs.

1 tsp. chipotle flakes
1 tsp. garlic powder
1 tsp. black pepper
1 tsp. chili powder

1 tsp. onion powder
1 tsp. kosher salt
1/2 tsp. cumin
1/2 tsp. red pepper flakes

Favorite BBQ Sauce

Instructions:

Mix all dry ingredients together. Rub on pork loin. Refrigerate for 24 hrs.

Set smoker at 240 degrees Fahrenheit and smoke until internal temperature of loin is 153 degrees Fahrenheit. Remove pork loin from heat and glaze with your favorite BBQ sauce. Put loin in pan covered with foil and let rest for 30 minutes. Slice and serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Josh Schneider
CATEGORY: Pork
NUMBER: #409

RECIPE NAME: Josh & James Party Rub Pork Loin

Ingredients:

1 Pork Loin

4 Tbsp. salt
4 Tbsp. dried oregano
4 Tbsp. garlic powder
2 Tbsp. marjoram
2 Tbsp. pepper
2 Tbsp. rosemary
1 Tbsp. ground cinnamon

4 Tbsp. basil
4 Tbsp. dried thyme
2 Tbsp. dill
2 Tbsp. cornstarch
2 Tbsp. dried parsley
1 Tbsp. ground nutmeg

Instructions:

Mix rub ingredients together and spread over pork loin. Let marinate overnight. Cook for 4 hours at 225 degrees Fahrenheit. Or until meat is 150 degrees Fahrenheit internal temperature.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

<u>Judge's Score</u>	<u>Maximum Points</u>	<u>Taste</u>
_____	30	Taste/Flavor
_____	15	Juiciness/Tenderness
_____	10	Overcooked/Undercooked
_____	10	Pleasing texture
 <u>Appearance</u>		
_____	15	Appetizing color, is the garnish attractive? Does the prepared product have eye appeal?
 <u>Originality</u>		
_____	10	Is the recipe suitable for outdoor cooking?
_____	10	Is it an original idea, or a good adaptation?
_____	100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Jason Cronk
CATEGORY: Pork
NUMBER: #410

RECIPE NAME: Korean Honey – Soy Pork Skewer

Ingredients:

Marinade

1/2 c. reduced sodium soy sauce 1/4 c. (Dark) sesame oil
1/4 c. sugar 1/4 c. Sake or dry sherry
4 cloves garlic, minced 2 Tbsp. honey
1 Tbsp. fresh minced ginger 1 tsp. paprika
1/2 tsp. freshly ground black pepper
4 green onions, (white and green parts trimmed and finely chopped)

2 lbs. pork loin, partially frozen (makes it easier to slice even when frozen)
Wood skewers

Korean BBQ Sauce

2 Tbsp. white sugar 1 clove garlic, minced
1/2 tsp. freshly ground black pepper 1/2 c. Sake
1/2 c. reduced sodium soy sauce 2 Tbsp. Honey
4 Scallions (green parts only)
2 Tbsp. toasted sesame seeds
1 small pear, peeled, cored and finely diced

Instructions:

Combine marinade ingredients. Stir until sugar and honey are dissolved. Let marinade set 6 hours to overnight. While marinade is setting, slice pork loin in half-length wise. Then slice pork in 1/8 inch slices. Place pork slices in a bowl or plastic bag large enough to hold pork and marinade. Place pork in refrigerator to defrost until marinade is ready. Place marinade on pork and stir to coat all of pork. Let pork set in the marinade 45 minutes to 1 hour. "Sew" pork onto skewers (skewers should be soaked in water for at least 2 hours before). 2 pieces of pork should fit onto a skewer. Cook pork skewers over med-high heat, about 3-4 minutes per side. Pork should be a medium brown with a few spots of char. Serve with Korean "BBQ" dipping sauce.

