



CALIFORNIA
STATE ASSOCIATION

FCCLA Culinary Arts Recipes 2024 Regional Competition

Menu

Curry Chicken Thighs
Rice Pilaf with Almonds and Lemon
Carrot Cilantro Salad

Curry Chicken Thighs

Yield: 2 servings

Ingredients

2 tbsp. vegetable oil
1 tbsp. butter
4 (3 oz.) chicken thighs, bone-in and skin on
Salt and pepper, to taste
1 c. onion, small dice
1 tbsp. curry powder
½ tsp. cayenne
½ tsp. cinnamon
1 tsp. cumin
1 ½ c. low sodium chicken broth
¼ c. full fat coconut milk

Directions

1. Heat oil in a large skillet over medium heat and stir in butter to melt.
2. Season chicken thighs with salt and pepper. Cook thighs skin side down until golden brown. Flip chicken and continue to cook until golden brown. Remove chicken to a plate.
3. Turn heat back to medium and add onions and cook until tender, while scraping the fond off the bottom of the pan.
4. Stir in curry, cayenne, cinnamon and cumin and cook until aromas are released. Add chicken broth and bring to a simmer.
5. Place chicken thighs back into skillet and cover and simmer for 15 minutes to cook chicken.
6. Stir in coconut milk. Season to taste.

Carrot Cilantro Salad

Yield: 2 servings

Ingredients

½ of a lime, zest and juice

1 tsp. sesame oil

1 tsp. soy sauce

¼ tsp. cumin

1 large carrot, julienne

1 shallot, diced

2 Tbsp of cilantro, rough chopped

salt and black pepper, to taste

1 tsp. sesame seeds

Directions

1. Whisk together the lime, sesame oil, soy sauce and cumin in a large bowl.
2. Add carrots, shallot and cilantro and toss well.
3. Top with sesame seeds.

Rice Pilaf With Toasted Almonds and Lemon

Yield: 3 servings

Ingredients

1/3 c. slivered almonds
1 tbsp. butter
1/2 white onion, small dice
1 garlic clove, thinly sliced
1 c. jasmine rice
1 bay leaf
1 1/2 c. low sodium chicken broth
3 (1-inch) pieces fresh lemon peel, juice of lemon reserved
Salt, to taste

Directions

1. In a dry medium saucepan over medium-low heat, place almonds and cook until toasted. Make sure to constantly stir so the nuts do not burn. Set aside.
2. Melt the butter in the saucepan, then add the onion and garlic and cook until soft and translucent over medium heat (approximately 5-6 minutes).
3. Add the rice and stir to coat in the butter and toast rice for about 3 minutes until slightly golden brown. Add the bay leaf, broth and lemon peel.
4. Allow the rice to come to a boil then cover and lower the heat. Allow to cook gently until the broth has been absorbed (approximately 10-15 minutes) then remove from the heat and allow to steam for 10 minutes.
5. Stir in the lemon juice, almonds and season to taste and serve.

Ingredient List

2 T. Vegetable oil
2 T. Unsalted butter
1 T. Curry powder
½ t. Cayenne pepper
½ t. Cinnamon
1 ¼ t. Cumin, ground
1 Bay leaf
3 c. Low-sodium chicken broth
¼ c. Full-fat coconut milk
1 t. Sesame oil
1 t. Soy sauce
1 t. Sesame seeds, white
1 c. Jasmine rice
1/3 c. Slivered Almonds
Salt
Black Pepper
4- 3oz. Chicken thighs, bone-in, skin-on
1 ½ White onion
½ Lime
1 large Carrot
1 Shallot
1 oz. Cilantro
1 Garlic clove
3 (1-inch) pieces fresh lemon peel, juice of lemon reserved

Partial Equipment List

Medium saucepan with lid
2 Mixing spoons
Medium mixing bowl
Peeler
Zester
2 Cutting boards
Dry measuring cups
Liquid measuring cups
Measuring spoons
Oven mitt
Chef's Knife
Whisk
Large skillet with lid
Can opener
Tongs
Resting plate
2 plates for finished dishes
Waste container
Latex or Food safe gloves