



**IDAHO**  
STATE ASSOCIATION



**Culinary Arts**  
**Level 3**  
**District & State**  
**Recipes & Equipment List**

## **Menu**

*Sauteed Chicken Breast with Fines Herbes Sauce*  
*Rice Pilaf*  
*Garlic Green Beans*

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 2022-2023 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 pathway course. Students enrolled in cluster food and nutrition courses are not eligible. (see page 69, 2022-2023 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.

## Sauteed Chicken with Fines Herbes Sauce

### Ingredients

2 ea.	Boneless, skinless chicken breasts
To Taste	Salt
To Taste	Black Pepper
1/2 cup	All-purpose Flour
2 Tbsp.	Vegetable Oil
2 tsp.	Minced shallots
1 cup	Chicken stock, divided
1/4 cup	Heavy Cream
1 tsp.	Finely chopped tarragon
1 tsp.	Finely chopped flat-leaf parsley
1 tsp.	Finely chopped chives
1 tsp.	Finely chopped chervil

### Procedure

1. Season the chicken breasts with salt and pepper and dredge in the flour, shaking off any excess.
2. Heat the oil in a large sauté pan over medium-high heat. Add the chicken breasts and sauté on the first side until light golden. Turn the chicken over and continue to sauté until opaque and cooked through. Transfer to plate and cover loosely with aluminum foil to keep warm while preparing the sauce.
3. Add the shallots to pan and sauté until translucent, 1 to 2 minutes.
4. Add half of the chicken stock and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Continue cooking over medium-high heat until the liquid has nearly cooked away. Add the remaining broth, bring to a simmer, then add the cream and simmer until the mixture is flavorful and has reduced to a sauce-like consistency, about 5 minutes.
5. In a small bowl, combine the tarragon, parsley, chives, and chervil (the fines herbes). Add them to the sauce, and season with salt and pepper. Pour the sauce over the chicken and serve immediately.

## Rice Pilaf

### Ingredients

2 Tbsp.	Extra Virgin Olive Oil
1 cup	Long grain rice
1/2	Small diced yellow onion
1	Stalk celery small diced
2 cup	Chicken Stock
To taste	Salt
1/4 cup	Chopped Flat-leaf Parsley

### Procedure

1. In a medium saucepan over medium high heat, add oil. When the oil is hot rice and stir to coat. Brown the rice slightly.
2. Add onion and celery. Sautee until softened.
3. Add chicken stock and salt to season. Bring to a boil, then reduce to a simmer. Cover and cook for approximately 20 minutes, or until the stock has been absorbed. Remove from heat and let stand for a few minutes.
4. Remove cover, fluff with a fork, stir in chopped parsley and serve.

## Garlic Green Beans

### Ingredients

1/4 cup	Water
1/2 lb	Green Beans, ends trimmed
1 tsp	Salt; to taste, divided
1/2 Tbsp.	Olive oil
1 Tbsp.	Unsalted Butter
2	Garlic Cloves, minced
To taste	Black pepper
1/2-1 Tbsp.	Fresh squeezed lemon juice

### Procedure

1. Heat a medium sauté pan over medium-high heat. Add water and beans to the pan with about half of the salt. Bring to a boil for 3 minutes.
2. Drain beans and set aside.
3. Heat oil and butter together in the same pan. When butter has melted, add the garlic sauté until fragrant. Add the green beans, and toss to coat in the oil/butter mixture.
4. Take off of heat, season with salt and pepper. Squeeze lemon juice, mix through and serve.

## 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.