Korean BBQ Sauce Instructions

Combine sugar, scallion whites, garlic and pepper in a bowl and mash to a smooth paste with the back of a spoon. Add soy and honey, stir until sugar and honey are dissolved. Stir in the scallion greens, sesame seeds and pear. Correct seasoning as desired. Adding honey for sweetness or soy for salt. Let rest 1 hour and serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

<u>Judge's Score</u>	<u>Maximum Points</u>	
		<u>Taste</u>
_____	30	Taste/Flavor
_____	15	Juiciness/Tenderness
_____	10	Overcooked/Undercooked
_____	10	Pleasing texture
		<u>Appearance</u>
_____	15	Appetizing color, is the garnish attractive? Does the prepared product have eye appeal?
		<u>Originality</u>
_____	10	Is the recipe suitable for outdoor cooking?
_____	10	Is it an original idea, or a good adaptation?
_____	100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Steve Heaberlin
CATEGORY: Pork
NUMBER: #411

RECIPE NAME: Conference Champ Pork Roast

Ingredients:

Meat

1 3-5 lb. Frenched rib roast

Rub (2 oz. as follows)

1/2 c. apple juice

1/2 c. honey

Dash of hot sauce

Finished Sauce (recipe follows)

1/2 c. brown sugar

1/2 c. kosher salt

1/4 c. paprika

1/4 c. dark brown sugar

1/4 c. white sugar

1/4 c. chili powder

1/4 c. garlic powder

1 1/2 Tbsp. cumin

1 1/2 Tbsp. black pepper

1 Tbsp. cocoa powder

2 tsp. cayenne pepper

Wrapping Ingredients:

1/2 c. brown sugar

1/4 c. honey

1/4 c. apple juice

Finishing Sauce

1 c. Favorite BBQ sauce

1/4 c. honey

1/4 c. apple juice

2 Tbsp. hot sauce

Instructions:

Prepare pork rub and rub liberally on rib roast the day before cooking. Wrap in clear cling wrap and place in refrigerator 12-24 hrs. The day of cooking, take roast out of refrigerator and bring to room temperature before cooking. Set your smoker at 240 degrees Fahrenheit. When it's 240 degrees Fahrenheit, rub the rib roast with a coating of brown sugar and place it in the smoker. Keep checking roast and when it gets to app. 100-115 degrees Fahrenheit, wrap the roast in aluminum foil and place the brown sugar, apple juice and honey in the foil pouch before sealing it.

Return roast to smoker and continue heating until it is 125-128 degrees Fahrenheit. Unwrap and glaze with a thin coating of the finished sauce. Let it continue to cook until the glaze caramelizes and the internal temperature of the roast is 135 degrees Fahrenheit. Take away from heat and put a loose tent over it, and let rest 15-20 minutes before carving. The internal temperature will continue up at least 5 degrees. Carve roast between rib bones and serve one bone portion to each person.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?
_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Matthew Nahnsen
CATEGORY: Pork
NUMBER: #412

RECIPE NAME : Bigdog Daddy Ribs

Ingredients:

Dry Rub

5 c. brown sugar	2 Tbsp. dry minced onions
1 Tbsp. basil	1 Tbsp. cumin
3 Tbsp. kosher salt	2 Tbsp. dry garlic
1 Tbsp. Thyme	3 Tbsp. crushed black pepper
1 Tbsp. crushed red pepper	1 Tbsp. oregano

Additional items needed

1 bottle apple juice
1 bottle favorite bbq sauce

Instructions:

1. Choose a rack of ribs from your grocery store or butcher that is pink in color, and has not been frozen. I prefer St. Louis style ribs, which are pre-trimmed. Your butcher may also be of assistance to you. 2. The night before you are going to smoke the ribs, remove the membrane off rack of ribs. The membrane is a thin, plastic like liner on the back side of the rack of ribs. If you leave membrane on, the ribs will not be as tender. To remove the membrane, use a sharp knife to separate membrane from ribs at the narrow end of the rack. When you have enough of the membrane separated, use your thumb and index finger to pull and separate the rest of the membrane from the ribs. I pull and cut with my knife at the same time to insure I remove all of membrane. With a little practice, you will get the hang of it. 3. Apply a rub to ribs. Massage technique is what I like best. 4. Let ribs rest in the refrigerator overnight. 5. Remove ribs from the refrigerator about half hour before you are going to smoke them. 6. Heat smoker to 250 degrees Fahrenheit I also use an oven thermometer, placed where the rack of ribs will lay, to insure that the temperature is 250 degrees Fahrenheit at the cooking surface. Many thermometers built onto smokers will actually be hotter than the actual temperature at the level the ribs are smoking at. I have found that 250 degrees Fahrenheit is the ideal temperature to smoke ribs at. I use a mixture of Kingsford charcoal and oak wood, but other types of wood may be used including hickory, apple, cherry, pecan, etc. It just depends on what flavor you are looking for. Using charcoal, and adding wood will allow you to control how much smoke you are cooking with. 7. Smoke the ribs for about 5 hours, applying apple juice about every 15-30 minutes. The thickest part of the rack of ribs should be about 170-180 degrees Fahrenheit if a constant temperature was maintained while smoking. During the last 30 minutes, apply favorite BBQ sauce. Five minutes before done, wrap ribs in foil this will make them very tender. Make sure your exhaust damper is wide open. You do not want to trap any of the smoke in the smoker. This can produce a very bad taste

