



# **IDAHO**

## **STATE ASSOCIATION**

### **2026 District/State Leadership Conference**

### **Culinary Arts Menu**

Tossed Greek Salad

Green Beans/Orzo Pilaf

Chicken Piccata

## Tossed Greek Salad

**Culinary Skill Component:** Demonstrate a proper vinaigrette, knife skills, salad composition.

**2 Servings**

### Amount

#### *Vinaigrette*

¼ cup

3 tbsp

1

½ tsp

¼ tsp

¼ tsp

¼ tsp

### Ingredient

Olive oil

Red wine vinegar

Garlic clove, minced

Dried oregano

Dijon mustard

Kosher salt

Ground black pepper

#### *Salad*

½

½

1 cup

2 ounces

2 tbsp

2 tbsp

1 tbsp

English cucumber, diced ¼-inch thick

Bell pepper, sliced into ¼-inch strips

Cherry tomatoes, quartered

Feta cheese

Red onion, thinly sliced

Kalamata olives

Fresh mint leaves

### Method:

1. Mise en place equipment and ingredients.
2. In a small bowl, combine oil, vinegar, garlic, oregano, mustard, salt, and black pepper. Reserve.
3. Combine the remaining ingredients in a bowl.
4. Drizzle with the dressing and toss.
5. Season to taste and serve.

## Green Beans /Orzo Pilaf

**Culinary Skill Component:** Demonstrate the proper cooking method for vegetables.

**2 Servings**

### Amount

#### *Green Beans*

1 tbsp

½ pound

#### *Sauce*

2 tbsp

1

1 tbsp

½ tsp

½ tsp

#### *Orzo*

2 tbsp

2

½ cup

1

1 cup

¼ tsp

¼ tsp

1 tbsp

### Ingredient

Kosher salt

Fresh green beans trimmed

Unsalted butter

Garlic clove, minced

Fresh lemon juice

Kosher salt

Ground black pepper

Unsalted butter

Green onion stalks, thinly sliced

Orzo

Lemon

Chicken stock

Kosher salt

Ground black pepper

Fresh dill

#### Green Bean Method:

1. Mise en place ingredients and equipment
2. Bring a large pot of water to boil. Add Kosher salt and green beans and cook until slightly tender. Drain into a bowl of ice water to stop the cooking process. Drain when chilled.
3. In a large skillet, add the minced garlic and cook. Add the blanched green beans, lemon juice, salt, and pepper. Cook until the beans are heated through.

#### Orzo Method:

1. Mise en place equipment and ingredients.
2. Remove the zest from the lemon and reserve. Juice the lemon and reserve
3. Preheat a small pot. Add the green onions and sauté in butter until softened.
4. Add the orzo and the lemon zest and stir. Cook until orzo is slightly toasted.
5. Add chicken stock, kosher salt, and black pepper.
6. Cover and simmer until all liquid is absorbed, stirring occasionally.
7. Remove from heat and add the lemon juice, dill, and butter. Season to taste and serve.

\*\*\* SPECIAL NOTE: Quinoa and Medley are cooked separately and plated normally. This is combined only for rubric and certification purposes.

## Chicken Piccata

**Culinary Skill Component:** Demonstrate a proper trim of protein and proper saute method.

**2 Servings**

### Amount

#### *Chicken*

2- 5 oz (w)

½ cup

1 tsp

1 tsp

2 oz

### Ingredient

Chicken breasts, boneless and skin removed

All purpose flour

Kosher salt

Ground black pepper

Olive oil

#### *Sauce*

1

1/2

1

½ cup

2 tbsp

1 tbsp

1 tbsp

Large lemon

Shallot, minced finely

Garlic clove, minced

Chicken stock

Unsalted butter, cut into 4 pieces

Capers, drained and rinsed

Fresh parsley, cleaned and minced

#### Method:

1. Mise en place ingredients and equipment
2. Place chicken between sheets of plastic wrap and gently pound to even ½-inch thickness.
3. Place flour into shallow dish and mix in the salt and pepper.
4. Cut lemon in half. Juice one half of lemon and reserve liquid. Slice the other half of lemon into thin slices (remove seeds) and reserve.
5. Working with 1 chicken breast at a time, dredge in flour, and shake to remove excess.
6. Heat 2 tablespoons oil in sauté pan over medium-high heat.
7. Place chicken in pan and cook until golden brown on 1 side. Flip and cook until golden brown on second side. Remove chicken and hold.
8. Add the remaining oil and shallot to skillet and cook until softened. Add garlic and cook until fragrant.
9. Add the chicken stock, reserved lemon juice, and reserved lemon slices and bring to simmer, scraping up any fond.
10. Add cutlets to sauce and simmer until cooked, flipping halfway through simmering. Transfers to serving plate.
11. Sauce should be thickened to consistency of heavy cream. Remove from heat and slowly whisk in butter.
12. Add capers and parsley. Season with salt and pepper to taste. Ladle sauce over chicken.