



## Chapter Meeting Quick Fire Challenge

# From Trash to Treasure

### Basic Premise

Teams of 3 to 5 will be given usable product containers from a butcher and / or prep cook. The team will have 40 minutes to create two identical signature dishes that could be placed on the menu as an appetizer, salad, or center of the plate entrée. They should have access to a basic pantry and sauce making ingredients.

**Usable Product Container Ideas:** Potato and vegetable trimmings, bread trimmings, fresh herb stems, lettuce and vegetable cores, chicken carcasses, fish heads and bones, meat bone and trimmings.

**Option:** Give each team a main protein to work with

### Needed Items

- Kitchen with a work station and cooking area for each team
- Cookware—sauté pans, sauce pots, ect.
- French knife and cutting board for each team
- Miscellaneous cooking utensils for each team
- Small wares such as blenders, food processors, chinois, or strainer
- Butcher Usable Product Container
- Prep Cook Usable Product Container
- Basic Pantry
- Stock, Base, and / or cream to make sauce with
- Service Items per individual or team