



# IDAHO

## STATE ASSOCIATION

### **2025 District/State Leadership Conference Culinary Arts Menu**

Composed Salad with Emulsified Vinaigrette Garlic Butter

Quinoa/ Vegetable Medley Seared Pork Tenderloin

Medallions with Mushroom Sauce

## Composed Salad with Emulsified Vinaigrette

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

**2 Servings**

### **Amount**

#### *Vinaigrette*

6 Tbsp.  
2 Tbsp.  
½ tsp.  
1 Tbsp.  
½ tsp.  
To Taste

### **Ingredient**

Canola Oil  
White Wine Vinegar  
Minced Garlic  
Dijon Mustard  
Minced Fresh Herbs  
Salt and Pepper

#### *Salad*

1 Cup  
½ Cup  
½ Cup  
½ Cup  
½ Cup  
To Taste

Romaine and/or Summer Lettuces, bite sized pieces  
Cherry Tomatoes, halved  
Mini Cucumber, peeled, oblique cut  
Red Bell Pepper, small dice cut  
White Onion, small dice cut  
Optional, Cheese and Fresh or Dried Herbs

### **Method:**

1. Combine vinegar, garlic, herbs and Dijon mustard. Intergrate oil and emulsify the vinaigrette. Add salt and pepper to taste.
2. Toss salad ingredients with vinaigrette.
3. Compose salad and serve immediately.

## Garlic Butter Quinoa/ Vegetable Medley

**Culinary Skill Component:** Demonstrate the proper cooking method for grain and vegetable.  
**2 Servings**

Amount	Ingredient
1 Cup	Vegetable Stock
½ Cup	Quinoa
1 tsp.	Minced Fresh Herbs
To Taste	Salt and Pepper
2 Tbsp.	Canola Oil
1 clove	Minced Garlic
1 small	Zucchini, Battonet
½ small	White Onion, Battonet
½ small	Red Bell Pepper, Battonet
1 Tbsp	Minced Fresh Herbs
1 Tbsp.	Full Fat, European Butter
To Taste	Salt and Pepper

### Quinoa Method:

1. Pour stock into sauce pan and add quinoa. Stir to combine. Turn the heat to a medium-high and allow to come to a boil.
2. Place cover on the sauce pan, reduce heat to a simmer, and allow quinoa to cook for 15 minutes.
3. Turn off heat, add herbs, fluff, season with salt and pepper. Let sit for 5 minutes before serving.

### Vegetable Method:

1. Add oil to sauté pan at medium heat. Add garlic to oil, followed by vegetables. Sauté until desired doneness is reached.
2. Turn off heat, add herbs, butter, salt and pepper to taste, and hold warm off the burner until serving.

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

## Seared Pork Tenderloin Medallions with Mushroom Sauce

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

**2 Servings**

<b>Amount</b>	<b>Ingredient</b>
<i>Medallions</i>	
½ lb.	Pork Tenderloin, fabricate to 6 medallions
2 Tbsp.	Canola Oil
½ Cup	All Purpose Flour
To Taste	Salt and Pepper, on protein and in dredge
<i>Mushroom Sauce</i>	
1 Cup	Plain Chicken Stock
½ Cup	Button Mushrooms, Sliced
2 tsp.	Minced Garlic
2 tsp.	Minced Fresh Herbs
3 Tbsp.	Full fat, European Butter, Salted
To Taste	Salt and Pepper

### Method:

1. Fabricate protein portion to medallions. Combine flour, salt, pepper to taste for dredge. Season medallions. Dredge medallions. Add oil to pan at medium high heat. Shake off excess dredge and sear medallions. Careful not to get pan too hot and scorch the fond in the pan. Remove medallions when seared on both sides and hold warm for step 3.
2. Pour off excess oil, careful to reserve as much fond as possible. Deglaze pan with broth. Add garlic, mushrooms, and fresh herbs and reduce by half. Add butter, one Tbsp. at a time, until the sauce is thickened and glossy.
3. Add medallions back to sauce to allow them to retherm, coat with sauce, serve as final component of the entrée.



The following equipment list is for State Leadership Conference. Please discuss with your district adviser the supplies that you will need to bring for the district competition.

### Equipment List for Culinary Arts at SLC

Available for Use		Not Provided
2 Mixing Bowls		Thermometer
Cutting Boards		Knife Kit
Tongs		Timer
Rubber Spatulas		Peelers
Wooden Spoons		Assorted Deli Prep Containers
Whisks		Disposable Foodservice Gloves
Small/ Medium Sauce Pots		Side Towel
Medium Skillet		Tasting Spoons
Bench Scraper		Additional Mixing Bowls if needed
Salad Bowl		
Dinner Plate		
Measuring Spoons		
Sanitizer Bucket		

#### General Information

- All necessary large equipment will be provided. Only items on the list may be brought to the event. The items in the “Available for Use” column will be provided by the host site, but competitors are still permitted to bring their own.
- Latex and non-latex gloves will be available on site.