

We Don't Like Rules, So There Aren't Many

1. You must have two Curé parishioners on your team. This is a parish event and is not open to the general public.
2. It is not a KCBS (Kansas City BBQ Society) sanctioned contest. We do loosely follow KCBS rules and are advised by KCBS officials but we are keeping the contest and rules loose to keep the focus on fun.
3. Gas and electric assisted cookers are permitted. If you can put up with the disapproval of the BBQ purists, go ahead and use gas.
4. The contest scoring will follow standard contest rules. The meat will be judged on Appearance, Taste & Tenderness. We don't throw out the high & low scores, so the point totals are different than KCBS. Our judges are prepped and instructed by a KCBS official.
5. Our rules are loose, but many of our judges are KCBS trained, so try to adhere to the rules as best you can. See KCBS rules and judges instruction on line to understand how this works and what judges are asked to do. For example we do not specify what greens you can use to decorate your samples, but a judge may be unconsciously biased against some decorations due to their KCBS training and experience.
6. Provision of meat and greens for the contest is the responsibility of the teams. Sample boxes will be provided by Holy Smokes. Meat for the parish dinner will be supplied and cooked by Holy Smokes.
6. Scored meat categories are: Sausage, Pork (butt or tenderloin), Ribs, and Brisket.
7. Six samples of each meat category will be turned-in to our Judges per the schedule. Make sure it is sliced or separated to make individual samples.
8. All meat must be cooked on site. You can rub or marinate it at home.
9. Entry fee is payable at the sign up meeting in May. A representative of each team must be there to sign up and secure a booth location.
10. This is a church event and there are children present until Saturday evening (see below). Please be safe, protect hot cookers, and drink responsibly.
11. We are happy to have children at the event until Saturday 6:00 PM when they need to go home so the parents can truly relax. Saturday evening will remain kid free.

Curé of Ars Barbecue Schedule

Friday

4pm Drop Off Equipment and Set-Up Booth

7-10:30pm Music Entertainment

Saturday

8am Remove All Vehicles from the Contest Area and Keep the Stroll-Way Clear

9:00am Cooks Meeting

12pm Free hot dog hour for kids

2:30pm Judges Meeting and Instructions

3:50 - 4:00pm Sausage Turn-In

4:20 - 4:30pm Pork Ribs Turn-In

4:50 - 5:00pm Pork Tenderloin or Butt Turn-In

5:00 - 6:30pm Cafeteria Doors Open for Parish Dinner

5:20 - 5:30pm Brisket Turn-In

7pm Results and Awards Presentations

Sunday

10am The parking lot needs to be empty and clean by 10am.

Cooking for BBQ Judges

This is a brief explanation of how the judges score your submission for each category.

Tenderness

Judges expect the meat to be cooked to the perfect degree of doneness, be tender and juicy. The meat should not be undercooked and tough nor should it be overcooked and too tender. Perfectly cooked meat will have a great “mouth feel”; it feels just right in your mouth.

- Sausage is safe to eat by FDA standards at 160°
- Ribs should pull away from the bone when bitten but not fall off.
- Pork should pull apart easily, but should not disintegrate in your mouth.
- Brisket slices should come apart easily without having to tug hard.
- *(I start checking the pork and brisket at 195°, inserting a probe to check the resistance.)*

Taste

Judges are instructed to score what they taste from the box, be it cut, sliced, or pulled, and submit an average score of the best and the worst piece they tasted in the box. KCBS does not instruct judges how to score taste, it is just the judge’s opinion how the meat tastes to them at that instant, without judging it against other entries on their mat.

Great products you can buy from local barbecue stores:

- Smoking Guns Hot Rub and their Sauce
- Blues Hog Sauce
- Butcher BBQ Premium Rub, Prime Injection, and Sauce
- Three Little Pigs Championship Rub and Sauce
- Cowtown Squeal and Regular Sauce
- The Slabs Rubs and Sauce
- The Plowboys Rubs and Sauce

Appearance

People eat with their eyes first so all your food needs to look amazing. Your food also needs to look moist, not dry, and you should show off the smoke ring in the turn in box.

- Always use barbecue sauce. I go for a semitransparent coat.
- Fill the box with meat. Judges like a full box, not a skimpy one.
- Always use garnish. I place my meat in the box and then frame it with parsley.
- Use a wet paper towel to clean the turn-in box of all debris, including stray sauce.
- Lightly mist each submission in the box with hot water so it appears moist.

Resting, Saucing, and Then Cutting

The golden rule for cutting is letting meat rest 15 minutes prior to cutting (including ribs) but large cuts should rest longer. My process for cooking large cuts of meat actually includes the resting time, usually 3 hours for pork and brisket. This allows the juices to pull back into the meat, giving the judges a moist turn in versus a dry turn in. I place my turn in meat in a hot & cold bag to keep the temp constant, but an old cooler will work just fine.

I foil the meat and let it rest, then mix the left over au jus with some sauce.

1. Collect the meat's au jus (if you used foil)
2. Skim the fat from the au jus; I use a fat separator
3. Add 2 Tablespoons of sauce to one cup of au jus
4. Paint the mixture lightly on the meat.

Always add heated sauce or glaze to piping hot food for competitions. Never use cold or room temperature sauces on your turn in meat as this will bring the temperature of your meat down. Hotter meat scores better.

Creating Turn in Boxes

In KCBS you have the option of turning in a box either with or without garnish but everyone in KCBS turns in a box with garnish. It's not optional if you want a high presentation score. The top teams are separated by presentation scores since they already are nailing taste and tenderness. People eat with their eyes first and you need to create a box that not only appeals to a judge, but is over the top fabulous.

Things to avoid:

- Not saucing your meat. BBQ judges like sauce.
- Too little meat in the box. It looks too skimpy or not enough good meat to submit.
- A big hot mess of meat. The box needs to look neat and tidy.
- Not cutting the meat cleanly enough where some pieces are stuck together.
- Using anything to garnish other than green lettuce and green parsley.