



MISSOURI
STATE ASSOCIATION

2025 - 2026 Culinary Arts

Smokey Black Bean & Roasted Corn Soup

Seared Boneless Pork Chop with Fajita Vegetables
Garlic Butter Rice & Chipotle Lime Crema

Updated 10/1

Smokey Black Bean & Roasted Corn Soup

Yield: 2 servings

Amount	Ingredient
1 cup	Black beans(canned), drained
1/4 cup	Vegetable oil, for sauteing
3/4 cup	Roasted corn, frozen
1/2 cup	Yellow onion, diced
1/2 cup	Green Bell pepper, diced
2 ea	Garlic cloves, minced
1 tbsp	Tomato paste
2 cups	Vegetable broth
1 tsp	Smoked paprika
1/2 tsp	Ground cumin
to taste	Salt & pepper
2 ea	Corn tortillas (4-6 inch)
1/4 cup	Sour cream
1 tbsp	Lime juice
For garnish	Cilantro, chopped

Method:

1. In a medium pot over medium heat, sauté diced onion, bell pepper, and garlic until softened (about 5 minutes).
2. Stir in tomato paste, smoked paprika, cumin, salt, and pepper.
3. Add black beans, corn, and vegetable broth. Simmer for 15–20 minutes.
4. Cut tortillas into thin strips about 1/16 inch.
5. Toast tortilla strips in a small saute pan with oil, then set aside to dry and crisp.
6. Use an immersion blender (or transfer to a blender) to blend until mostly smooth.
7. Mix sour cream and lime juice separately to make lime crema. *If the crema is too thick, you can add water until you reach the desired consistency.*
8. Serve soup in a shallow bowl, drizzle with crema, sprinkle with chopped cilantro, and top with crispy tortilla strips.

Seared Boneless Pork Chop with Fajita Vegetables

Garlic Butter Rice & Chipotle Lime Crema

Yield: 2 servings

Amount	Ingredient
2	Boneless pork loin chop (6 oz each)
To taste	Salt & pepper
1 tbsp	Vegetable oil, for searing
2 tbsp	Butter
2 ea	Garlic Cloves, finely minced
¾ cup	Jasmine Rice
1 cup + 2 tbsp	Chicken stock
½ tsp	Salt
1/2 cup	Red bell pepper, sliced
1/2 cup	Yellow bell pepper, sliced
1/2 cup	Red onion, sliced
1/4 cup	Sour cream
1 tsp	Chipotle powder
1 tbsp	Lime juice
1/2	Avocado, diced
For garnish	Cilantro, chopped

Method:

Pork Chop

1. Season the pork chop with salt and pepper. Set aside to rest at room temperature.
2. In a hot skillet, sear pork chop in oil for 4–5 minutes per side until internal temp hits 145°F. Rest for 5 minutes.

Fajita Vegetables

1. In another pan, sauté sliced peppers and onions until tender and slightly charred.
2. Season to taste.

Rice

1. Melt butter in a saucepan over medium heat.
2. Add garlic and cook for 30-45 seconds, stirring constantly until it smells fragrant
3. Add rice and cook, stirring constantly, for about a minute until grains are evenly coated in butter.
4. Add chicken stock and salt, stirring to combine.
5. Increase the heat to medium-high, bring the liquid to a boil, stir once (scraping rice on the bottom of the pan), immediately cover the pan, and reduce the heat to medium-low so the rice maintains a simmer.
6. Cook for 16 minutes, or until the rice is completely cooked. DO NOT LIFT THE LID.
7. Remove the pan from the heat and allow it to rest for 5 minutes. Fluff and serve.

Crema

6. Mix sour cream, chipotle, and lime juice to create chipotle lime crema.

Plate and serve all items at the proper temperature.

Culinary Arts Equipment List

Available for Use	Not Provided
Latex and non-latex gloves	Saucepan or pot
Paper towels	Wooden spoons
Tasting spoons and forks	Rubber spatulas
Ice	Cutting boards
Serving plates and bowls	Knife kit - Chef Knives
	Sauté pans or skillets
	Spatulas (regular or slotted)
	Tongs
	Ladel
	Immersion Blender or Regular Blender
	Mixing Bowls
	Meat tenderizer/mallet
	Measuring cups (dry and liquid)
	Measuring spoons
	Whisk
	Meat thermometer
	Plates
	Sheet pans
	Cutlery (fork, spoons, etc.)
	Aluminum Foil
	Plastic wrap
	Mise en place containers
	Scale
Cleaning/Sanitizing Supplies	
	Towels
	Sanitizer buckets with soap and sanitizer solution
	Bus tubs

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.