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Wally Lorenzen
Category: Pork
NUMBER: #413

RECIPE NAME: Smoked Pork Loin

Ingredients:

Rub Mixture

1/4 c. Lawrey's Seasoning Salt
1/4 c. Cookies Flavor Enhancer
1/4 c. Weber Steak 'n' Chop Seasoning

1/2 c. orange juice
5 lb. pork loin

Instructions:

Combine rub mixture together. Rub on pork loin. Cover loin with foil and refrigerate overnight.

I use a Traeger Wood Pellet Grill. Set it on "smoke" and smoke uncovered loin for 2 hours. Remove loin from smoker and place on foil. Pour the orange juice over loin and wrap it up in foil. Increase temperature on grill to 325 degrees Fahrenheit and cook loin for 2 hours, 15 minutes. Remove from grill and let rest for 15 minutes before unwrapping. Cut and serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
-------------------------	--------------------------

Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Tracy Christensen
CATEGORY: Poultry
NUMBER: 501

RECIPE NAME: Exira Chicken Legs

Ingredients:

12 Chicken legs
2 Tbsp. olive oil
1/2 tsp. garlic powder
3/4 tsp. paprika
3/4 Tbsp. season salt
Salt
Pepper

Instructions:

Place oil and all seasonings in a plastic bag. Add chicken legs. Marinate for ½ hour. Place on oiled grill. Cook for 20-25 minutes or until meat reaches 170 degrees Fahrenheit turning once

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Score	Maximum Points
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Halane Cummings
CATEGORY: Poultry
NUMBER: 502

RECIPE NAME: Polynesian Pollo Taco's

Ingredients:

Marinade:

1/2 c. mango nectar	1/2 c. pineapple juice
1 Tbsp. red pepper flakes	1 Tbsp. salt

Hoisin-Lime Slaw:

3 c. shredded cabbage	1 c. pineapple tidbits
1/2 c. lime juice	3 Tbsp. hoisin sauce
2 Tbsp. chopped fresh cilantro	1 Tbsp. sesame oil

Tacos:

4 boneless chicken breasts	1/2 c. green peppers sliced
1/2 c. red pepper sliced	8 flour tortillas
1 Tbsp. butter	

Instructions:

Place 4 chicken breast halves in plastic bag. Add marinade ingredients and place in refrigerator for 30 minutes.

For Slaw – mix together lime juice, hoisin sauce and sesame oil. Pour over cabbage and pineapple. Mix together and add cilantro. Refrigerate.

Grill the chicken over medium-high heat until internal temperature is 165 degrees Fahrenheit. While chicken is grilling, sauté peppers in butter until tender crisp. Slice chicken and layer with peppers in tortilla. Top with Slaw.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Score	Maximum Points
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Tim Schneider
CATEGORY: Poultry
NUMBER: #504

RECIPE NAME: Double Threat Chicken

Ingredients:

2-4 large chicken breasts

2/3 c. chili powder

4 Tbsp. kosher salt

4 Tbsp. garlic Powder

1/2 c. sugar

4 Tbsp. onion powder

1 tsp. cayenne pepper

Toms Tasty BBQ Sauce Sweet

Instructions:

Mix all dry ingredients. Pull skins back on chicken breasts, trim fat and apply dry rub mixture. Pull skin back and let sit and marinate for 4 hours. Place chicken breasts on smoker 1 hour at 220 degrees Fahrenheit. Remove chicken breast and baste with Tom's Tasty BBQ Sauce. Place basted chicken breasts back on grill for 10 minutes, remove and serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Score	Maximum Points
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Kenna Lambertsen
CATEGORY: Poultry
NUMBER: #506

RECIPE NAME: Grilled Bird of Paradise

Ingredients:
4 Cornish hens-spatchcocked (split open)
2 – 1 gallon Ziploc bags

Marinade

1/2 c. unsalted butter melted
1-1/2 c. apple cider
2/3 c. lemon juice
6 Tbsp. Worcestershire sauce
6 Tbsp. sorghum
1/2 c. apple butter

Rub

Unsalted Butter, melted
2 Tbsp. Chile oil
2 Tbsp. Herbs de Provence
Apple syrup, for basting

Instructions:

Marinate overnight in two 1 gallon Ziploc bags (2 hens per bag) in apple cider, lemon juice, Worcestershire sauce, sorghum and apple butter. Remove from marinade and pat dry. Apply a wet rub of unsalted butter, Chile oil and Herbs de Provence.

