



## **GRILLED CHEESE (GRILLING): COMPOSED DISH CATEGORY**

REGIONAL TURN IN TIME 11:00 PM STATE/NATIONAL 12:30 PM

- Two full sandwiches must be turned in (\*\*) uncut.
- Any bread, store bought or homemade, is allowed but must be yeast-based bread.
- There is no limit on how many slices of bread can be used per sandwich.
- Any thickness of bread slices is allowed.
- Any type of cheese is allowed.
- Any butter, mayonnaise, oil, or other ingredients used to toast the bread slices is allowed.
- All and any number of condiments are allowed (jellies, spreads, pestos, salsas, etc.)

Meats to be used in sandwich:

- Meat brought by the teams for Grilled Cheese **cannot be** the same meat as the categories that have meat provided by Host School/ Event Organizer.
- Deli meats are allowed and must be in original packaging with label from a store to ensure they are USDA inspected.
- All meats, including exotic meats, must be in the original unopened packaging from the store where purchased, to be sure they are USDA inspected.
- Meats for Grilled Cheese must be cooked from the raw at the HSBBQ venue on the day of the cookoff
- Eggs are allowed and must be in store container

All other ingredients-

- Any vegetable is allowed.
- Sweet/Dessert entries are allowed.
- All ingredients for the Grilled Cheese category must be stored in a dedicated cooler and be inspected upon arrival at the cook off venue.

- All cheese and other ingredients used to build the sandwich must fit between the top and bottom slices of bread and within the confines of the edges of the bread used and cannot overhang more than ¼ inch outside of the sandwich.
- Seafood and shellfish, Peanut Butter, Tree Nut Spreads, Open Faced Sandwiches, or any garnish are prohibited.
- Toppings and cheese on top are allowed if it is cooked on.
- The sandwiches should not have any identifying markings ex: brands or pictures
- Sandwich must be able to be held with two hands and keep its integrity as a handheld sandwich when picked up for a bite before it is cut for judging.
- ***Even though there are no limits on condiments, meats, or vegetables, and no limits on types or numbers of slices of bread, understand this is a Grilled Cheese Contest. Toasted bread and especially cheese are the primary components to this dish. Any stuffings must compliment the Grilled Cheese components but not overwhelm the entry.***
- No “Melts” where the meat is more prevalent than the grilled cheese components, like “Patty Melts” or “Steak sandwiches”, are allowed
- No whole proteins, like a whole chicken breast, are allowed
- The Turn-in Box must close and stay closed fully on its own after all Grilled Cheese samples are in place.
- Teams will turn in the name of their grilled cheese in 5 words or less (not a recipe or menu description) on the inside of the lid. Name must not have school name or any way to identify who cooked it.
- Garnish, garnish beds, chopped, pulled, or sliced meat in the bottom of the box will result in disqualification.
- No foreign objects can be left in the Turn-in Box (string, toothpick, skewer, hairs etc.)

CONTAINER: Only use the one compartment container provided by the host school



## **RIBEYE (GRILLING):**

**1 ⅞” – 1½” Ribeye Steaks – 2 steaks will be given**

REGIONAL TURN IN TIME 12:00 PM STATE/NATIONAL 12:30 PM

- Steak must have evidence of searing or grill marks
- Steaks may be lightly trimmed before but not after cooking
- Steaks may not be marked or branded in any way (grill marks are not considered branding)
- Steaks must be turned in whole and uncut on top of provided foil
- No sauce or garnish is allowed in the steak turn-in box
- Compound butter is permitted if it is melted on the steak. Pooling of natural juices is acceptable.
- Steaks are judged on appearance, doneness (Medium), taste, texture, and overall impression as according to the BBQ Report Card
- **Any use of brands on steaks is prohibited**
- No foreign objects can be left in the turn-in box (string, toothpick, skewer, etc.)
- Turn in 1 whole uncut Ribeye \*\*
- The Turn-in Box must close and stay closed fully on its own after all Ribeye samples are in place.

