CALIFORNIA FCCLA

2018–2019 Competitive Recognition Events

Culinary Arts STAR Event

Region Qualifying Competition Menu and Recipes

Recipes provided by The Art Institutes

The Art Institutes®

CREATIVITY *for* LIFE

MENU

Caesar Salad
Pan Roasted Pork Tenderloin with Whole Grain Mustard Sauce
Roasted Red Bliss Potatoes
Green Beans and Mushrooms
Classic French Crepes with Berries and Cream

Caesar Salad
2 Servings

Amount	Ingredient
Croutons	
1/8 cup	Olive Oil
1	Garlic Clove, crushed
½ cup	Sourdough Bread, crusts removed, in ½" cubes
Dressing	
1	Garlic Clove, minced
1 Tablespoon	Lemon Juice
2 teaspoons	Anchovy Paste
To taste	Salt
1/8 teaspoon	Black Pepper
1 Tablespoon	Pasteurized Egg Product (Egg Beaters or similar)
¼ cup	Olive Oil
Salad	
2 cups	Romaine Lettuce, dark outer leaves removed, torn or cut into bite sized pieces
¼ cup	Parmesan Cheese, freshly grated

Directions:

1. Make the croutons. In a 10–12 inch sauté pan, heat the oil over low-medium heat. Add the garlic, sauté 1 minute to flavor the oil.
2. Increase the heat to high and add the bread cubes, turning frequently so that they brown evenly on all sides and are crisp and golden, about 1–2 minutes. Add more oil if necessary to keep from burning. Drain on paper towels.
3. Make the dressing. Combine the minced garlic, lemon juice, anchovy paste, salt and pepper. Whisk to blend.
4. Add pasteurized egg product to dressing.
5. Add the oil in a steady stream and whisk until smooth and emulsified.
6. Prepare the salad. Combine the lettuce, Parmesan cheese, croutons, and enough dressing to just coat the leaves. Toss and taste for seasoning.
7. Place on chilled individual plates. Serve immediately.

Pan Roasted Pork Tenderloin with Whole Grain Mustard Sauce
2 Servings

Amount	Ingredient
1 Tablespoon	Olive or Vegetable Oil
10 ounces	Pork Tenderloin, trimmed
To taste	Salt
To taste	Pepper
2 teaspoons	Shallots, minced
1 ounce	Chicken Broth
1 teaspoon	Whole Grain Mustard
4 ounces	Demi-glace (to be prepared by the site)
½ ounce	Whole Butter, diced
To taste	Salt
To taste	Pepper

Directions:

1. Season pork with salt and pepper. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145°F internal temperature. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds.
3. Add chicken broth to deglaze.
4. Add mustard and the demi-glace and bring to a simmer. Reduce the heat again to low and swirl in the butter.
5. Check the seasoning on the sauce.
6. Slice the pork into six slices and plate accordingly. Ladle some sauce over the slices and serve with the appropriate accompaniments.

Roasted Red Bliss Potatoes
2 Servings

Amount	Ingredient
¼ pound	Baby Red Bliss potatoes, cleaned
1/8 cup	Olive Oil
2 Tablespoons	Fresh Parsley, minced
1 Tablespoon	Fresh Rosemary, minced
1 Tablespoon	Garlic, minced
½ teaspoon	Kosher Salt
½ teaspoon	Black Pepper

Directions:

1. Par-boil potatoes for about 5 minutes in appropriate amount of water. Strain.
2. In a small bowl, mix parsley, rosemary, garlic, salt and pepper, and olive oil to taste. Add potatoes and toss to distribute evenly.
3. Preheat oven to 350 degrees.
4. Put potatoes on a roasting tray. Roast uncovered for 15–20 minutes, or until potatoes are soft inside, and crispy and golden brown outside.

Green Beans and Mushrooms
2 Servings

Amount	Ingredient
6 ounces	Green Beans, untrimmed
1/2 ounce	Whole Butter
1 ounce	Onion, ¼ inch dice
2 ounces	Mushrooms, thinly sliced
To taste	Salt
To taste	White Pepper

Directions:

1. Blanch the beans in boiling salted water for 6 to 8 minutes, until al dente. Remove and shock in an ice-water bath.
2. Preheat a medium sauté pan over medium heat. Melt the butter in the heated pan. Add onion and sweat until translucent, about 2 minutes.
3. Add the mushrooms and cook over medium heat until the mushrooms are completely tender and their moisture has cooked away, 6 to 8 minutes.
4. Toss in the beans and season with salt and white pepper. Heat until the beans are hot, 2 to 3 minutes.

Classic French Crepes with Berries and Cream
2 Servings

Amount	Ingredient
Crepes	
2–3	Strawberries, thinly sliced
1/3 cup	Whole Milk
3 Tablespoons	All Purpose Flour
1	Egg
	Powdered Sugar, for garnish
Berries and Cream	
1 cup	Heavy Cream
2 teaspoons	Granulated Sugar
1 cup	Assorted Fresh Berries

Directions:

1. Mix milk, flour and egg together until well blended.
2. Pour batter onto lightly greased frying pan. Tilt pan to spread evenly.
3. Flip over to cook other side. Remove from pan.
4. Fill with berries and garnish with berries and powdered sugar.
5. Whip cream, add sugar, and garnish with berries and piped cream.

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 plates for plating
_____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 and ice bath
_____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.

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Market Order/Mise en place for each competition team

Ingredient	Amount per team
Non-stick cooking spray	
Ice	One container per team
Olive Oil	½ cup + 1 Tablespoon
Garlic Clove	3
Sourdough Bread	½ cup
Lemon Juice	1 Tablespoon
Anchovy Paste	2 teaspoons
Kosher Salt	½ teaspoon
Salt	To taste
Black Pepper	1 teaspoon
Pasteurized Egg Product (Egg Beaters or similar)	1 Tablespoon
Romaine Lettuce	2 cups
Parmesan Cheese	¼ cup
Pork Tenderloin, trimmed	10 ounces
Shallots	2 teaspoons
Chicken Broth	1 ounce
Whole Grain Mustard	1 teaspoon
Demi-glace	4 ounces
Whole Butter	1 ounce
Green Beans, untrimmed	6 ounces
Onion	1 ounce
Mushrooms	2 ounces
Baby Red Bliss Potatoes	¼ pound
Fresh Parsley	2 Tablespoons
Fresh Rosemary	1 Tablespoon
Strawberries	2–3
Whole Milk	1/3 cup
All Purpose Flour	3 Tablespoons
Egg	1
Powdered Sugar	For garnish
Heavy Cream	1 cup
Granulated Sugar	2 teaspoons
Assorted Fresh Berries	1 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.