FCCLA STUDENTS TAKING ACTION WITH RECOGNITION (STAR) COMPETITION EVENT

Culinary Arts Menu

Chicken Piccata

Angel Hair Pasta

Roasted Asparagus

Cinnamon Apple Pinwheels
Chicken Piccata

Ingredients:

2 skinless and boneless chicken breasts, butterflied and then cut in half
Sea salt and freshly ground black pepper
All-purpose flour, for dredging
6 tablespoons unsalted butter
5 tablespoons extra-virgin olive oil
1/3 cup fresh lemon juice
1/2 cup chicken stock
1/4 cup brined capers, rinsed
1/3 cup fresh parsley, chopped

Directions:

1. Pound chicken flat to 1/8”-1/4” thickness.
2. Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.
3. In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Remove and transfer to plate.
4. Melt 2 more tablespoons butter and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner. Remove pan from heat and add chicken to the plate.
5. Into the pan add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes.
6. Remove chicken to platter. Add remaining 2 tablespoons butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.
Roasted Asparagus

**Ingredients:**

1/2-pound fresh asparagus  
Olive oil  
Kosher salt, plus extra for sprinkling  
Freshly ground black pepper

**Directions:**

1. Preheat the oven to 375 degrees F.  
2. Break off the tough ends of the asparagus and peel them.  
3. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.  
4. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper.  
5. Roast the asparagus for 12 minutes, until tender but still crisp.
Angel Hair Pasta

Ingredients:
½ pound capellini
3 1/2 tablespoons unsalted butter
2 tablespoons minced shallots
3 garlic cloves, thinly sliced
1 lemon zested and juiced
Salt and pepper to taste

Garnish
Lemon zest
Red pepper flakes
Grated Parmesan

Instructions:
1. Fill a large pot with water and bring to a boil.
2. Add a handful of salt followed by the pasta and boil for 5 to 6 minutes or until the pasta is cooked through.
3. Drain and set aside, reserving 1/2 cup pasta water.
4. Place a large skillet over medium heat and add butter. Once butter has melted add shallots and garlic and sauté for 2 to 3 minutes.
5. Add pasta and pasta water and season with salt and pepper and toss together for 1 minute. Lower heat to medium.
6. Add lemon zest and juice and continue to sauté for 2 minutes.
7. Finish pasta with additional lemon zest, a sprinkle of crushed red pepper flakes and a generous amount of freshly grated Parmesan. Toss together and serve.
Cinnamon Apple Pinwheels

Ingredients:

1 puff pastry sheet (8” x 8”), thawed in refrigerator

Glaze

¼ Cup AP flour for dusting
1 tablespoon apricot jam

1 Granny Smith or Fuji Apple, cored, peeled, small dice
1 tablespoon water

1 lemon

2 tablespoon unsalted butter

1 teaspoon powdered cinnamon

Icing

2 teaspoons granulated sugar
¼ Cup Powdered Sugar

2 tablespoon water
2 teaspoons milk

2 tablespoon berry jam (mixed berry, blackberry, black Currant)

1 egg

1 tablespoon water

Pinch of salt

Instructions:

1. Heat oven to 350°F
2. Dice the apple, squeeze lemon juice over the apples, and toss. This will preserve the apples and prevent them browning.
3. On medium-low heat, melt the butter in a sauté pan. Once melted, add the apple pieces.
4. Stir together and then add the cinnamon, sugar, and water. Cook until apple is fork tender. About 5 minutes.
5. Place cooked apple into a bowl to cool.
6. Lightly dust the work surface with flour and unfold the puff pastry.
7. Cut the one sheet into 4- 4 in. by 4 in. pieces.
8. With a sharp knife, make a 1.5 inch cut from the corner of each square toward the center.
9. Combine the egg and water into a small bowl and whisk for egg wash. If egg is too thick, add a pinch of salt.
10. Egg wash each corner of the pieces.
11. Fold alternating corner flaps towards the center to make a pinwheel shape.
12. Egg wash the rest of the pinwheel.
13. With a very small spoon, place a small amount of jam onto the center of the pinwheel.
14. Scoop a teaspoon of the cooked apple and place it on top of the jam.

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15. Cook for 20-25 minutes until golden brown and puff pastry is dry.
16. While the pinwheel is cooking, combine the icing ingredients into a bowl and whisk until there is no more powdered sugar.
17. Once the pinwheels are out and cooling, combine the glaze ingredients into a bowl and microwave for 30-45 seconds. Alternatively, heat in a small saucepan until the jam is dissolved.
18. Brush glaze onto the pinwheels before they completely cool.
19. After the pinwheels are completely cooled, drizzle icing onto the pinwheels.