



CALIFORNIA
STATE ASSOCIATION

Updated 1-18-18

CALIFORNIA FCCLA

2017–2018 Competitive Recognition Events

Culinary Arts STAR Events

Region Qualifying Competition Menu and Recipes

Recipes provided by The Art Institutes



MENU

Asian Chicken Noodle Soup

South-Asian Curried Tofu Cutlet

Peas and Carrots Rice Pilaf

Lemon Curd and Warm Fruit Compote

Asian Chicken Noodle Soup	
2 Servings	
Amount	Ingredient
1 quart	Chicken stock
2 Tablespoons	Soy sauce
1 teaspoon	Sesame oil
1 teaspoon	Sriracha (or other hot sauce)
1 teaspoon	Garlic, minced
½ teaspoon	Minced fresh ginger
1 each	Chicken breast or thigh, boneless
To taste	Salt and pepper
2 ounces	Asian vermicelli bean noodles (or other Asian noodles, or regular thin pasta)
¼ each	Red pepper, julienned
1 leaf	Small to medium red cabbage, chiffonade (approx. ¼ cup)
1 each	Green onion, bias cut
2 Tablespoons	Carrot, shredded
6 ringlets	Serrano or jalapeno, seeded and sliced
1 teaspoon	Black sesame seeds
1 each	Lime wedge
Procedure:	
<ol style="list-style-type: none"> 1. Place chicken stock, soy sauce, sesame oil, sriracha, garlic, ginger, and chicken in small pot and simmer until chicken is cooked. 2. Remove chicken and shred or slice. Hold warm. 3. Season broth with salt and pepper to taste 4. Add noodles to stock and cook until tender. 5. Divide noodles and stock between two bowls and garnish with red pepper, red cabbage, green onion, carrot, pepper rings, and cooked chicken. 6. Garnish with black sesame seeds and lime wedge. 	

2017–2018 FCCLA Culinary Arts STAR Events Menus and Recipes

FCCLA, Inc. 1910 Association Drive, Reston, VA 20191

www.fcclainc.org

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State may modify recipes to accommodate facility or equipment needs. Please confirm any modifications with your State Advisor, Melissa Webb, mwebb@cde.ca.gov.

South-Asian Curried Tofu Cutlet (Peas and Carrots Rice Pilaf)

2 Servings

Amount	Ingredient
2 Tablespoons	Vegetable oil
8 ounces	Firm tofu cut into 2 pieces, pat dry
3 ounces	Green bell pepper, julienned
3 ounces	Red bell pepper, julienned
3 ounces	Red onion, julienned
3 ounces	Shiitake or button mushrooms, sliced
1 Tablespoon	Ginger, minced
1 Tablespoon	Garlic, minced
1 each	Roma or plum tomato, concasse
½ teaspoon	Asian Five Spice
1 Tablespoon	Curry powder
8 ounces	Coconut milk
1 Tablespoon	Brown sugar
To taste	Salt & pepper
½ each	Lime, juice as needed
1 each	Lime wedge

Procedure:

1. In 1 Tablespoon of vegetable oil, pan sear tofu until golden brown on both sides. Remove from pan and reserve warm.
2. Heat second Tablespoon of vegetable oil over high heat and add peppers, onion, and mushrooms. Cook until softened, about 3–4 minutes then add ginger, garlic, tomato, five spice, and curry powder and sauté and additional 1–3 minutes until fragrant.
3. Add coconut milk and brown sugar. Reduce.
4. Season with salt and pepper and a squeeze of lime juice. Taste and adjust seasoning.
5. Add tofu cutlets back to pan to reheat if necessary and serve with peas and carrots rice pilaf.
6. Garnish with lime wedge.

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Peas and Carrots Rice Pilaf	
2 Servings	
Amount	Ingredient
1 Tablespoon	Olive oil
2 Tablespoons	Carrot, small dice (1/4")
2 Tablespoons	Onion, small dice (1/4")
½ cup	Long grain rice
1 cup	Water
¼ cup	Peas
To taste	Salt & pepper
Procedure:	
<ol style="list-style-type: none"> 1. In a small pot, heat oil over medium heat. Add carrot and onion and sweat until tender and onions are translucent. 2. Add rice and stir until rice is coated in oil. 3. Add water, salt, and pepper. Taste liquid for seasoning. 4. Bring to a simmer. 5. Cover and simmer 15–20 minutes. 6. Stir in peas, remove from heat and hold until plating. 	

