

**Kentucky Beef Council State Fair
Tentative Activities & Events Schedule
2010**

<u>Date/Time</u>	<u>Site</u>	<u>Activity/Event</u>
August 19, 2009 5 a.m. – 8 a.m.	Commodity Breakfast Commodity Tent	Grilling outside Commodity Tent
Aug 19-29 10 a.m.-7 p.m.	Gourmet Garden South Wing Lobby A	Open Daily featuring chefs, local & national food-related businesses
Aug. 19-29 1:30 to 2:30 p.m.	Cast-Iron Chef South Wing Lobby A	Local Chefs compete for Fairgoers Local celebrity chefs on featured days throughout the Fair (See schedule of chefs at bottom of page)
Aug. 19-29 10-4 Weekdays 12-4 p.m. Weekends	Kids In The Kitchen South Wing Lobby A	Kids shop with calories instead of cash, learn about nutrition, food labeling and the MyPyramid to create a well-balance meal. Kids can also discover the Power of Protein and how exercise is an important part of a healthy diet.
Aug. 19-29 3-4 p.m. Except on 8/28 11:30-12:30	Texas Roadhouse Road Show – Gourmet Garden	Beef 101 - Purchasing, preparing, cooking and trimming techniques, grilling tips from Texas Roadhouse
Aug. 19-29 10 a.m.-7 p.m.	Pasture-to-Plate Exhibit Beside Gourmet Garden	Learn where your food comes from with a display from Pasture-to Plate, that shows the different phases of beef production
Aug. 19-29	29-Lean Meat Cuts Case Beside the Gourmet Garden	Learn about and see the 29 Lean Cuts of Beef

2009 Gourmet Garden Chefs include:

Michele Brinke/Phillip Hess- Michele's
Nick Sullivan-610 Magnolia,
Shawn Ward- Jack Fry's
Francis Schmitz- Bristol Bar & Grille
Kent Nanni- Tumbleweed
Michael Hargrove- L&N Wine Bar
John Wagner-Gumby's

Bill Lynch- Bistro Le Relais,
Maria Bell- It's All Greek To Me
Mark Sullivan- Mitchell's Fish Market
Mihcael Paley- Proof on Main
Harold Baker- Gary's on Spring St
Thomas Lau- Yaching's Cuisine

2010 Cast-Iron Chef Competition

Daily at 1:30 pm

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Thursday August 19	Paul Sant Blue Horse Restaurant	vs.	Ian Tolotti Porcini Restaurant
Friday August 20	Phillip Hess Michele's on Goss	vs.	Michael Riggs Bowling Green Technical College
Saturday August 21	Maria Bell It's All Greek to Me	vs.	David Wright Pope's House
Sunday August 22	Roberta Cattan Atria	vs.	Chip Hartley Oakroom/Seelbach Hilton
Monday August 23	Richard Lowe Coach Lamp Restaurant	vs.	Bill Lynch Bistro Le Relais
Tuesday August 24	Justin Whitsell Limestone Restaurant	vs.	Harold Baker Gary's on Spring Street
Wednesday August 25	Kent Nanni Tumbleweed	vs.	Dallas McGarity Avalon
Thursday August 26	Tim Tucker Salvation Army	vs.	Pete Robledo St. Matthews Catering
Friday August 27	Kendra Clark Angler's Cove	vs.	Michael Vissing Bistro Bar & Grille
Saturday August 28	Michael Hargrove L&N Wine Bar	vs.	Asa Johnson Kroger Middletown
Sunday August 29	Nancy Russman Jefferson Comm. & Technical College	vs.	Gail Crawford Jefferson Comm. & Technical College

Special Guest Chefs:

Mark Lamkin, star of NBC-TV's "The Apprentice" season 4 and Alexis Hernandez, a finalist on the hit show, "The Next Food Network Star" season 6,

Paul Hornung

Denny Crum and Scott Davenport

Barry Bernson, Candyce Clift and Marc Weinberg of Fox-41 News

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