



2027 District/State Leadership Conference Culinary Arts Menu

Caesar Salad

Glazed Carrots/Garlic Mashed Potatoes

Steak with Mushroom Sauce

The Culinary Arts STAR Event is an individual competition for Level 3 students. Prior or current enrollment in a Culinary Arts pathway program is strongly recommended.

Each chapter may enter up to two students in this event at the district level. However, districts reserve the right to limit participation to one student per chapter if space is limited.

The top two district competitors qualify for state, assuming they earn a minimum score of 60%. Should any district have fewer than two qualified competitors, the remaining state slots will be filled by the next highest-scoring students across all districts.

Caesar Salad

Culinary Skill Component: Demonstrate proper crouton preparation, knife skills, and salad composition.

Yield: 2 servings

Amount

Croutons

3 tbsp.

1

1 Slice

1/4 tsp.

1/4 tsp.

Ingredient

Olive oil

Garlic clove, minced

Texas Toast (day old)

Kosher salt

Ground black pepper

Salad

1

1/2

2 tbsp.

1

1 tsp.

3

1 tsp.

1/4 cup

1/4 cup

1/4 tsp.

1/4 tsp.

Romaine heart (approx. 4 oz)

Lemon

Buttermilk

Garlic clove, minced

Dijon mustard

Anchovy fillets, minced

Worcestershire sauce

Olive oil

Parmesan cheese, grated

Kosher salt

Ground black pepper

Method:

Croutons:

1. Mise en place all ingredients and equipment.
2. Combine the olive oil and garlic clove. Brush the mixture evenly over the toast.
3. In a sauté pan over medium heat, cook the toast until golden brown on each side, approximately 2–3 minutes per side.
4. Remove the toast from the pan and allow to cool slightly.
5. Cut the toast into small dice and set aside.

Salad:

6. Mise en place all ingredients and equipment.
7. Cut the romaine heart into serving-size pieces.
8. In a bowl, combine the lemon juice, buttermilk, garlic, mustard, anchovy, half of the parmesan cheese, and Worcestershire sauce.
9. Slowly whisk in the olive oil to form an emulsion.
10. Season to taste with salt and pepper.

To Serve:

11. Combine the romaine with the prepared dressing.
12. Garnish with croutons and remaining parmesan cheese.
13. Serve immediately.

Glazed Carrots/Garlic Mashed Potatoes

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

Yield: 2 Servings

Amount

Ingredient

Glazed Carrots

1/2 pound

Carrots, peeled and oblique cut

1/2 cup

Chicken stock

1 1/2 tbsp.

Sugar

1/2

Lemon

1 tbsp.

Butter

1/2 tsp.

Kosher salt

1/2 tsp.

Ground black pepper

Garlic Mashed Potatoes:

3/4 pound

Yukon potatoes, diced

1/3 cup

Half and half cream

4 tbsp.

Butter

2

Garlic cloves, minced

1/4 tsp.

Kosher salt

1/4 tsp.

Ground black pepper

Carrot Method:

1. Mise en place equipment and ingredients.
2. Place carrots, stock, and 1/2 the sugar into a skillet. Cover and simmer until carrots are tender (5-7 minutes).
3. Uncover, increase heat, and reduce liquid until pan is almost dry.
4. Add butter and remaining sugar and toss to glaze carrots and they are lightly golden.
5. Remove from the pan, spritz with lemon juice, and season with salt and pepper.

Mashed Potato Method:

1. Mise en place equipment and ingredients.
2. Using a small pot, melt the butter and garlic cloves together until fragrant (do not toast the garlic). Remove from heat and set aside.
3. Place the potatoes in salted water in a saucepot. Bring to a boil, reduce to a simmer, and cook until potatoes are tender (approximately 15 minutes).
4. Drain potatoes and place them back in the pot. Mash the potatoes until they are almost smooth.
5. Add the butter/garlic mixture and the cream and mix gently to combine.
6. Season with salt and pepper.

*** SPECIAL NOTE: Carrots and Mashed Potatoes are cooked separately and plated normally. This is combined only for rubric and certification purposes.

Steak with Mushroom Sauce

Culinary Skill Component: Demonstrate proper cooking of protein and sauce preparation techniques.

Yield: 2 Servings

Amount

Steak

2 6 oz, 3/4 inch

1 tbsp.

1 tsp.

1 tsp.

Ingredient

Sirloin Steaks

Olive oil

Kosher salt

Ground black pepper

Mushroom Sauce

1 tbsp.

2 tbsp.

1/2 pound

3

1

1 oz.

1 tbsp.

1/4 cup

Olive oil

Butter

White button mushrooms, sliced

Thyme sprigs

Garlic clove, minced

Chicken stock

Worcestershire sauce

Half and half cream

Steak:

1. Mise en place ingredients and equipment.
2. Season the steaks with salt and pepper.
3. Heat the sauté pan and cook the steaks until medium doneness (3-4 minutes per side).
4. Remove from heat and keep warm.

Mushrooms:

1. Mise en place ingredients and equipment
2. Using the same sauté pan as the steak, preheat the pan.
3. Add 1/2 of the butter and oil. Add 1/2 the mushrooms and sauté until the edges start to brown (5 minutes).
4. Add the remaining butter, oil, mushrooms, and thyme sprigs and sauté until the edges are golden brown.
5. Add the garlic and cook for 30 seconds.
6. Add the chicken stock and Worcestershire and sauté until combined.
7. Remove the thyme, add the cream, and reduce until it thickens.
8. Serve with the steak.

Equipment List

Colander	Knife Set
Cutting Board	Pastry Brush
Gloves	Potato Masher
Measuring Cups	Timer
Measuring Spoons	Thermometer
Saute Pan	Serving Plates
Sauce Pot	Tongs
Spatulas	Vegetable Peeler
Wooden Spoon	

- Competitors may only use the equipment listed above during the competition.
- Because host sites vary, each District host site will determine which items it will provide.
- The State Leadership Conference equipment list, detailing what the host site will provide, will be posted by **February 1st**.