



Saturday
January 21, 2012
10:00 a.m.

Brought to you by the
Alabama Beef Producers through
their Beef Check-off Program

Alabama Cattlemen Association
201 S. Bainbridge St.
Montgomery, AL 36104
1800-622-8853
334-834-5326 FAX
sknight@bamabeef.org



Enter online at www.bamabeef.org by
December 16, 2011

The Junior & Senior High Beef Cook-Off program helps educate students about the important nutritional value beef contains. It also familiarizes them with various cooking methods and emphasizes safe food handling procedures.

A county may have one participant in each division in the State contest. Students in grades 7th -9th (Jr. Division) and 10th -12th (Senior Division) are invited to participate. School contests should be held prior to the county contest. Teachers are required to give the county chapter contact person the name, address, phone number and beef recipe of the first place winner from each school contest.

The county chapter cook-off contact person and teachers should work together to set a date, location, and time for their local county cook-off. Visit www.bamabeef.org to find out county cook-off contact information.

The 1st place winner of each county cook-off will represent their county at the State Cook-off on Jan. 21, 2012 Montgomery, AL.

Cook off Entry Deadline—December 16, 2011


All recipes become the property of the ACA & ACWA once submitted.

RULES:

- Only Cattlewomen Hostesses will be allowed to assist the contestants during the State Cook-off. Contestant disqualification will result if this rule is not followed.
- The recipe must be cooked and ready to serve when contestants arrive to the ACA building.
- Follow proper food safety procedures. A portion of the prepared dish will be heated, if appropriate, prior to being presented to the judges.
- The recipe must list **BEEF** as the main ingredient.
- The recipe may include fresh beef **or** the 'heat and serve' fully cooked 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.

Your dish will be judged on:

Appearance
Convenient Preparation & Cooking
Taste
Healthfulness & Nutritional Balance



Contestants make final preparation to their dishes at the 2011 cook-off before presenting them to judges.

Cook-off contestants, family & friends gathered to enjoy the food and the presentation of the winners!



PRIZES:

BOTH DIVISION ARE DIVIDED INTO NORTH AND SOUTH REGIONS

Jr. Division

Grades 7th –9th

1st Place—\$150

2nd Place—\$125

3rd Place—\$100

Sr. Division

Grades 10th –12th

1st Place—\$150

2nd Place—\$125

3rd Place—\$100

*Each region will receive equal prize money

BEST IN “BEEF”

An additional \$200

This winner will be chosen from the 1st place winners of each division and region.

Winner's FACS Classroom will receive:

A large capacity microwave oven for instructional purposes & \$100.



Cook off Entry Deadline—December 16, 2011

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Division (Circle) Junior Senior Grade _____ Age _____

Shirt Size (Circle) Small Medium Large Other: _____

County _____

Name of Recipe _____

School _____

Student Name _____

Mailing Address _____

City/State/Zip _____

Email _____ Daytime Phone _____

Name of Parent /Guardian _____

Daytime Phone _____ Other Phone _____

Teacher Name _____

Daytime Phone _____ Other Phone _____

Mailing Address _____

City/State/Zip _____

Email _____

**Please email, mail or fax in
your entry along with a copy of the recipe
by December 16th to.**

ACA/State Beef Cook-off
PO Box 2499
Montgomery, AL 36102
334/265-1867
1-800-622-8853
334/834-5326 FAX
sknight@bamabeef.org

**Enter online at
www.bamabeef.org**

What to learn more about the Cook-off?

Visit [www. Bamabeef.org](http://www.Bamabeef.org)

Visit our Blog at [bamabeef-
blog.blogspot.com](http://bamabeef-blog.blogspot.com)

Click January/2011 Jr. /Sr. High Beef
Cook-off to learn more about the cook-off!

Contact Persons:

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