

2010 Kids in the Kitchen Beef Cookoff

Kids in the Kitchen Information:

If you are the parent or guardian of a child ages 9-13 and the two of you love to cook great beef dishes for your family, the Kids in the Kitchen Beef Cookoff is the contest for you! Teams (each consisting of one child between the ages of 9-13 and the child's parent or legal guardian) should submit a fun beef recipe that promotes nutritional balance and has an all-family appeal. Recipes should include no more than eight ingredients (not including water and plain salt and pepper), and be prepared and cooked in 30 minutes or less (not including marinating time). Types of recipes may include, but are not limited to, main dish lunches or dinners, one-dish meals, sandwiches or wraps, pasta or grain-based dishes or main dish salads.

- ◆ Beef used in recipe must be a fresh beef cut.
- ◆ Finalists will give a cooking demonstration and explain recipe on stage.
- ◆ Cooking stage equipment will include: electric grill, electric cook top, oven and microwave.

How Do I Enter:

- ◆ Send recipe to the Kansas Beef Council at 6031 SW 37th Street, Topeka, KS 66614 or e-mail kbc@kansasbeef.org.
- ◆ Entry deadline: Friday, August 6, 2010.
- ◆ The top eight finalists will be notified by August 20, 2010.
- ◆ Finalists will prepare their recipes on Saturday, September 18, 2010, in the Domestic Arts Building on the Kansas State Fair Grounds between the hours of 11 a.m. and 3 p.m.
- ◆ Only one recipe per contestant may be submitted for the contest.

Judging:

The following criteria will be used for judging:

- ◆ Taste—50 points
- ◆ Ease of Preparation—30
- ◆ Overall Appeal and Presentation—20 points

Eligibility:

- ◆ All contestants must be residents of Kansas.
- ◆ You are **not** eligible to enter if you are a food professional such as a chef, food writer, home economist, food educator, caterer, or if you prepare food on a professional basis.
- ◆ You are **not** eligible to enter if you are an employee or officer of any state beef industry organization, as well as said employee/officer's spouse, parent or child.

Prizes:

- ◆ The grand prize winner will receive a \$300 cash prize.
- ◆ 2nd, 3rd and 4th places will receive \$200, \$150 and \$100, respectively.

**All recipes will become the exclusive property of the
Kansas Beef Council.**

Call the Kansas Beef Council at 785-273-5225 or
E-mail kbc@kansasbeef.org with questions.