



- Steak may be cooked on any fire or heat source.
- Head cooks may only enter one entry into the steak category.
- No other ribeye steaks other than the ones provided to the teams by promoters are to be present at cook sites.
- Steaks should be cooked Medium (warm pink center).
- 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 marking).
- Turn in one steak, whole and uncut, on top of the provided foil disk. The provided foil disks must be placed in the box, silver side up, and not folded in any way.
- No sauce or garnish is allowed in the steak turn in box.
- A compound butter is allowed, as long as it is melted on the steak.
- There are no size standards for the seasonings on the steak.
- Pooling of natural juices in the box is acceptable.
- Reasons for DQ in steak:
 1. Any foreign object found in the turn in box. (String, Toothpick, Skewer, etc.)
 2. Ribeye steaks other than the ones provided for the event found in team area.
 3. A marked steak.
 4. Steak turned in after the turn in window has expired.
 5. Folded foil disk in the box.