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**Startin the Fire
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“Can sauces and rubs be made in advance or are they required to be made on site?”

This is a very good question, especially for those just starting out in KCBS competition cooking. Sauces and rubs **can** be made in advance. In fact, I would encourage you and your team to prepare all sauces, rubs, brines, marinades and injections well in advance of the actual contest. Early preparation of these items is perfectly legal, but more importantly, is a great time saver. You will find once you arrive at the contest site time flies as you become occupied with all of the necessary duties that come with preparing and cooking 4 individual meat categories, more if there are ancillary categories. I haven't even mentioned trying to get around and meet some of the other teams that are present. Time, while at a contest, is very valuable and moves very quickly, you will soon find out. Anything that can be done in advance in order to save your team time and effort while on site is a huge and welcomed help. It is also much easier to assemble sauces and rubs while in your home kitchen. The environment is much more controlled. You are less likely to make a mistake measuring or forget an ingredient when operating from your home base. When mixing rubs, sometimes it's a good idea to make enough for a few contests, again, with the thought in mind to save you time and effort before and during the actual event. Unused rubs can be stored for several months in an airtight container or even vacuum packed for later use. Just be sure to clearly and safely label and store your pre-made sauces and rubs. Nothing is worse than arriving at the contest site, setting up your area, then finding out the lid came off your special chicken sauce in the cooler and the contents are now covering the 5 heads of lettuce that you brought for garnish. I digress, one thing could be worse, leaving your pre-made sauces and rubs home in the garage refrigerator. Not a good way to start the weekend. Be sure to make a list and check it over before you leave home. Also, use tight sealing containers when transporting your home-made goodies to the contest. I think it is important to note here, especially for the new folks, rubs, sauces, marinades, brines and mops can be **MADE** in advance of the contest. However, they can not be applied to any of your contest meat products until after the meat has been inspected by the KCBS contest reps after your arrival at the site. Do not apply any liquids, spices or seasonings to your meats prior to having them inspected. Generally speaking, contest reps are available during the posted check-in times to inspect your meats as soon as you are ready after arrival. After inspection, you are free to apply your pre-made seasonings and sauces with reckless abandonment. Just be sure to have fun while doing it!