



IDAHO
STATE ASSOCIATION



Culinary Arts
Level 3
District & State
Recipes & Equipment List

Menu

Garden Salad with Vinaigrette Dressing *Sauteed Breast of Chicken in Mustard Cream Sauce* *Rice Pilaf*

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 2023-2024 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 and Level 4** - recognizes participants for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must prepare menu items given to them at the time of the event and present prepared items to evaluators. (see page 105, 2023-2024 Competitive Events Guide).

Notices

Please be advised that the following recipes are required components for the competition. The FCCLA Culinary STAR Event is an individual event that aligns with the ACF Culinary Fundamentals Cook (CFC) Certification. Learn more about ACF Certification on the FCCLA Website. All competitors are responsible to review the National STAR Event Guidelines located in the FCCLA Portal to ensure they understand the specifications and rubrics.

Garden Salad with Vinaigrette Dressing

Culinary Skill Component: Demonstrate a proper vinaigrette.

2 Servings

Vinaigrette

<i>Amount</i>	<i>Ingredient</i>
4 Tbs.	Olive Oil
2 Tbs.	Red Wine Vinegar
½ tsp.	Minced Garlic
To Taste	Salt and Pepper

Salad

<i>Amount</i>	<i>Ingredient</i>
1 Cup	Romaine and/or Summer Lettuces, bite sized pieces
½ Cup	Roma Tomatoes, medium diced
½ Cup	Cucumber, sliced
½ Cup	Carrot, julienned
½ Cup	Red Bell Pepper, medium diced
To Taste	Optional, Cheese and Fresh or Dried Herbs

Method:

1. Create the vinaigrette and add salt and pepper to taste.
2. Toss salad ingredients with vinaigrette.
3. Arrange salad and serve immediately.

Sautéed Breast of Chicken in Mustard Cream Sauce

Culinary Skill Component: Demonstrate proper sauté using a protein.

2 Servings

<i>Amount</i>	<i>Ingredient</i>
2 – four ounces each	Skinless and boneless chicken breast
As needed	All-purpose flour
2 ounces	Vegetable Oil
¼ Cup	Chicken Broth
½ Cup	Heavy Cream
2 Tbs.	Dijon Mustard
1 tsp.	Dried Tarragon
As needed	Salt and Pepper

Method

1. Preheat a sauté pan on medium heat on top of the range.
2. Season the chicken breast and dredge in flour. Shake off excess chicken.
3. Add approximately 1 – 2 ounces of oil or clarified butter and allow it to heat until it simmers.
4. Sauté the chicken breast on each side until golden brown.
5. Remove from the sauté pan and keep warm.
6. Pour off the excess fat from the pan and return the pan to the range.
7. Pour chicken broth into hot skillet; cook, stirring until reduced by half, about 1 minute. Whisk in cream, mustard, and tarragon. Cook, whisking, until thickened, about 2 minutes.
8. Return the chicken breast to sauce and heat thoroughly. Adjust seasoning with salt and pepper.

Rice Pilaf

Culinary Skill Component: Demonstrate a proper cooking method to prepare a rice or grain.
2 Servings

<i>Amount</i>	<i>Ingredient</i>
1-2 tsp.	Extra virgin olive oil
1 Cup	Long-grain white rice
½	Small diced yellow onion
2 Cups	Chicken Stock
To taste	Salt
¼ Cup	Chopped, flat leaf parsley

Method

1. In a medium saucepan over medium-high heat, add oil. When the oil is hot, add rice and stir to coat. Brown the rice slightly.
2. Add onion. 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.

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.)
- Disposable Mise en place containers (max. 10)
- 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.