

# Alabama Jr. & Sr. High School State Cookoff

## Rules

- Students must register for the cookoff prior to the event on [www.bamabeef.org](http://www.bamabeef.org). ***Deadline is Friday, March 21, 2022***
- On the day of the Jr. & Sr. High State Beef Cook-off each contestant should prepare his/her beef dish before arriving to the contest.
- Turn in time for prepared dishes is 10:45 AM the morning of the cook-off. By arriving early, you will have ample time to make your final preparation to your dish before sending to the judges table.
- The recipe must be cooked and ready to serve when contestants turn in by 10:45 AM.
- A portion of the prepared dish will be heated during judging, if appropriate, prior to being presented to the judges.
- The recipe must list BEEF as the main ingredient.
- The recipe must include **only fresh beef products** that are found at your supermarket.
- Limit sodium and fat in the recipe.
- The recipe used, must be the same recipe prepared for the county contest.
- Student must have competed and won at the county contest coordinated by the Family and Consumer Science/Alabama Cattlemen's Association/Alabama CattleWomen's Association county contest coordinators.
- **Student must have been enrolled in at least one Family and Consumer Science class while attending an Alabama public Middle or High School**
- Student must abide by proper ServSafe food preparation rules while preparing their dish for the beef cookoff. Any product that is not deemed safe or edible by the cookoff chairmen will be automatically disqualified from the contest.

Your dish will be judged on:

Appearance

Flavor Intensity

Palatability

Healthfulness & Nutritional Balance

***Judges decisions are final***

## **Directions to Jefferson State Community College:**

4600 Valleydale Road  
The Culinary & Hospitality Institute  
Birmingham, AL 35242

*Coming From North on I-65:*

Stay on I-65 South into Birmingham  
Continue on Cahaba River Rd/Old U.S. 280 W

*Coming from the South on I-65:*

Stay on I-65 North into Birmingham  
Take Exit 247 for Co Rd 17/ Valleydale Rd toward US-31/Riverchase Pkwy  
Use any lane to turn left onto Co Rd 17/ Valleydale Rd  
Turn left on Jaguar Dr and then Turn left for Health Sciences Building

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## **Prizes**

Each participant will receive a Participant Packet at check-in which will include:

- \$10 Beef Gift Certificate
- Participation Certificate
- Cookbook of all the recipes entered in the cook-off

Each division will be divided into two regions—North and South.

*\*\*Each region will receive equal prize money\*\**

<u>Jr. Division</u>	<u>Sr. Division</u>
<u>Grades 7th –9th</u>	<u>Grades 10th –12th</u>
1st Place—\$150	1st Place—\$150
2nd Place—\$125	2nd Place—\$125
3rd Place—\$100	3rd Place—\$100

## **“Best in BEEF” Winner**

*This winner will be chosen from the 1st place regional winners of each division.*

Overall Winner Receives Additional \$200.00 and his/her FACS classroom will receive \$100.00