



**2020 FCCLA Students Taking Action with Recognition (STAR)
Culinary Arts Event
Region Qualifying Competition Menu, Recipes, and Equipment**

Menu

Salad

Classic Caesar Salad

Entrée

*Seared Chicken Breast with a Lemon
Pan Sauce Confetti Rice Pilaf
Garlic Green Beans*

Dessert

*Flourless Chocolate Cake with Raspberry Coulis and
Crème Chantilly*

*These Recipes have been developed and/or adapted to be prepared in a commercial facility, abiding by the FCCLA Culinary Arts STAR Event Rubric

Classic Caesar Salad

Ingredients

Dressing

1 anchovy fillet packed in oil, drained
1 small garlic clove
Kosher salt
1 large egg yolk
1 Tablespoon fresh lemon juice, plus more
¼ teaspoon Dijon mustard
1 Tablespoon olive oil
¼ cup vegetable oil
1 ½ Tablespoons finely grated Parmesan
Freshly ground black pepper

Croutons

1 cup 1" cut pieces country bread, with crusts
1 Tablespoon olive oil
Optional: Parmesan, shredded

Lettuce

1 Romaine hearts, leaves separated

Cheese

Parmesan, for serving

Preparation

-Dressing

Chop together anchovy fillet, garlic, and pinch of salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk in egg yolk, 1 Tablespoon lemon juice, and Dijon mustard. Adding drop by drop to start, gradually whisk in olive oil, then vegetable oil; whisk until dressing is thick and glossy. Whisk in Parmesan. Season and adjust with salt, pepper, and more lemon juice, until desired taste and consistency is achieved.

-Croutons

Preheat oven to 375°. Toss bread with olive oil on a baking sheet; season with salt and pepper. Bake, tossing occasionally, until golden, 10–15 minutes.

Seared Chicken Breast with a Lemon Pan Sauce

Ingredients

The Chicken

2 Chicken Breasts, skin on, bone in
1-2 Tablespoons Canola oil
Salt
Pepper

The Sauce

1 small shallot, finely minced
1 clove garlic, finely minced
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh tarragon
2 teaspoons chopped parsley
2 Tablespoons fresh lemon juice
6 oz. double strength chicken stock, plus extra as needed
4 Tablespoons (or 2 oz.) glace de volaille (chicken glace)
2 Tablespoons unsalted butter, chilled and cut into small cubes
Salt and black pepper to taste

Preparation

-Chicken

Leave skin on chicken and remove bones. Season both sides of both breasts with salt and pepper. Preheat sauté pan, add oil and sear both breasts skin side down. Turn chicken over and finish in the oven. Allow chicken to rest while sauce is prepared.

-Sauce

In the sauté pan used for the chicken sweat the shallot and garlic until aromatic. Deglaze the pan with lemon juice and half of the double stock then reduce to au sec. Add any accumulated juices from the resting chicken as well as the glace, reduce by half and season with salt and pepper. Finish with fresh herbs and butter.

Confetti Rice Pilaf

Ingredients

2 Tablespoons unsalted butter
¼ cup onion, small dice
¼ cup carrot, small dice
¼ cup red bell pepper, small dice
1 bay leaf
1 cup long grain white rice
1 ½ cup chicken stock
Salt
Pepper

Preparation

In a medium saucepan, melt 2 Tablespoons of unsalted butter and begin cooking the onion, carrot and bell pepper over medium-high heat until soft and onion is translucent. Season with salt and pepper. Add 1 cup long-grain white rice, cook, stirring, until the grains are well-coated and some look translucent and the whole mixture smells toasty, about 3 minutes. Add 1½ cups chicken stock, bay leaf and season with salt and pepper. Bring to a boil and reduce to a bare simmer. Cover and cook until liquid has been absorbed, 12–15 minutes. Let it rest, remove from heat and fluff the rice with a fork. Then cover the pot $\frac{3}{4}$ of the way with the lid until ready to plate.