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Lemon Curd and Fruit Compote	
2 Servings	
Amount	Ingredient
2 each	Egg yolks
1 each	Egg
¼ cup	Lemon juice
¼ cup	Sugar
3 Tablespoons	Butter, chilled
1 cup	Mixed berries, fresh or frozen
¼ cup	Sugar
1 teaspoon	Lemon juice
½ cup	Heavy whipping cream
1 Tablespoon	Sugar
¼ teaspoon	Vanilla extract
Procedure:	
<ol style="list-style-type: none"> 1. In a small pot mix together egg yolks, egg, lemon juice, and sugar. Cook over medium heat whisking constantly, until thick and starts to bubble. Cook for several minutes. 2. Remove from heat, then whisk in butter until completely incorporated. 3. Strain and chill. 4. In another small pot, heat mixed berries, sugar, and lemon juice until syrupy. Chill. 5. Whip heavy cream, sugar, and vanilla extract until medium peaks. Divide in half. 6. Fold ¼ of the whipped cream into the lemon curd until completely incorporated. Fold another ¼ of whipped cream in. 7. In a clear glass, layer lemon curd, berries (watch for excess syrup), lemon curd, berries, and top with remaining whipped cream. Garnish. 	

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**California FCCLA
Competitive Recognition Events (CRE)
Culinary Arts Event
2018 Region Qualifying**

PARTIAL EQUIPMENT LIST FOR RECIPES TO BE PREPARED

Participants are required to bring the following partial list of equipment in addition to other equipment, tools/utensils, and serving pieces needed to prepare and serve the recipes. Required equipment, tools/utensils, serving pieces, materials and supplies:

- _____ a. small containers for carrying measured ingredients
- _____ b. trays for collecting and carrying ingredients
- _____ c. spoons for tasting
- _____ d. measuring cups and measuring spoons
- _____ e. 2 dinner plates for plating
- _____ f. 2 salad plates **or** salad bowls for plating
- _____ g. 2 dessert cups
- _____ h. 3 dinner forks (for Evaluators to taste)
- _____ i. Kleenex pail or sanitizing pail with cleaning cloths
- _____ j. (1) instant read thermometer
- _____ k. side towels for each team member
- _____ l. pot holders
- _____ m. paper towels
- _____ n. clear bowl or clear container for food waste
- _____ o. gloves for each team member

Please note the following:

1. Any necessary large equipment such as cook tops, ovens, and refrigerators will be provided.
2. Participants are to identify and bring additional equipment, utensils, tools, and supplies needed to prepare the identified recipes.
3. All items brought by competitors should be labeled with the name of the participant and/or chapter, school, or ROP.
4. Participants must assume responsibility for the safety of their equipment.
5. All food will be provided at the event site.
6. Quat Ammonia, dish soap, and hand soap will be provided at the event site and during orientation the Room Consultant will provide instructions for its use.
7. 2–3 kitchen scales will be provided at the event site.

**California FCCLA
Competitive Recognition Events**

**Culinary Arts Event
2018 Region Qualifying Competition
Market Order/ Mise en place for each competition team**

Ingredient	Amount per team
Eggs	3
Butter	3 Tablespoons
Heavy Whipping Cream	½ cup
Sugar	½ cup + 1 Tablespoon
Brown Sugar	1 Tablespoon
Salt	To taste
Pepper	To taste
Black Sesame Seeds	1 teaspoon
Asian Five Spice	½ teaspoon
Curry Powder	1 Tablespoon
Lemon Juice	¼ cup + 1 teaspoon
Vanilla Extract	¼ teaspoon
Mixed berries, fresh or frozen	1 cup
Olive Oil	1 Tablespoon
Vegetable Oil	2 Tablespoons
Sesame Oil	1 teaspoon
Soy Sauce	2 Tablespoons
Sriracha (or other Hot Sauce)	1 teaspoon
Carrot	4 Tablespoons
Onion	2 Tablespoons
Peas	¼ cup
Garlic	1 Tablespoon
Red Cabbage	1 leaf
Serrano or Jalapeno	6 ringlets
Green Bell Pepper	3 ounces
Red Bell Pepper	¼ each + 3 ounces
Red Onion	3 ounces
Green Onion	1 each
Shitake or Button Mushrooms	3 ounces
	(over)

Ginger	1 Tablespoon + ½ teaspoon
Roma or Plum Tomato	1 each
Lime	2 each
Long Grain Rice	½ cup
Asian Vermicelli Bean Noodles	2 ounces
Water	1 cup
Coconut Milk	8 ounces
Chicken Stock	1 quart
Firm Tofu	8 ounces
Chicken Breast, boneless	1 each

Equipment/Supplies needed for Host Site:

1. Quat Ammonia: This item can be purchased at Smart & Final. It costs about \$15.00 a gallon. You will need about a tablespoon for a Kleen Pail (200 parts per million concentrations).
2. Dishwashing Liquid and Hand Soap will need to be provided for each team.
3. Kitchen Scales: Please have between 2–3 scales at your site depending on the number of CRE entries for this event.