

# Hamilton County

## 4-H

# Chicken Barbecue



## HAMILTON COUNTY

### 4-H CHICKEN BARBECUE PROJECT (County Project Only)

Today more than ever before people are finding that outdoor barbecuing is great fun. The glow of the coals, aroma of the sizzling meat, and the conversation of family and friends around the grill make barbecuing a relaxing and festive occasion.

The definition of barbecue is to roast meat slowly over coals, basting the meat occasionally with a sauce. Good barbecuing takes a lot of practice and experimentation.

#### GUIDELINES

To complete this project, do the following:

- ✓ Read this manual.
- ✓ Build or purchase your own grill.
- ✓ Complete the requirements for your level as listed below.
- ✓ Complete the record sheet at the end of the manual.

#### AWARDS

Champions will be awarded in Beginning (Grades 3-5), Intermediate (Grades 6-8), and Advanced (Grades 9-12) barbecue. An overall Grand Champion barbecue will also be awarded.

One Grand Champion will be selected from all Champion Barbecue (beef and chicken) posters.

#### WHAT YOU WILL LEARN

- ✓ Cooking on the grill is a fun way to entertain family and friends.
- ✓ You will learn a tasty new way to prepare your favorite foods.
- ✓ You will learn about the different parts of a chicken for grilling.
- ✓ You will gain valuable knowledge and experience in meal preparation.
- ✓ No Alcohol is allowed in recipes or in display.

## THE BARBECUE GRILL

The kind of grill you choose will depend upon how much money you want to spend, how big you want the grill to be, and how often you plan to barbecue. The most inexpensive and basic grill is the brazier. It is a round or square fire bowl set on legs. Some of these have a draft control and some do not. Some braziers have a crank or lever that regulates the distance between the grate and the coals. This helps with controlling heat.

Another kind of grill is the kettle grill. These grills are usually constructed of heavier materials than the brazier grills. Most are semispherical in shape, have a coal rack in the bottom and the grate in the middle. The lid is the top half of the sphere. Kettle grills have air dampers in the top and bottom to control ventilation.

A smoker grill is open at the bottom, providing good air circulation. A tray of coals sits on metal pegs and heats the meat. A pan of water can be placed between the coals for a smokier flavor. Smokers cook the meat slower and longer than the other two.

You can also make your own grill. One way is to construct a grill out of a 30 or 55 gallon metal oil drum split lengthwise. One inch pipe about six inches long can be welded to each corner of the half drum. The legs can be made of ½ inch pipe about three feet long. These slide into the larger pieces of pipe. Be sure the short pieces of pipe are closed at the top so that the legs will not slide through. Welded wire refrigerator racks are good grates for homemade grills.

No matter what kind of grill you choose, the important factor in good barbecuing is to practice and experiment to see what techniques work best on your grill. The goal is to have a good finished product.

## FIRE BUILDING TIPS

Charcoal briquettes are the fuel for barbecuing. Pile the briquettes in a pyramid to start. Add liquid lighter to the charcoal, and wait about one minute. Then light with a match or a lighter designed for lighting charcoal. Let the charcoal burn for about 20 minutes until the briquettes are about 2/3 covered with ash. **NEVER PUT MORE LIGHTER FLUID ON AFTER LIGHTING THE CHARCOAL.** You could be burned badly. Spread the coals evenly over the bottom before you begin barbecuing. About a pound of charcoal is needed to cook each chicken.

## BUYING CHICKEN

The best bargain in buying chicken is to buy the chicken whole. It costs less per pound to buy chicken this way. But you must do your own cutting to get the desired pieces. Halved, quartered, or cut up chickens cost a little more per pound but you have the convenience of having the chicken ready to barbecue. Boneless and skinless chicken is even more expensive, but you must keep in mind that there is no waste so you eat all that you have paid for.

## **STORING CHICKEN**

Chicken is perishable and should be refrigerated as soon as possible after purchasing. Chicken should be stored in the coldest part of your refrigerator no longer than two days. It should be frozen for longer storage. When you bring chicken to the County Fair for barbecuing, be sure that you have it in a cooler under refrigeration. This is important for good health.