Grill over direct heat, skin side down, for 7-9 minutes, turn and finish grilling to internal temperature of 160 degrees Fahrenheit. Baste with apple syrup, remove and wrap in foil to rest for 10 minutes.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Score	Maximum Points
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Brent Rathje
CATEGORY: Poultry
NUMBER: #507

RECIPE NAME: Best Chicken in the World

Ingredients:

Meat

1 whole chicken

Marinade

16 oz. bottle of Italian dressing	1/4 tsp. salt
1/4 tsp. pepper	1/2 tsp. garlic powder
1/2 tsp. onion powder	1/4 tsp. paprika

Instructions:

(Make one batch of marinade per chicken)

Split a whole chicken in half; marinate overnight in the refrigerator. Place split chicken on grill with meat side down.

Remaining marinade can be injected into the meat as it cooks on the grill. Two whole chickens usually take about 3 hours to cook.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Ashley Hanson
Category: Poultry
NUMBER: #508

RECIPE NAME: Grilled Chicken Breasts

Ingredients:
Chicken breasts (as many as wanted)
2 c. soy sauce
3 c. brown sugar
1 pkg. bacon of your choice

Instructions:
Marinate chicken breasts in soy sauce and brown sugar overnight. Wrap bacon on outside of your chicken breasts. Use toothpicks to keep bacon in place. Put on grill under indirect heat with pecan chips for smoke flavor. Grill and continue to add pecan chips until chicken breast has an internal temperature of 150 degrees Fahrenheit. Continue basing chicken with marinade while cooking. Enjoy!!

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Lydia Close
CATEGORY: Youth/Poultry
NUMBER: #803 and #509
RECIPE NAME: Italian Chicken

Ingredients:

3 lbs. chicken pieces
1 bottle Italian dressing
Italian seasoning salt to taste

Instructions:

Combine all ingredients and marinate for 2+ hours and grill, until thoroughly cooked.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

<u>Judge's Score</u>	<u>Maximum Points</u>	
		<u>Taste</u>
_____ 30		Taste/Flavor
_____ 15		Juiciness/Tenderness
_____ 10		Overcooked/Undercooked
_____ 10		Pleasing texture
		<u>Appearance</u>
_____ 15		Appetizing color, is the garnish attractive? Does the prepared product have eye appeal?
		<u>Originality</u>
_____ 10		Is the recipe suitable for outdoor cooking?
_____ 10		Is it an original idea, or a good adaptation?
_____ 100		Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Triple Threat
Scott Bahmann, Chad Meyer, John Sellman
CATEGORY: Team
NUMBER: #601
RECIPE NAME: Smoked Chicken Pops

Ingredients:

One dozen chicken legs

Marinade

1/4 c. Worcestershire sauce	1/4 c. soy sauce
2 Tbsp. honey	2 Tbsp. cider vinegar
3 tsp. lemon juice	1 tsp. prepared mustard
1 tsp. salt	1/2 tsp. celery seed
1/2 tsp. black pepper	2 cloves garlic, minced
1/2 tsp. garlic powder	1/2 tsp. onion powder

BBQ Sauce:

1 c. ketchup	1/4 c. light corn syrup
1/4 c. maple syrup	1/4 c. molasses
1/4 c. Kikkoman stir fry sauce	2 Tbsp. soy sauce
2 Tbsp. Worcestershire sauce	2 Tbsp. Hoisin sauce
1 Tbsp. liquid smoke	1/4 tsp. cayenne pepper
2 tsp. corn starch to thicken	

Instructions:

Remove tendons, slide meat toward the end of the leg to form a "pop". Marinate in brine for 24 hours. Place on your favorite smoker and slow cook at 250 degrees Fahrenheit until meat reaches an internal temperature of 165 degrees Fahrenheit. Wrap with foil and allow to rest. Coat with BBQ sauce and serve.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

