



Culinary Arts Competition

California State STAR Competition, April 2022

**Apple Cranberry Stuffed Pork Chops
Rich Mashed Potatoes
Green Beans Almandine**

Apple Cranberry Stuffed Pork Chops

Yield: 2 servings

INGREDIENTS:

1 tablespoon butter	1/2 teaspoon kosher salt
1/4 small yellow onion, minced	2 (1 inch thick) boneless pork chops
1/2 Granny Smith apple - peeled, cored and diced	1 cup apple juice, divided
3/4 stalk celery ribs, finely chopped	1-1/4 teaspoons cornstarch
1 1/2 heaping tablespoon dried cranberries	2-1/4 teaspoons brown sugar
	1/2 teaspoon freshly ground black pepper

Instructions:

1. In a Dutch oven/Skillet, melt 1/2 tablespoon butter over medium heat. Cook onion in butter until the onions are very soft and begin to brown. Remove from heat and stir in apple, celery, and dried cranberries. Season with salt.
3. Lay each chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, leaving three sides intact. Stuff each chop with apple-cranberry mixture and secure opening with toothpicks. Set remaining mixture aside.
4. Melt remaining butter in the Dutch oven over medium heat. Pan-fry chops in butter for 3-4 minutes on each side. Add 1/2 cup apple juice and cover, and simmer for 15 – 20 minutes (pork chops should read 145°F)
5. Transfer chops from pan to a plate, and cover with foil. Place the Dutch oven back on the stovetop over medium heat. In a small bowl or measuring cup, stir together remaining 1/2 cup apple juice, cornstarch, and brown sugar; pour into Dutch oven. Deglaze the pan and reduce liquid volume by half, stirring frequently. Season to taste with black pepper and add remaining apple mixture.
6. Remove toothpicks and serve apple glaze over pork chops.

Rich Mashed Potatoes

Yield: 2 servings

INGREDIENTS

1.5 lb. Russet potatoes
Kosher salt
1/3 Cup of butter

1/3 Cup. whole milk
1/3 Cup. sour cream
Freshly ground black pepper

Instructions:

1. In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, 10 to 15 minutes. Drain and return potatoes to pot.
2. Use a potato masher to mash potatoes until smooth.
3. Meanwhile, in a small saucepan, melt butter with milk until warm.
4. Pour over warm milk-butter mixture and stir until completely combined and creamy. Add sour cream and stir until combined.
5. Season mashed potatoes generously with salt and pepper and serve.

Green Beans Almandine

Yield: 2 servings

Ingredients

1/2 lb. French green beans (haricot verts), trimmed	1 medium shallot, finely diced
1 tablespoon unsalted butter	1 medium garlic clove, finely minced
2 heaping tablespoons raw sliced almonds	kosher salt
	freshly ground black pepper

Instructions

1. Bring a large pot of water to a boil. Season the water liberally with kosher salt (it should be very salty to taste). Salting the cooking water aggressively accomplishes two tasks: it ensures that the green beans will be seasoned properly inside and out, and also helps them retain their bright green color after cooking.
2. Blanch the green beans for 4 to 5 minutes, stirring occasionally, or until they are crisp-tender and slightly squeaky between your teeth. It is important that the green beans be slightly undercooked as they will be transferred directly to the skillet and will continue cooking during this time.
3. Meanwhile in a large skillet, melt the butter over medium-low heat until lightly bubbling. Add the sliced almonds and sauté, stirring frequently, for 2 to 3 minutes or until they are starting to turn golden brown. Reduce the heat to low and add the chopped shallots and garlic. Sauté for an additional 1 to 2 minutes, stirring frequently, until fragrant and lightly caramelized.
4. Using a large slotted spoon, tongs, or kitchen spider, transfer the blanched green beans from the boiling water directly to the skillet. Sauté briefly, gently tossing the green beans with the almond mixture until evenly combined and the green beans are tender. Season to taste with salt and freshly ground pepper. Serve immediately.