



## ASBMB Award

The **Australian Society of Biochemistry and Molecular Biology (ASBMB) Award** is awarded for an entry that displays good understanding of processes in molecular biology.

\$300 First Place Award for a Year 7-12 student

Bilge Zohre, Redeemer Baptist School, winner of the 2017 ASBMB Award:



### **Bilge Zohre, Redeemer Baptist School, *Cooking the Perfect Steak Using Real Science***

Bilge had one of those jaw-dropping moments when she took her first steak off the hot plate and found that the internal temperature of the steak continued to rise during the next two minutes, despite being removed from its heat source. This happened with all the other steaks. Through further investigative work of collecting and measuring the juices released in this resting phase she discovered that the individual cells in the meat relax once the heat source is removed releasing water which then provides a medium for effective heat transfer.