

## **Rules for One Bite Challenges**

- 1. Beef and Pork may be any cut you choose.**
- 2. You must have 6 individual portions of Beef and Pork in turn in boxes provided by contest official.**
- 3. Garnish “WILL” be allowed ONLY FOR FRIDAY CHALLENGES.**
- 4. You may serve the cuts anyway you choose.**
- 5. Remember that the Meat must be the star so if it is completely covered you may lose points on Appearance.**
- 6. You may cook the meat anyway you choose as long as you use only approved heat sources listed in the main event rules.**
- 7. You may use anything that is edible to enhance your meat cuts that you choose, but no inedible items such as toothpicks or such are allowed in box.**
- 8. Good Luck and cook your hearts out!**