



CALIFORNIA
STATE ASSOCIATION

CALIFORNIA FCCLA

2018–2019 Competitive Recognition Events

Culinary Arts STAR Event

State Finals Competition Menu and Recipes

Recipes provided by The Art Institutes and The Culinary Institute of America



MENU

Spinach & Arugula Salad with Almond Coated Goat Cheese & Vinaigrette

Poached Salmon

Beurre Blanc

Roasted Potatoes

Ratatouille

Chocolate Bread Pudding with Strawberry Compote

Spinach and Arugula Salad with Almond Coated Goat Cheese and Vinaigrette

Culinary Skill Component: Knife Skills and Pan Toasting

Yield: 2 servings

Ingredients

Baby Spinach
Arugula leaves
Sun-dried tomatoes in extra virgin olive oil
Pine nuts, toasted
Goat cheese, separated and rolled, into balls or cut into discs
Almonds, sliced, lightly toasted
Extra virgin olive oil
Balsamic vinegar
Dijon mustard
Lime juice, freshly squeezed
Sea salt
Ground pepper

Amounts

1 cup
1 cup
1/8 cup
1/8 cup
3 ounces
1/2 cup
2 Tablespoons
1 Tablespoon
½ teaspoon
1 teaspoon
To taste
To taste

Method:

1. Combine Baby Spinach and Arugula leaves.
2. Roll goat cheese in toasted almonds.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, mustard, lime juice, salt, and pepper.
4. Plate salad as desired.

2018–2019 FCCLA Culinary Arts STAR Events Menus and Recipes

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

www.fcclainc.org

Recipe 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.

Poached Salmon

Culinary Skill Component: Deep Poach

Yield: 2 portions

<u>Ingredients</u>	<u>Amounts</u>
Fresh salmon filet, skin off,	10 ounces
Salt and pepper	To taste
Water	16 ounces
Champagne vinegar	1 Tablespoon
Lemon juice	½ teaspoon
Salt	1 teaspoon
Parsley stems	2 each
Onion, small diced	1 Tablespoon
Carrot, small diced	1 Tablespoon

Method:

1. Portion the salmon into 2 evenly sized pieces. Season and refrigerate until ready to poach, or 30 minutes.
2. Combine all of the other ingredients in a medium size sautoir pan and/or sauce pan and simmer for 15 minutes.
3. Reduce heat, and maintain a 170°F temperature. Add the salmon to the liquid and increase the heat slightly. Do not allow the liquid temperature to rise above 180°F or cool beyond 165°F.
4. Poach salmon until firm, approximately 5–8 minutes.
5. Remove salmon carefully with a slotted spatula and blot excess liquid with a towel. Plate accordingly and serve with the appropriate sauce and accompaniments.

2018–2019 FCCLA Culinary Arts STAR Events Menus and Recipes

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

www.fcclainc.org

Recipe provided by The Culinary Institute of America

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

Beurre Blanc

Culinary Skill Component: Warm emulsion sauce

Yield: 6 ounces

<u>Ingredients</u>	<u>Amounts</u>
Shallots, minced	1 Tablespoon
White Grape Juice or White wine	2 ounces
Champagne or White wine vinegar	2 ounces
Peppercorns, black	¼–½ teaspoon
Bay leaf	1 each
Parsley stems	1 each
Heavy cream	2 ounces
Unsalted butter, diced and chilled	4 ounces
Lemon Juice	½ teaspoon
Salt	To taste

Method:

1. Reduce shallots, grape juice/wine, vinegar, peppercorns, bay leaf and parsley stems until only a tablespoon remains. (au sec)
2. Add cream and reduce slightly.
3. Put on low heat and whip in butter slowly. Season with lemon juice, salt and strain. Keep warm until needed.

2018–2019 FCCLA Culinary Arts STAR Events Menus and Recipes

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

www.fcclainc.org

Recipe provided by The Culinary Institute of America

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

Roasted Potatoes

Culinary Skill Component: Roasting vegetables

Yield: 2 portions

<u>Ingredient</u>	<u>Amount</u>
Yellow, red or fingerling potatoes	8 ounces
Olive oil	1 ounce
Parsley, chopped	1 teaspoon
Rosemary, chopped	1 teaspoon
Salt and pepper	To taste

Method:

1. Pre-heat oven to 350°F.
2. Cut the potatoes into an appropriate size based on the size and shape.
3. Place in a small mixing bowl and toss with the oil.
4. In an oven safe sauté pan, caramelize the potatoes on the stovetop. When potatoes are browned on all sides toss with rosemary, salt, and pepper.
5. Place the sauté pan with the caramelized potatoes into the oven and continue to cook for approximately 18–25 minutes and check for tenderness. Continue to cook for a few additional minutes, if necessary until a paring knife slides through easily.
6. Toss with the parsley and serve immediately.

THE RECIPE ABOVE HAS BEEN MODIFIED FOR USE IN COMPETITION TO ACCOMADATE COOKING TWO ITEMS IN THE SAME OVEN THAT GENERALLY SHOULD HAVE HAD TWO DIFFERENT BAKING TEMPERATURES.

