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**2017–2018 Competitive Recognition Events**

**Culinary Arts STAR Events**

**State Finals Competition Menu and Recipes**

***Recipes provided by The Art Institutes***



**MENU**

Wilted Spinach Salad with Warm Bacon Vinaigrette

Italian Style Chicken Breast, Braised Kale, Risotto

German Chocolate Truffles

**Wilted Spinach Salad with Warm Bacon Vinaigrette**

**2 Servings**

|  |  |
| --- | --- |
| **Amount** | **Ingredient** |
| 2 slices | Bacon |
| 1 Tablespoon | Shallot, minced (or onion) |
| 1 teaspoon | Garlic, minced |
| 1 teaspoon | Dijon mustard |
| 1 Tablespoon | Brown sugar |
| 2 Tablespoons | Apple cider or red wine vinegar |
| 3 Tablespoons | Olive oil |
| To taste | Salt and pepper |
| 4 each | Button mushroom, sliced |
| ¼ cup | Red onion, fine julienne |
| 2 cups | Spinach, loosely packed, washed, stems removed |
| **Procedure:** |  |

1. In sauté pan, cook bacon until crispy. Remove from pan reserving fat. Crumble and hold.
2. In bacon fat over medium-low heat, cook shallot and garlic until softened.
3. Whisk in Dijon, brown sugar, and vinegar. Heat, stirring until combined.
4. Whisk in oil. Remove from pan and hold, leaving 1 Tablespoon in pan.
5. Add mushrooms and slightly cook. Remove from pan and hold.
6. Place spinach in a bowl.
7. Reheat vinaigrette and toss with spinach to wilt.
8. Remove spinach to serving plate and arrange onion, mushroom, and bacon.
9. Serve at room temperature.

**2017–2018 FCCLA Culinary Arts STAR Events Menus and Recipes** FCCLA, Inc. 1910 Association Drive, Reston, VA 20191 [www.fcclainc.org](http://www.fcclainc.org/)

Recipes provided by The Art Institutes

*State may modify recipes to accommodate facility or equipment needs. Please confirm any modifications with your State Advisor, Melissa Webb,* [*mwebb@cde.ca.gov*](mailto:mwebb@cde.ca.gov)*.*

**Italian Style Chicken Breast**

**2 Servings**

|  |  |
| --- | --- |
| **Amount** | **Ingredient** |
| 2 each | Split Chicken Breast with skin and bone-in |
| 3 Tablespoons | Olive oil |
| 1 Tablespoon | Onion, julienne |
| 3 Tablespoons | Mushrooms, sliced |
| 1 Tablespoon | Green olives, sliced |
| 1 Tablespoon | Tomato Concasse |
| 2 teaspoons | Lemon juice |
| 2 Tablespoons | All-purpose flour |
| 10 ounces | Chicken stock |
| ½ ounce | Cold whole butter |
| 1 teaspoon | Fresh parsley, chopped |
| ½ teaspoon | Fresh garlic, chopped |
| ½ teaspoon | Fresh oregano, chopped |
| ¼ teaspoon | Lemon zest, finely minced |
| To Taste | Salt and white pepper |
| **Procedure:** |  |

1. Season chicken with salt and white pepper, dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken browns too quickly.
3. Once skin side is golden brown, turn the breasts over and brown bone side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built.
5. Add onions and mushrooms, sauté until the vegetables just begin to soften (1–2 minutes).
6. Add garlic and cook briefly without browning, deglaze with Lemon Juice and cook until Lemon Juice is completely reduced.
7. Ensure that there is 1 Tablespoon of oil left in pan (add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a white roux.
8. Whisk in chicken stock to make the pan gravy, turn heat down and simmer gently.
9. Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 155 degrees.
10. Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 155 degrees internal temp for at least 3 minutes for food safety.
11. Carefully push the breasts to one side of the pan and stir in the parsley and oregano without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter and lemon zest.
12. Spoon 2 Tablespoons of sauce on plate, arrange chicken breast on sauce, and spoon 1 Tablespoon of sauce on lower third of breast.

**Risotto**

**2 Servings**

|  |  |
| --- | --- |
| **Amount** | **Ingredient** |
| ½ cup | Aborio rice |
| 2 Tablespoons | Onion, brunoise |
| 14 ounces | Chicken stock seasoned |
| 2 Tablespoons | Parmesan or Romano cheese, grated |
| 1 teaspoon | Fresh parsley, chopped |
| 2 Tablespoons | Whole butter, cold |
| 1 ½ Tablespoons | Olive oil |
| 2 teaspoons | White wine vinegar |
| To Taste | Salt and pepper |
| **Procedure:** |  |

1. Heat olive oil in pan and add onions to sweat until translucent.
2. Add rice and stir to coat with fat, cook for two minutes while stirring rice.
3. Add white wine vinegar and cook until vinegar is completely reduced.
4. Add 6 ounces of chicken stock and simmer gently while stirring rice.
5. Simmer until rice has absorbed 70%–80% of stock, stir frequently while cooking.
6. Add 2 more ounces of stock and continue to stir frequently while cooking, being careful not to let the rice scorch or stick to bottom of pan.
7. Remove pan from heat and allow to rest until 8–10 minutes prior to service.
8. Return pan to heat and stir in remaining stock and stir until rice is al dente and hot.
9. Remove from heat and stir in cheese, then parsley, then cold whole butter.
10. Taste and adjust seasoning.

