



IDAHO
STATE ASSOCIATION



Culinary Arts
Level 3
District & State
Recipes & Equipment List

Menu

Pan Roasted Chicken Breast with Velouté
Sauteed Green Beans
Risotto

Only the equipment, supplies, and tools listed on the recipes and equipment list may be used by participants. No additional food products, garnishes, or condiments may be used other than what is listed on the official menu.

General Information

The following recipes and equipment list will be used for the Idaho District and State Culinary Arts STAR Events competitions. The rubric found in the 2021-2022 National Competitive Events Guide for the Culinary Arts STAR Event will be used for evaluating the event.

The Culinary Arts STAR Event is an **INDIVIDUAL** event for **Level 3** students who are currently or have been enrolled in the Family and Consumer Sciences Culinary Arts capstone course. Students enrolled in cluster food and nutrition courses are not eligible. (see page 69, 2021-2022 Competitive Events Guide).

As a reminder students will need to have a completed Time Management plan to give to the Room Consultant at equipment check in.

Pan Roasted Chicken Breast with Velouté

Ingredients

2 ea.	Chicken breasts, skin on
To Taste	Salt
To Taste	Black Pepper
2 Tbsp.	Olive Oil
2 Tbsp.	Fresh Thyme Sprigs
1 ½ cups	Chicken Stock
4 Tbsp.	Unsalted Butter
2 Tbsp.	All-purpose Flour

Procedure

1. Heat the oven to 400 degrees.
2. Pat the chicken breasts dry and season generously with salt and pepper.
3. Heat oil in an oven-safe skillet over medium-high heat.
4. Place chicken breasts into hot skillet skin side down. Cook without moving until skin is crisp, approximately 6 minutes.
5. Flip the chicken and then add 2 tablespoons of butter and thyme. Spoon melted butter over the chicken several times.
6. Transfer skillet to the oven. Cook chicken until reaches proper internal temperature.
7. While the chicken is in the oven, warm stock in a small pot.
8. Melt the remaining butter in a small pan. Whisk in flour to form a roux. Cook for two minutes.
9. Whisk in the warm stock and simmer until sauce thickens. Season with salt and pepper.
10. Serve chicken breast and velouté with risotto and green beans.

Risotto

Ingredients

2 cups	Chicken Stock
2 Tbsp.	Unsalted Butter
¼ cup	Onion, diced
1 cup	Arborio or short grain rice
To taste	Salt
To taste	Black Pepper
¼ cup	Parmesan Cheese
2 Tbsp.	Fresh Chives or Parsley

Procedure

1. Warm stock in a small pot.
2. Heat butter in a pot. Sauté onions for 2 minutes.
3. Add rice and toast for 3 minutes.
4. Add 1/4 cup of warm stock to rice and stir until almost completely absorbed.
5. Continue adding broth, 1/4 cup at a time, until the rice is tender.
6. Season with salt and pepper and add Parmesan cheese. Top with chives or parsley.

Sautéed Green Beans

Ingredients

6 oz	Green Beans
1 Tbsp.	Olive Oil
1 clove	Garlic, minced
To Taste	Salt
To Taste	Black Pepper

Procedure

1. Blanche green beans.
2. Heat olive oil in skillet over medium heat.
3. Sauté garlic in oil for 1-2 minutes.
4. Add green beans to pan and sauté for 2-3 minutes.
5. Season with salt and pepper.

Equipment List

- 3 NSF approved cutting boards (no larger than 15 X 20-inches)
- 2 timers
- 1 wire whisk (can be silicone coated)
- Small cheese grater
- 2 heat resistant (silicone) spatula
- 1 metal tong
- 1 instant-read thermometers
- 1 set of dry measuring cups (up to 1 cup)
- 2 liquid measuring cups (2 cup)
- 1 set measuring spoons
- 2 basting spoons
- 1 wooden spoon
- 1 slotted stainless kitchen spoon
- 1 solid stainless kitchen spoon
- 1 slotted turner OR metal spatula
- 2 mixing bowls (approx. 8-inch diameter)
- 2 mixing bowls (12 to 15-inch diameter)
- 1 colander or 6" strainer
- 2 sauté pans with lid (1 oven safe)
- 3 saucepans (2 to 4qt.) with lids
- 1 roll plastic wrap
- 1 roll of foil
- 6 side towels
- 2 potholders OR oven mitts
- 1 roll paper towels
- 1 small sanitizing bucket/pail (max 6 qt.)
- Latex free disposable food handler gloves
- Disposable plastic tasting spoons (10 ea.)
- 1 chef knife
- 1 paring knife

All necessary large equipment and plates for presentation will be provided at the host site. No electrical tools are allowed to be brought to the competition. If breakage occurs, **the participant is responsible for any replacement.**

Please label equipment and equipment box.