



Chapter Meeting Quick Fire Challenge

Make Me Soup

Basic Premise

Individual members will bring in a fully cooked entrée to-go plate from their place of employment. The plates will be randomly exchanged between individual or team contestants. The challenge is to make 1 quart of soup utilizing all the items from the entrée plate and provided stock and any extra ingredient provided by the chapter. Time will be 30 minutes.

Consideration—Entrée plates should be a complete meal and contain 6 to 8oz of protein, starch components, vegetable components, and a sauce.

To make this more of a challenge, do not inform the chapter of the contest just inform them to bring an entrée item with the above requirements for a “Pot Luck Exchange”

Needed Items

- Finished entrees *One for each individual or team to utilize*
- Portable Burner or Range Burner with 3Qt Pot per individual or team
- French Knife and Cutting Board per individual or team
- Blender or Food Processor
- Chinois or Strainer
- Cooking Utensils per individual or team
- Chicken, Beef, and / or Vegetable Stock 1qt or more per individual or team
- Heavy Cream 1qt or more per individual or team
- Basic Pantry
- Aromatic vegetables
- Service Items per individual or team