**Braised Kale**

**2 Servings**

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| --- | --- |
| **Amount** | **Ingredient** |
| 6 each | Leaves of kale |
| ¼ cup | Julienne of onion |
| 8 ounces | Chicken stock |
| 1 ounce | Cold whole butter |
| 2 Tablespoons | Clarified butter or oil |
| To taste | Salt and white pepper |
| ¼ teaspoon | Finely minced lemon zest |
| **Procedure:** |  |

1. Blanch kale leaves for 30–45 seconds in a generous amount of rapidly boiling well salted water, shock in ice bath.
2. Remove stems from leaves, stack leaves and roll into tube, slice tube into ¾” pieces.
3. Heat seasoned sauté pan and coat hot pan with oil or clarified butter. Add onions and kale, shake pan to prevent from sticking. Season sparingly with salt and white pepper.
4. Add chicken stock to the pan until the stock comes up three quarters of the kale and onions, simmer until most of the stock has reduced.
5. If the stock has reduced and the kale is not tender, add a small amount of stock and continue to simmer until kale is tender. Repeat as necessary.
6. Once kale is tender and most of the stock has reduced, stir in lemon zest and remove from heat.
7. Prior to service, reheat (if necessary), remove from heat when hot and stir in cold whole butter, season additionally with salt and white pepper if needed.

**German Chocolate Truffles**

**2 Servings**

|  |  |
| --- | --- |
| **Amount** | **Ingredient** |
| ½ cup | Semi-sweet chocolate chips |
| ¼ cup | Heavy whipped cream |
| 1 teaspoon | Corn syrup |
| 1 teaspoon | Soft butter |
| ½ cup | Semi-sweet chocolate chips |
| 1/3 cup | Shredded coconut |
| 1/3 cup | Chopped pecans |
| **Procedure:** |  |

1. Place ½ cup chocolate chips in a bowl.
2. Heat heavy cream and corn syrup in a small saucepan until it simmers.
3. Remove from heat and pour over chocolate; let stand for 2 minutes.
4. Using a rubber spatula, gently stir in circular motion until mixture is smooth. If it gets too cold, place over a hot water bath to finish melting.
5. Add butter and stir in completely.
6. Chill, stirring regularly, until ganache can be piped or scooped and hold its shape.
7. Meanwhile, place the second portion of chocolate in another small bowl. Bring an inch or two of water in a small pot to a simmer. Remove from heat and place the bowl of chocolate over hot water to melt.
8. Pipe or scoop Tablespoon size portions onto a parchment lined cookie sheet. Chill if needed.
9. With gloves on, gently roll into small balls.
10. Combine coconut and pecans in a bowl.
11. Dip a spoon into the melted chocolate then roll a truffle in it to coat then roll in coconut and pecan mixture.
12. Plate.

**California FCCLA**

**Competitive Recognition Events (CRE)**

**Culinary Arts Event**

**2018 State Finals**

**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

\_\_\_\_\_f. 2 salad plates

\_\_\_\_\_g. 2 dessert plates

\_\_\_\_\_h. 3 dinner forks (for Evaluators to taste)

\_\_\_\_\_i. Kleen 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 State Finals Competition

**Market Order/ Mise en place for each competition team**

|  |  |
| --- | --- |
| **Ingredient** | **Amount per team** |
| Fresh Garlic | 1 ½ teaspoons |
| Fresh Parsley | 2 teaspoons |
| Fresh Oregano | ½ teaspoon |
| Button Mushrooms | 4 each |
| Mushrooms | 3 Tablespoons |
| Shallot | 1 Tablespoon |
| Red Onion | ¼ cup |
| Onion | ¼ cup + 3 Tablespoons |
| Spinach | 2 cups |
| Kale Leaves | 6 each |
| Tomato | ¼ each |
| Lemon Zest | ½ teaspoon |
| Green Olives | 1 Tablespoon |
| Salt and Pepper | To Taste |
| Dijon Mustard | 1 teaspoon |
| Brown Sugar | 1 Tablespoon |
| All-Purpose Flour | 2 Tablespoons |
| Semi-sweet Chocolate Chips | 1 cup |
| Shredded Coconut | 1/3 cup |
| Pecans | 1/3 cup |
| Corn Syrup | 1 teaspoon |
| Apple Cider or Red Wine Vinegar | 2 Tablespoons |
| White Wine Vinegar | 2 teaspoons |
| Olive Oil | 7 ½ Tablespoons |
| Lemon Juice | 2 teaspoons |
| Chicken Stock | 32 ounces |
| Whole Butter | 5 Tablespoons + 1 teaspoon |
| Clarified Butter or Oil | 2 Tablespoons |
| Heavy Cream | ¼ cup |
| Aborio Rice | ½ cup |
| Parmesan or Romano Cheese | 2 Tablespoons |
| Bacon | 2 slices |
| Split Chicken Breast(w/Skin & Bone) | 2 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.