2018–2019 FCCLA Culinary Arts STAR Events Menus and Recipes

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

www.fcclainc.org

Recipe provided by The Culinary Institute of America

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

Ratatouille

Culinary Skill Components: Sweating vegetables, vegetable stew

Yield: 2–3 servings

<u>Ingredient</u>	<u>Amount</u>
Olive oil	1 Tablespoon
Onions, medium diced	¼ each (Medium size)
Garlic, chopped	½ clove
Red Peppers, medium dice	½ each
Yellow peppers, medium dice	½ each
Eggplant, medium dice	½ cup
Zucchini, washed, medium dice	½ cup
Tomatoes, fresh, deseeded and chopped	1 each
Thyme, fresh	½ teaspoon
Basil, fresh	½ teaspoon
Oregano, fresh	½ teaspoon
Salt and fresh black pepper	To taste

Method:

1. Sweat the onions, garlic and peppers in the olive oil using a medium sized deep sauté pan for 4–7 minutes or until fairly soft.
2. Add eggplant and zucchini and continue to cook until those vegetables are tender as well; approximately 8–10 minutes
3. Add tomatoes and bring to a simmer. Cook for an additional 5–10 minutes to marry all of the flavors.
4. Add herbs and seasoning and serve or cool for later use.

2018–2019 FCCLA Culinary Arts STAR Events Menus and Recipes

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

www.fcclainc.org

Recipe provided by The Culinary Institute of America

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

Chocolate Bread Pudding with Strawberry Compote

Culinary Skill Components: Cooked custard, compote

Yield: 2–3 portions

<u>Ingredient</u>	<u>Amount</u>
White bread, small diced into croutons	3 slices
Half and half	1 cup
Sugar	1 Tablespoon
Salt	pinch
Eggs	2 each
Chocolate, semi-sweet, chips or	½ cup
Strawberries; halved or quartered	1 cup
Sugar	1 Tablespoon
Whipping Cream	¾ cup
Sugar	To taste

Method:

1. Pre-heat oven to 350°F. Place the croutons on a baking sheet and bake until lightly browned.
2. Heat the half and half in a small pot until warm. Add the sugar and salt and mix to dissolve. Do not overheat. Add the eggs and combine well.
3. Mix the bread and chocolate together and place in ramekins. Do not pack down but fill completely.
4. Pour the custard over the bread mixture and allow the bread mixture to absorb the custard for ten minutes before baking.
5. Place the strawberries and 1 tablespoon of sugar in a small pot and cook gently until the strawberries are soft and the liquid has reduced by half; approximately 10 minutes.
6. Place the bread puddings in a hot water bath and return to the oven for approximately 20–25 minutes or until set. Let cool for 3–4 minutes.
7. Add sugar to the whipping cream and whip in a chilled bowl.
8. Slide the cooled puddings out of the ramekins and plate. Garnish with strawberry compote and whipped cream.

2018–2019 FCCLA Culinary Arts STAR Events Menus and Recipes

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

www.fcclainc.org

Recipe provided by The Culinary Institute of America

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

**California FCCLA
Competitive Recognition Events (CRE)
Culinary Arts Event
2019 State Finals Competition**

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. 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
2019 State Finals Competition**

Market Order/Mise en place for each competition team

Ingredient	Amount per team
Baby spinach	1 cup
Arugula leaves	1 cup
Sun-dried tomatoes	1/8 cup
Pine nuts	1/8 cup
Goat cheese	3 ounces
Almonds	½ cup
Extra virgin olive oil	3 Tablespoons + 1 ounce
Balsamic vinegar	1 Tablespoon
Dijon mustard	½ teaspoon
Lime juice	1 teaspoon
Sea salt	To taste
Ground pepper	To taste
Salt	2 teaspoons + To taste
Peppercorns, black	¼ - ½ teaspoon
Garlic	½ clove
Fresh salmon filet, skin off	10 ounces
Champagne or White wine vinegar	1 Tablespoon + 2 ounces
Lemon juice	1 teaspoon
Parsley stems	3 each + 1 teaspoon
Bay leaf	1 each
Rosemary	1 teaspoon
Thyme, fresh	½ teaspoon
Basil, fresh	½ teaspoon
Oregano, fresh	½ teaspoon
Onion (Medium size)	1 Tablespoon + ¼ each
Carrots	1 Tablespoon
Shallots	1 Tablespoon
Yellow, red or fingerling potatoes	8 ounces
Red pepper	½ each
Yellow pepper	½ each
Eggplant	½ cup
Zucchini	½ cup
Tomato	1 each
	(over)

White Grape Juice or White Wine	2 ounces
Heavy cream	2 ounces
Unsalted butter	4 ounces
White bread	3 slices
Half and half	1 cup
Sugar	2 Tablespoons + To taste
Eggs	2 each
Chocolate, semi-sweet	½ cup
Strawberries	1 cup
Whipping cream	¾ cup

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.