## **BARBECUING THE CHICKEN**

Successful barbecuing depends upon slow but thorough cooking. It usually takes 30 minutes for chicken breasts and one hour and 30-45 minutes for chicken quarters and halves. Watch the chicken when it is first put on the grill. A common mistake is to have the fire too hot at this time. This will cause the chicken to blister and burn. If the fire is too hot the grate can be raised higher to get the chicken further away from the coals. You may want to spray the grill with a non-stick cooking spray especially when barbecuing skinless chicken. The chicken should be placed on the grill with the skin or meat side up; so that the chicken can sear sealing in the flavor and juices. Brush with sauce and turn. How much and how often you sauce and turn is what you need to experiment doing so that you get your desired result. You do not want chicken that is blistered, torn, burned, dry, or undone. It is important to test your chicken to make sure it is done. If barbecuing chicken with bones in, grasp the end of the drumstick bone with one hand, holding the join of the thigh with the other and twist. If the bone turns freely, it is an indication that the chicken is properly cooked.

## **SAFETY AND HEALTH RULES**

1. Avoid running and playing around a hot grill.
2. Avoid wearing loose clothing that might catch fire when lighting the grill.
3. Never add more lighter fluid after the fire is lit.
4. Use heat resistant gloves to handle hot grill.
5. Always wash your hands before and after handling chicken.
6. Be sure your chicken is refrigerated when you bring it to the Fair.
7. Don't set your grate or chicken on the ground while barbecuing.
8. Be sure to practice several times so that you know how long it takes to cook your chicken. You never want to serve raw chicken.
9. Be sure to keep your barbecuing area clean.

## PRESENTATION

Presentation to the judge is an important part of this project. The judge looks for the overall effect of how your chicken looks when presented to your family at mealtime.

Some suggestions are:

- ✓ Add a nice tablecloth and napkins.
- ✓ Use real plates and flatware.
- ✓ Add a centerpiece or candle to your table.
- ✓ Barbecue vegetables to add to your chicken plate.
- ✓ Consider adding a garnish.
- ✓ Be creative and have fun!

## HAMILTON COUNTY 4-H CHICKEN BARBECUE SCORE SHEET

Exhibitor Number \_\_\_\_\_ Name \_\_\_\_\_

Club \_\_\_\_\_

Division \_\_\_\_\_ Grade \_\_\_\_\_ Placing \_\_\_\_\_

Cut of Meat \_\_\_\_\_

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Equipment	Points	Comments
Safe?	(20)	
Clean?		
Laid out neatly?		
Sanitizer?		
Operator skilled in use?		

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<b>The Fire</b>	(20)	
4-H'er confident?		
Method of lighting safe?		
Fire start well?		
Coals given time to heat properly?		
Good control of fire?		
Enough time to finish?		

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### Timing

- 4-H'er confident in giving time when the chicken would be done?
  - Chicken done at prescribed time?
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<b>Appearance</b>	(20)	
Nicely browned?		
Uniform in appearance?		
Blistered? Torn?		
Nice balance of sauce to chicken?		
Burned or covered with ash?		

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<b>Doneness</b>	(20)	
Leg bone loose?		
Breast fully done?		
Tender, moist?		
Dry, tough?		
Overcooked, undercooked?		

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<b>Taste</b>	(20)	
Texture moist or dry?		
Pleasing balance of ingredients?		

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**Total points (100)** \_\_\_\_\_ **Judge** \_\_\_\_\_

**HAMILTON COUNTY 4-H CLUB RECORD SHEET**  
**4-H Chicken Barbecue Project**

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Club \_\_\_\_\_ Number of years in project \_\_\_\_\_  
Name of Parent or Guardian \_\_\_\_\_

Signature of Leader \_\_\_\_\_ Date \_\_\_\_\_

**Summary of Activities**

1. What kind of grill did you use? \_\_\_\_\_

2. List three (3) dates chicken was  
barbecued: \_\_\_\_\_;  
\_\_\_\_\_;

3. Total number of times chicken was barbecued: \_\_\_\_\_.

4. List a skill or knowledge about chicken barbecuing that you learned this  
year or thought was important: \_\_\_\_\_  
\_\_\_\_\_.

5. How did you choose the sauce for your chicken? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.