



CALIFORNIA FCCLA

Competitive Recognition Events

Culinary Arts STAR Events

State Finals Competition Menu and Recipes

MENU

Wilted Spinach Salad with Warm Bacon Vinaigrette

Italian Style Chicken

Risotto

Wilted Spinach Salad with Warm Bacon Vinaigrette

2 Servings

Amount	Ingredient
2 slices	Bacon
1 Tablespoon	Shallot, minced (or onion)
1 teaspoon	Garlic, minced
1 teaspoon	Dijon mustard
1 Tablespoon	Brown sugar
2 Tablespoons	Apple cider or red wine vinegar
2 Tablespoons	Olive oil
To taste	Salt and pepper
4 each	Button mushroom, sliced
3 Tablespoons	Red onion, fine julienne
2 cups	Spinach, loosely packed, washed, stems removed

Procedure:

1. In sauté pan, cook bacon until crispy. Remove from pan reserving fat. Crumble and hold.
2. In bacon fat over medium-low heat, cook shallot and garlic until softened.
3. Whisk in Dijon, brown sugar, and vinegar. Heat, stirring until combined.
4. Whisk in oil. Remove from pan and hold, leaving 1 Tablespoon in pan.
5. Add mushrooms and slightly cook. Remove from pan and hold.
6. Destem spinach . Place in a bowl.
7. Reheat vinaigrette and toss with spinach to wilt.
8. Remove spinach to serving plate and arrange onion, mushroom, and bacon.
9. Serve at room temperature.

Italian Style Chicken

2 Servings

Amount	Ingredient
2 each	Chicken thighs with skin on and bone-in
To Taste	Salt and white pepper
2 Tablespoons	All-purpose flour
3 Tablespoons	Olive oil
1 Tablespoon	Onion, julienne
3 Tablespoons	Mushrooms, sliced
½ teaspoon	Fresh garlic, chopped
2 teaspoons	Lemon juice
10 ounces	Chicken stock
1 Tablespoon	Tomato, diced
1 teaspoon	Fresh parsley, chopped
½ teaspoon	Fresh oregano, chopped
½ ounce	Cold whole butter
¼ teaspoon	Lemon zest, finely minced

Procedure:

1. Season chicken with salt and white pepper, dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken thigh in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken browns too quickly.
3. Once skin side is golden brown, turn the thighs over and brown bone side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built.
5. Add onions and mushrooms, sauté until the vegetables just begin to soften (1–2 minutes).
6. Add garlic and cook briefly without browning, deglaze with Lemon Juice and cook until Lemon Juice is completely reduced.
7. Ensure that there is 1 Tablespoon of oil left in pan (add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a white roux.
8. Whisk in chicken stock to make the pan gravy, turn heat down and simmer gently.
9. Return the chicken thighs to the pan, skin side up, do not let the golden brown skin side of the thigh touch the sauce, simmer gently until the thighs reach an internal temperature of 155 degrees.
10. Add the diced tomato to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 155 degrees internal temp for at least 3 minutes for food safety.
11. Carefully push the thighs to one side of the pan and stir in the parsley and oregano without getting any sauce on the thighs. Turn off the heat and stir in cold whole butter and lemon zest.
12. Spoon 2 Tablespoons of sauce on plate, arrange chicken thigh on sauce, and spoon 1 Tablespoon of sauce on lower third of thigh.

Risotto

2 Servings

Amount	Ingredient
1 ½ Tablespoons	Olive oil
2 Tablespoons	Onion, brunoise
½ cup	Aborio rice
2 teaspoons	White wine vinegar
14 ounces	Chicken stock seasoned
2 Tablespoons	Parmesan or Romano cheese, grated
1 teaspoon	Fresh parsley, chopped
2 Tablespoons	Whole butter, cold
To Taste	Salt and pepper

Procedure:

1. Heat olive oil in pan and add onions to sweat until translucent.
2. Add rice and stir to coat with fat, cook for two minutes while stirring rice.
3. Add white wine vinegar and cook until vinegar is completely reduced.
4. Add 6 ounces of chicken stock and simmer gently while stirring rice.
5. Simmer until rice has absorbed 70%–80% of stock, stir frequently while cooking.
6. Add 2 more ounces of stock and continue to stir frequently while cooking, being careful not to let the rice scorch or stick to bottom of pan.
7. Remove pan from heat and allow to rest until 8–10 minutes prior to service.
8. Return pan to heat and stir in remaining stock and stir until rice is al dente and hot.
9. Remove from heat and stir in cheese, then parsley, then cold whole butter.
10. Taste and adjust seasoning.

**California FCCLA
Students Taking Action With Recognition (STAR)
Culinary Arts Event**

PARTIAL EQUIPMENT LIST FOR RECIPES TO BE PREPARED

Participants are required to bring the following partial list of equipment in addition to other equipment, tools/utensils, and serving pieces needed to prepare and serve the recipes. Required equipment, tools/utensils, serving pieces, materials and supplies:

- _____ a. small containers for carrying measured ingredients
- _____ b. trays for collecting and carrying ingredients
- _____ c. spoons for tasting
- _____ d. measuring cups and measuring spoons
- _____ e. 2 dinner plates
- _____ f. 2 salad plates
- _____ g. liquid measuring cup
- _____ h. 3 dinner forks (for Evaluators to taste)
- _____ i. Kleenex pail or sanitizing pail with cleaning cloths
- _____ j. (1) instant read thermometer
- _____ k. side towels
- _____ l. pot holders
- _____ m. paper towels
- _____ n. clear bowl or clear container for food waste
- _____ o. gloves
- _____ p. kitchen scale
- _____ q. 2 sauté pans
- _____ r. whisk
- _____ s. tongs
- _____ t. paring knife
- _____ u. zester or grater
- _____ v. mixing spoon
- _____ w. saucepan
- _____ x. cutting boards
- _____ y. knives

Please note the following:

1. Any necessary large equipment such as cook tops, ovens, and refrigerators will be provided.
2. Participants are to identify and bring additional equipment, utensils, tools, and supplies needed to prepare the identified recipes.
3. All items brought by competitors should be labeled with the name of the participant and/or chapter or school.

4. Participants must assume responsibility for the safety of their equipment.
5. All food will be provided at the event site.
6. Quat Ammonia will be provided at the event site and during orientation the Room Consultant will provide instructions for its use.

**California FCCLA
Competitive Recognition Events
Culinary Arts Event
State Finals Competition
Market Order/ Mise en place for each competitor**

Ingredient	Amount per team
Fresh Garlic	1 ½ teaspoons
Fresh Parsley	2 teaspoons
Fresh Oregano	½ teaspoon
Button Mushrooms	4 each
Mushrooms	3 Tablespoons
Shallot	1 Tablespoon
Red Onion	¼ cup
Onion	3 Tablespoons
Spinach	2 cups
Lemon Zest	¼ teaspoon
Salt and Pepper	To Taste
Dijon Mustard	1 teaspoon
Brown Sugar	1 Tablespoon
All-Purpose Flour	2 Tablespoons
Salt and white pepper	To Taste
Apple Cider or Red Wine Vinegar	2 Tablespoons
White Wine Vinegar	2 teaspoons
Olive Oil	6 ½ Tablespoons
Lemon Juice	2 teaspoons
Lemon Zest finely minced	¼ tsp.
Chicken Stock	24 ounces
Whole Butter	3 Tablespoons
Aborio Rice	½ cup
Parmesan or Romano Cheese	2 Tablespoons
Bacon	2 slices
Chicken thighs(w/Skin & Bone)	2 each
Tomato	1 Tablespoon
Dishwashing Liquid	
Hand Soap	