



MISSOURI
STATE ASSOCIATION

2024 Culinary Arts

Creamy Mushroom Soup

Pan-Fried Chicken Breast

Bacon-Braised Cabbage & Potatoes

Updated 11/15/24

Creamy Mushroom Soup

Serving Size: 2 servings

Amount	Ingredient
1 Tbsp.	Unsalted butter
1	Bay leaf
1 ea	Garlic cloves, minced
3 Tbsp.	Finely chopped onion
3 oz	Thinly sliced mushrooms (Cremini or Button recommended)
1½ tsp.	All-purpose flour
½ Cup	Vegetable stock
½ Cup	Whole milk, room temperature
4 ½ tsp.	Heavy cream
1½ tsp.	Chopped parsley
Dash	Ground nutmeg
To taste	Salt and pepper
For garnish	Finely chopped parsley

Method

Sauteing Garlic and Onions

1. In a medium saucepan, melt butter.
2. Add the bay leaf and sauté until fragrant.
3. Add the finely chopped onions and garlic.
4. Sauté, stirring often, on medium-low heat until the onions soften and become translucent.
5. Add the sliced mushrooms and sauté until the mushrooms start to release water.
6. Sauté until all the water dries up and the mushrooms become light golden brown. Remove the bay leaf.
7. Add the flour and saute for 3-4 minutes, stirring often, on low to medium-low heat.
8. Season with pepper.

Making the Mushroom Soup

9. To the vegetable mixture, add the vegetable stock followed by milk.
10. Stir well and season with salt.
11. On low to medium-low heat let the soup come to a gentle simmer and begins to thicken.
12. Continue to simmer for 4-5 minutes until the soup thickens further, stirring occasionally.
13. Then add the cream and chopped parsley.
14. Simmer soup for 1-2 minutes, stirring often.
15. Sprinkle ground nutmeg and stir.
16. Serve the cream of mushroom soup steaming hot and garnished with parsley.

Pan-Fried Chicken Breast

Serving Size: 2 servings

Amount

1 ea
¼ Cup
1
2 T
1 Cup
For frying
To taste

Ingredient

6-8 oz. boneless skinless chicken breast
Flour
Egg
Water
Panko bread crumbs
Vegetable oil
Salt and pepper

Method

1. Cut chicken breast horizontally into two cutlets. Tenderize each piece of chicken out to a uniform thickness – about ¼” – using a meat mallet.
2. Season well with salt and pepper.
3. Prepare standard breading procedure (flour seasoned with salt and pepper, egg wash, and bread crumbs). Bread chicken.
4. Heat up to an ⅛” of oil in a large skillet. Add chicken and pan fry on both sides until golden brown and an internal temperature of 165 degrees Fahrenheit has been reached.

Bacon-Braised Cabbage & Potatoes

Serving Size: 2 servings

Amount	Ingredient
¼ ea	Green cabbage, Julienne
¼ ea	Onion, Julienne
1 ea	Garlic clove, minced
1 ea	Russet potato, peeled and large diced
3 slices	Bacon, ¼" sliced
⅓ Cup	Heavy cream
Vegetable oil, as needed	

Method

1. Render bacon and remove from the sauté pan, leaving fat in the pan.
2. Add potatoes and let cook over medium heat until golden brown and cooked through. Remove from the pan.
3. Add onions and let cook until translucent (if necessary, add oil).
4. Add cabbage and garlic and cook at medium heat till cabbage is tender.
5. Add cream and let reduce until thickened and coating the cabbage.
6. Return the potatoes and bacon to the pan.
7. Season to taste with salt and pepper.

Culinary Arts Equipment List

Available for Use	Not Provided
Latex and non-latex gloves	Medium saucepans
Scale	Knife kit
Tasting spoons and forks	Cutting boards with stabilizers
Ice	Wooden spoons
Assorted plates, bowls, etc. for serving	Rubber spatulas
	Tongs
	Meat mallet
	Large skillets
	Thermometer
	Burners (No quantity requirement)
	Colander and/or strainer
	Fork and/or knife
	Electric mixer with choice attachments
	Potato masher
	Measuring cups
	Measuring spoons
	Assorted deli prep containers
	Assorted mixing bowls
	Whisk
	Breading procedure choice items
	Peeler
	Timer
	Ladle
	Side towels
	Soap solution and sanitizer

All necessary large equipment will be provided. Only items on the list may be brought to the event. The items in the "Available for Use" column will be provided by the host site, but competitors are still permitted to bring their own.