<u>Judge's Score</u>	<u>Maximum Points</u>	
<u>Taste</u>		
_____	30	Taste/Flavor
_____	15	Juiciness/Tenderness
_____	10	Overcooked/Undercooked
_____	10	Pleasing texture
<u>Appearance</u>		
_____	15	Appetizing color, is the garnish attractive? Does the prepared product have eye appeal?
<u>Originality</u>		
_____	10	Is the recipe suitable for outdoor cooking?
_____	10	Is it an original idea, or a good adaptation?
_____	100	Total Possible Points

Judge's Signature

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NAME: Team Hawk
Chad Christeson, Troy Thompson, Nate Nerem

CATEGORY: Team

NUMBER: #602

RECIPE NAME: Herky's Nest

Ingredients:

Sweet & Spicy Kinnick Chicken Breast

4 chicken breast halves	1/4 c. kosher salt
Lawry's Baja Chipotle Marinade	1/4 c. brown sugar
Sweet Baby Ray's Win Sauce & Glaze "Sweet Chili"	1 lb. bacon

Carver's Sweet Corn Salsa

6 ears of Iowa sweet corn	1/2 green pepper diced
1/2 red pepper, diced	4 green onions, diced
4 Tbsp. butter	1/2 jar salsa

Hawkeye Sweet Potato & Bean Casserole

2 large Iowa grown sweet potatoes (about 4 c.) cubed and boiled until tender.	
1/2 c. Quinoa	1 c. chicken broth
2 (15 oz.) cans black beans (drained and rinsed)	1 tsp. cumin
1/2 c. shallots, diced	2 cloves garlic, minced

Instructions:

Sweet & Spicy Kinnick Breast

Brine for 2 hours, rinse chicken breasts well, boil 4 cups of water with kosher salt & brown sugar, once cooled place chicken in and rotate every 30 minutes. Once brine is done, rinse chicken well again. Marinate for 2 hours with Lawry's Baja Chipotle Marinade. Rub with Cookies seasoning. Smoke meat for 1-1/2 hour uncovered, then wrap each chicken breast with 3 strips of bacon. Continue to smoke for 2 hours wrapped. Remove bacon and brush chicken with Sweet Baby Ray's Wing Sauce & Glaze "Sweet Chili". Finish cooking to 170 degrees Fahrenheit internal temperature.

Carvers's Sweet Corn Salsa

Sauté onion, peppers and corn at low heat for about 15 minutes in butter. Add salsa and leave heat on for about 5 minutes. Shut off and ready to serve. Salt & pepper

Hawkeye Sweet Potato & Black Bean Casserole.

Combine quinoa and chicken broth in a medium-sized pan and bring to a boil. Reduce heat and simmer, covered, for 20 minutes, or until all the broth has been absorbed. In a large bowl combine all ingredients. Mix well and pour into a covered baking dish. Put baking dish on your BBQ smoker while your meat is cooking. When plating, garnish with cilantro and sour cream, if desired.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: All Eastern Iowa BBQ Team
Al Westemeier & Pam Westemeier
CATEGORY: Team
NUMBER: #603

RECIPE NAME: Kansas City Sloppy Ribs

Ingredients:

3 racks of Hormel Baby Back Ribs cleaned and membrane removed.

KC Rib Rub

1 c. brown sugar	1/2 c. paprika
2 1/2 Tbsp. pepper	2 1/2 Tbsp. pepper
2 1/2 Tbsp. sea salt	1 1/2 Tbsp. chili power
1 1/2 Tbsp. garlic powder	1 1/2 Tbsp. onion powder
1 tsp. chipotle powder	

Mop Spray

1 part apple juice
1 part oil
1 part soda

Favorite BBQ Sauce
Honey

Instructions:

Rub KC Rib Rub on ribs 24 hours prior to smoking for best flavor and refrigerate. Place ribs on smoker for 5 hours at 230 degrees Fahrenheit, spraying with a mop mixture about every 30 minutes, for the first 2 hours. Then cover in foil for the next 2 hours. Last hour take out of foil and then apply four favorite BBQ sauce mixed with honey. Serve nice and hot off the smoker and enjoy.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Team Farnum
 Rob Farnum & Krista Farnum
CATEGORY: Team
NUMBER: #604

RECIPE NAME: Wet Burritos

Ingredients:

2-3 lbs. pork shoulder, cubed
2 habanero chilies, diced
10 serrano chilies, diced
5 jalapeños, diced
Cilantro to taste
Flour for coating
Oil for browning pork
1 qt. chicken stock

Burrito toppings

Sour cream
Cheese
Guacamole
Etc.

