

For Immediate Release

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2010 Kids in the Kitchen Beef Cookoff

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 and grain-based dishes or main dish salads.

Please send recipes to the following address:

Kansas Beef Council
Attn: Kids in the Kitchen Beef Cookoff
6031 SW 37th Street
Topeka, KS 66614

Entry deadline is Friday, August 6, 2010. The top eight finalists will be notified by August 20, 2010. Finalists will prepare their recipes during the Kansas State Fair on Saturday, September 18, in the Domestic Arts Building on the state fairgrounds in Hutchinson. Only one recipe per contestant may be submitted.

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. In addition, employees or officers of any state beef industry organization as well as said employee/officer's spouse, parent or child may not enter.

The grand prize winner will receive a \$300 cash prize. Second, third and fourth places will receive \$200, \$150 and \$100, respectively.

All recipes will become the exclusive property of the Kansas Beef Council. For complete rules and regulations, visit www.kansasbeef.org.