Garlic Green Beans

INGREDIENTS

¼ pound green beans, trimmed

2 small garlic cloves

2 Tablespoons unsalted butter

Salt

Pepper

PREPARATION

Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6 to 7 minutes. Drain in a colander, then shock in an ice bath. Drain beans and pat dry. While beans cook, mince and mash garlic to a paste with a pinch of salt. Just before plating, melt butter in a sauté pan, add garlic paste and green beans, sauté until warm. Season with salt and pepper

Flourless Chocolate Cake

YIELD Makes one 8-inch cake

INGREDIENTS

4 ounces fine-quality bittersweet chocolate (not unsweetened)

1 stick (1/2 cup) unsalted butter

3/4 cup sugar

3 large eggs

1/2 cup unsweetened cocoa powder plus additional for sprinkling

PREPARATION

Preheat oven to 375°F and butter an 8-inch round baking pan. Line bottom with a round of wax paper; applying butter to the paper. Chop chocolate into small pieces. In a double boiler or metal bowl set over a saucepan of barely simmering water melt chocolate with butter, stirring, until smooth. In another bowl mix together, sugar and eggs. Remove top of double boiler or bowl from heat and slowly add the melted chocolate to the egg and sugar mixture. Stir a small amount of the hot mixture into the egg yolk mixture to warm them and then stir the warmed egg yolk mixture into the remaining hot mixture (tempering). Be sure to add it slowly or you may scramble the eggs. Sift 1/2 cup cocoa powder over chocolate mixture and whisk until just combined. Pour batter into pan and bake in middle of oven 25 minutes, or until top has formed a thin crust. Cool cake in pan on a rack 5 minutes and invert onto a serving plate.

Raspberry Coulis

INGREDIENTS

2 (6 ounce) packages fresh raspberries

¼ cup sugar

1 teaspoon fresh lemon juice

2 tablespoons of water

PREPARATION

Place raspberries, sugar, lemon juice and water into a sauce pan on medium low heat. Cook until fruit begins to breakdown and a sauce begins to form. Purée the raspberry mixture and strain through a fine sieve into a bowl to produce a smooth seedless coulis.

Crème Chantilly

INGREDIENTS

1 cup heavy cream

1/2 teaspoon vanilla extract

1 Tablespoon granulated sugar

DIRECTIONS

Put cream, vanilla, and sugar in the bowl of an electric mixer fitted with the whisk attachment and beat until soft peaks begin to form. Cover and refrigerate until serving.

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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. 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 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
Ice	For ice bath
Anchovy Fillet, packed in oil	1
Garlic Clove	4
Kosher Salt	¼ teaspoon
Salt	To taste
Black Pepper	To taste
Eggs	4 Large
Lemon Juice	3 Tablespoons plus 1 teaspoon
Dijon Mustard	¼ teaspoon
Olive Oil	2 Tablespoons
Vegetable Oil	¼ cup
Parmesan Cheese	4 Tablespoons
Country Bread	1 cup
Romaine Lettuce	2 cups
Chicken Breasts	2
Canola Oil	1-2 Tablespoons
Shallot	1 small
Fresh Thyme	1 teaspoon
Fresh Tarragon	1 teaspoon
Parsley	2 teaspoons
Chicken Stock	1 ½ cup plus 6 ounces, extra as needed
Chicken Glace	4 Tablespoons
Unsalted butter	6 Tablespoons plus ½ cup
Onion	¼ cup
Carrot	¼ cup
Red Bell Pepper	¼ cup
Bay Leaf	1
Long Grain White Rice	1 cup
Green Beans	¼ pound
Bittersweet Chocolate	4 ounces
Sugar	1 cup plus 1 Tablespoon
Cocoa Powder	½ cup plus some for sprinkling
Fresh Raspberries	2 (6 ounce) packages
Water	2 Tablespoons
Heavy Cream	1 Cup
Vanilla Extract	½ teaspoon

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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 STAR entries for this event.