Instructions:

Toss pork with enough flour to coat. Heat oil in Dutch oven and add pork. Once pork is browned, add chilies and chicken stock. Add enough water to cover pork. Cook 4-1/2 hours with 5 coals on bottom and 15 coals on top, changing coals about every hour.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Adam Hoffman
CATEGORY: Turkey
NUMBER: #701

RECIPE NAME: Gobble-up Turkey Breast

Ingredients:

One bone in turkey breast, split
Margarine
Durkee Chicken & Rib Rub

Instructions:

Preheat grill to medium heat (275 degrees Fahrenheit). Rub turkey breast with margarine and then reasonably season each half with Durkee Chicken & Rib Rub. Place turkey breasts on grill, skin side up. Cook until inside temperature reaches 150 degrees Fahrenheit. Remove from grill, and wrap in foil to allow the meat to finish to 160 degrees Fahrenheit. Remove meat from rib cage and slice for serving. Baste with your favorite BBQ sauce.

Makes four servings

Serve with fresh grilled asparagus and sweet corn for a well-balanced meal.

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's Maximum
Score Points

Taste

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

Appearance

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

Originality

_____ 10 Is the recipe suitable for outdoor cooking?
_____ 10 Is it an original idea, or a good adaptation?

_____ 100 Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: John Shaw
CATEGORY: Turkey
NUMBER: #702

RECIPE NAME: Smoked Turkey

Ingredients:

1 turkey – (12-14 lbs.)
2 turkey roasting bags
2 Tbsp. canola oil
Heavy duty aluminum pan
Aluminum foil

Marinade

2 qts. unsweetened apple juice
2 c. brown sugar
1 c. kosher salt
3 oz. fresh ginger, peeled and sliced
10 whole cloves
6 garlic cloves, crushed
2 bay leaves
3 medium oranges, quartered
4 qts. cold water

Instructions:

In a large kettle combine apple juice, brown sugar, kosher salt, ginger, cloves, garlic and bay leaves. Bring to a boil and cook until sugar is dissolved, stir in oranges. Remove from heat and add water to cool to room temperature.

Remove giblets from turkey. Place a turkey size oven roasting bag inside another roasting bag, and add turkey. Carefully pour marinade into bag and squeeze out as much air as possible. Seal bag and turn to coat. Place in large container and refrigerate for 24 hours turning occasionally. Prepare grill for indirect heat. Drain and discard brine. Rinse turkey under cold water, and pat dry. Rub oil over skin and skewer turkey openings. Place breast side up in a disposable aluminum pan. Grill the turkey over indirect medium heat for 1-1/2 hours. Tent turkey with foil, grill 1-1/2 to 2 hours longer or until meat thermometer reads 180 degrees Fahrenheit. Cover and let rest 15 minutes before carving

COOKOUT CONTEST CATEGORY SCORECARD

IOWA STATE FAIR

Judging Order/Time: _____

Judge's <u>Score</u>	Maximum <u>Points</u>
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Taste

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

Appearance

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

_____ 10	Is the recipe suitable for outdoor cooking?
_____ 10	Is it an original idea, or a good adaptation?
_____ 100	Total Possible Points

Judge's Signature

NOTE: Contestants should be judged on their meat only. Use of side dishes should be judged only on the separate Showmanship Award Card.

NAME: Sara Cronk
CATEGORY: Turkey
NUMBER: #703

RECIPE NAME: Lemon Blueberry Turkey Stuff with Feta

Ingredients:

4 turkey tenders
1 container of Feta cheese
1 lemon (cut into slices and in half)
3/4 c. blueberries
Lemon peel seasoning

Instructions:

Take turkey and cut a pocket in it. Stuff it with feta cheese and a few blueberries. Sprinkle outside of the turkey with lemon peel seasoning. Make marks on the turkey then put it in a foil packet that has been sprayed with cooking spray and a half of a lemon; slice close. Cook for 15 minutes on grill then open foil packets and add a few blueberries to it. Finish cooking about 10 minutes until it is 155 degrees Fahrenheit. Remove from foil packet add a few more blueberries. Enjoy!

