

NORTH CAROLINA CATTLEMEN'S BEEF COUNCIL "QUICK AND EASY" RECIPE CONTEST

Want to impress our judges and win the cash? Then create any dish using any cut of beef. Make it quick and easy using 10 ingredients or less, not including salt, pepper, cooking spray or water. Use any beef from hamburger to steak for a mouth watering main dish, side, snack or appetizer for breakfast, lunch or dinner.

ENTRY DEADLINE: SATURDAY, OCTOBER 10, 2009

DATE OF CONTEST: FRIDAY, OCTOBER 23, 2009

CASH PRIZES

1st Place \$200 2nd Place \$150 3rd Place \$100

SECTION 101

INSTRUCTIONS FOR ENTRY

1. Type or legibly write recipe on an 8 1/2 x 11 sheet of paper with name, address, daytime and evening phone number, email address if available, in the upper right hand corner. Entries must be legible and include a phone number or you will be disqualified.
2. To be a contestant, mail recipe to: **NC Cattlemen's Beef Council Recipe Contest**, N.C. State Fair, 1025 Blue Ridge Road, Raleigh, NC 27607, or by delivering recipe to fairgrounds Entry Office.
3. Entries must be postmarked by Saturday, October 10, 2009.
4. Entries must be prepared at home and brought to the Fair.



CONTEST RULES

1. Each original recipe entry must have at least 3 ounces of any type beef per serving. Each recipe must serve between 4-6 people.
2. Recipe must use only beef as the meat ingredient.
3. Any beef cut may be used for the recipe. Recipe directions must be clear and contain the following: name of recipe, number of servings, list of ingredients with specific quantities (standard U.S. measurements) in order of use, complete preparation directions including pan size, cooking time and temperature.
4. All recipes must be original and owned exclusively by the contestant. The contest is open only to amateur home cooks.
5. Recipes will be judged on the following criteria: **Taste (40%), Ease of Preparation (40%), Appearance (10%) Originality of Recipe (10%).**
6. All recipes become the property of the NC Cattlemen's Beef Council. NCCBC has the right to publish or advertise the recipes and the names of the contestants without compensation. The NCCBC is not responsible for lost recipes. Taxes on prizes are the responsibility of the winner.
7. Contestants may enter more than one recipe, but only one recipe may win.
8. Recipe must include ten ingredients or less, including beef (salt, regular black pepper, cooking spray, water and garnish not included).

DAY OF CONTEST

1. Entries will be received from **9:00-10:00 a.m. in the Education Building.**
2. Judging will begin at 10:00 a.m.
3. Prizes will be awarded at 11:30 a.m. (or when contest is completed).
4. You will be admitted into the Fair for free with prepared entry on the day of the contest through Gate 8, 11 or 12.
5. Entries may be brought in any type container (preferably disposable). It will not be the responsibility of the Fair to return any dishes or plates.
6. Contact the Entry Dept. if you have any questions at 919 821-7400.