



## Chapter Meeting Quick Fire Challenge

# The No Meat Solution

### Basic Premise

Contestants will have 20 minutes to create a signature vegetarian dish created out of a provided communal basket of ingredients.

### Needed Items

- Work station w/ portable burner or Kitchen Station
- Cookware - sauté pans, sauce pots, etc.
- French knife and cutting board for each contestant
- Miscellaneous cooking utensils for each contestant
- Small wares such as blenders, food processors, chinois, or strainer
- Usable / Waste Product Containers
- 1 Pint to 1 Quart of basic pancake batter per contestant.
- Community Basket of Vegetables
- Basic Pantry
- Stocks, Bases, Cream, and Sauce making components
- Aromatic Vegetables
- Service Items per individual or team