



Chapter Meeting Quick Fire Challenge

Quickie Mart Challenge

Basic Premise

The participating members will be placed into teams of 3 to 5. A community mystery basket containing a protein (s) and purchased ingredients from a local convenience store. These items will allow the competitors to make two identical center of the plate entrées.

The team will have 30 to 40 minutes to prep, cook, and present.

Convenience Store product suggestions - Twinkies, skittles, almond joy, reeses peanut putter cups, chocolate bars, lemon heads, corn nuts, nuts, chips, Cheetos, hot fires, pretzels, pork rinds, bean dip, roman noodles, beef jerky, spam, and / or Vienna sausages

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, chinoises, or strainer
- Protein Item—does not have to be the same for each individual or team.
- Community basket of the convenient store items
- Basic Pantry
- Stock, Base, and / or cream to make sauce with
- Service Items per individual or team