

Beef-Cook Off Rules

1. Open to Adult & Youth teams. Teams consist of 3 people. Youth teams must have at least one Junior member (age 8-15 years old as of January 1)
2. Registration is required by May 5, send a text to Kim at 701-308-1018 to get registered. This will allow us to get the meat for each team
3. Entry fee is \$50/Adult team or \$25/Youth team
4. Meat will be provided
5. Teams will need to bring their own grill and/or all cooking equipment (no open fires), side carbohydrate, plates, spices, side ingredients, cooking utensils etc.
6. Panel of 3 judges, teams will need to provide 3 plates, one for each judge
7. Each Team needs to make a side carbohydrate of their choosing to be included on the plates for the judges. All other sides, garnishes etc are at the discretion of each team.
8. Each team will be required to provide a recipe that they used and defend their dish to the panel of judges
9. Cooking time will start at 4:00 pm on Saturday, June 4 and cooking must be done and ready for judges at 6:00 pm
10. All photos taken and recipes will be used by the NDRAA, ND Beef Commission and the NDSA for promotional purposes.
11. Prizes will be awarded to the top 3 teams in each division
12. Questions contact Kim Myers at 701-308-1018