**CONTAINER: Only use the one compartment container provided by the host school**



## **CHICKEN LOLLIPOPS (BARBEQUE):**

REGIONAL TURN IN TIME 2 PM STATE/NATIONAL 2:30 PM Lollipop Drumsticks Legs:

- Drumsticks trimmed into a “lollipop” form only must be presented with meat on the bone.
- Teams are allowed to use wet and dry brines, rubs, injections, MSG, phosphates, BBQ sauce, marinades.
- Must present 6 Lollipop Drums laying down in the box.\*\* 12
- The Turn-in Box must close and stay closed fully on its own after all Lollipop Drums are in place.
- Sauced or no sauce Lollipop Drums are acceptable and a personal team choice.
- Sauce must be cooked onto the Lollipop Drums as a glaze.
- Pooling of sauce in the bottom of the Turn-in Box will be scored negatively
- Chicken skin must be present and intact on all Lollipop Drums.
- No food may be cooked on the Lollipop Drums (bacon wraps, garlic, onion, fresh herbs, etc.)
- Garnish, garnish beds, chopped, pulled, or sliced meat in the bottom of the box will result in disqualification (or in a score of 0).
- No foreign objects can be left in the Turn-in Box (string, toothpick, skewer, hairs, etc.)
- Turn-in Box must close and stay closed fully on its own after all Lollipop samples are in place. CONTAINER: 9”Styrofoam single compartment clamshell



## **ST. LOUIS STYLE PORK RIBS (BARBECUE):**

REGIONAL TURN IN TIME 3 PM STATE/NATIONAL 3:30 PM

- St. Louis Ribs only must be presented with meat on the bone.
  - Must present only 6 ribs\*\*
  - The Turn in Box must close and stay closed fully on its own after all ribs are in place.
  - Sauce must be cooked on to the ribs as a glaze.
  - Pooling of sauce in the bottom of the turn-in box will be scored negatively
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- Dry or Wet ribs are acceptable and a personal team choice.
  - No food may be cooked on the ribs (garlic, onion, fresh herbs, etc.)
  - Only foil in the bottom of the box is allowed. Garnish, garnish beds, chopped, pulled, or sliced meat in the bottom of the box will result in penalization.
  - The Turn-in Box must close and stay closed fully on its own after all Rib samples are in place.

CONTAINER: 9" Styrofoam single compartment clamshell



## **Upside Down Cake (Dutch Oven):**

REGIONAL TURN IN TIME 1 PM STATE/NATIONAL 1:30 PM

- Must be presented as a whole cake
- The fuel for Dutch Oven may be briquettes, lump charcoal, or naturally produced wood coals
- If using a BBQ cooker or grill to contain the coals during Dutch Oven, the top o lid of the BBQ cooker or grill must be off or open at all times
- Cooking in a pellet grill is not allowed
- Only standard round cast iron Dutch Ovens may be used.
- Inside walls and bottom of the Dutch Oven must be a smooth solid surface. (No holes, embossed metal, Bundt Pans, or molded forms}
- Springform pans or round pan liners may be used, but must have smooth sides and bottoms with no ridges or embossing (No holes, embossed metal, Bundt Pans, or molded forms}
- Fresh or frozen fresh fruit must be used
- Canned pie filling or canned fruits may not be used
- Nuts, dried fruits, coconut flakes, and other ingredients may be used, but must be cooked into the cake or fruit topping
- Torching, glazing or any other caramelization process after the cake is removed from the Dutch Oven is not allowed
- Tres Leches or additional glazes, sauces, or garnish may not be added after the cooking process and removal from the Dutch Oven
- All prep and cooking must be done on the day and within the cook site
- Preparation for Dutch oven can only begin after the official cook off start time
- The Turn in Box must close and stay closed fully on its own after whole cake or portions are in place
- No foreign objects can be left in the Turn-in Box (string, toothpick, skewer, hairs, etc.)

CONTAINER: Only use the one compartment container provided by the host school.

Note\*\*- For student safety we recommend using vice grips, pizza pliers or a similar tool to remove the pan liner with the whole cake in it from the Dutch Oven



# **NATIONALS ONLY**

REGIONAL TURN IN TIME 5:00 PM STATE/NATIONAL 5:30 PM

## **Pork Boston Butt Bone-in (BARBECUE):**

- Pulled, sliced, chopped and chunked samples may be presented to include using “money muscle”.
- Scores will not be affected if only pulled meat is in the box.
- Any special cuts presented, like money muscle, must have 6 samples for the judges.
- Pork samples may be trimmed after cooking to enhance presentation.
- The Turn in Box must close and stay closed fully on its own after all Pork samples are in place.
- Teams are allowed to use wet and dry brines, rubs, injections, MSG, Phosphates, BBQ sauce, and marinades.
- Pooling of sauce in the bottom of the turn-in box will be scored negatively by 1 point per judge on the appearance score.
- Sauced or no sauced Pork samples are acceptable and a personal team choice.
- No food may be cooked on to the Pork Samples (garlic, onion, fresh herbs, etc.)
- Garnish, garnish beds in the bottom of the box are not allowed. Pulled or chopped Pork may be used as a bed in bottom of the box.
- No foreign objects can be left in the Turn-in Box (string, toothpick, skewer, hairs, etc.)

CONTAINER: Only use the one compartment container provided by the host school.

