

2023-2024 FCCLA State Contest Culinary Arts Recipes & Equipment List

Harvest Salad with Maple Vinaigrette

Sautéed Chicken Breast with Supreme Sauce
Rice Pilaf

Harvest Salad with Maple Vinaigrette

Yield: 2 Servings (¼ C Dressing + 2 Salad Servings)

Vinaigrette:

1 T Maple Syrup
1 T Balsamic Vinegar
2 T Olive Oil
½ t Dijon Mustard
Pinch of Garlic Powder
Salt & Pepper to Taste

1. Combine vinegar, maple syrup, and Dijon in a small bowl.
2. Whisk in olive oil until a temporary emulsion is formed.
3. Season to taste and set aside.

Salad

1 Medium Sweet Potato, Medium Diced
2 T Olive Oil
Salt & Pepper to Taste
3 C Spinach and/or Spring Mix
¼ Red Onion Julienne
¼ C Walnuts
¼ C Maple Vinaigrette (made from above)

1. Heat a small sauté pan over medium-low heat and coat the bottom with olive oil. Add sweet potatoes and season with salt and pepper. Sauté until golden brown on all sides and just tender. Let cool.
2. Toast nuts in a small sauté pan over low heat until golden brown.
3. Clean greens as necessary.
4. Combine greens, sweet potatoes, onions, and walnuts and toss to combine.
5. Dress as appropriate with dressing (made above) and season to taste.
6. Serve on 9" plate. (will do two plates)

Chicken with Supreme Sauce

Yield: 2 Servings

2 Boneless, Skin On Chicken Breast (6-8 oz)
1 T Unsalted Butter
6 Mushrooms, 1/8" sliced
6 oz Chicken Stock, More as Needed
1 T All-Purpose Flour
2 T Heavy Cream
Salt & Pepper, as Needed

1. Sauté chicken breast in a medium-large sauté pan, rendering the skin well.
2. Once chicken has reached 165 internal temperature, remove from pan and let rest.
3. Add butter to the pan and sauté mushrooms until brown and tender.
4. Add flour to make your roux using the singer method (mushrooms do not need to be removed).
5. Add stock and let cook until thickened and flour taste is cooked out.
6. Finish with cream.
7. Season as necessary with salt and pepper and adjust consistency as necessary.
8. Slice chicken and serve with sauce and other components on appropriate plates.

Rice Pilaf

Yield: 1 1/2 C

1/2 C Long Grain Rice
1/2 Yellow Onion, Brunoise
1 C Chicken Stock
Salt and Pepper, As Needed

1. In a 2-quart saucepan, sweat onion in a small amount of oil until tender.
2. Add rice and coat in the fat.
3. Add stock, bring to a boil, stir once.
4. Cover and reduce heat to low for 20 minutes, or until rice is tender and liquid is absorbed.
5. When done, fluff with a fork, season and set aside to plate.

Needed Equipment

2 (2) Burner electric or 4 single burners. May be induction burners but NO butane burners.

Up to 3 Cutting Boards—NFS Approved

Table risers if you choose

Chef's Knife/Knife Kit as Desired with:

- Boning Knife
- Chefs Knife
- Pairing Knife

2 Small Mixing Bowls

Salad Spinner

Up to 3 Medium Mixing Bowl

2- Whisks

1- Metal Spatula

3- Tongs

2- Heat Resistant Rubber Spatula

3-4 Plating Spoons or Preferred Utensils

1- ½ Sheet Pans

Measuring Cups & Spoons

Scale

Peeler

Bench Scraper

3- Small Saute Pans

1-Medium/Large Saute Pan

2-quart (or similar size) Saucepan with Lid

Fork

Bi-Metallic or Instant Read Thermometer

Side Towels

Hot Pad Holders

Food Safety Gloves

Mise En Place Containers- As Desired

Bus tub if needed

2 sanitation buckets

Aluminum foil and plastic wrap if needed

2 heavy duty extension cords

Soap Solution and the sanitizer used in the facility will be provided in spray bottles. Tasting spoons/forks will be provided. No speed racks, hot box, microwave or proofers needed or available. There is a dump station and a garbage disposal. Ice is available to keep things cool in your own containers.