



CALIFORNIA FCCLA

FCCLA Culinary Arts Recipes 2024-2025 Region Competition

Menu

Split Chicken Breast w/ Supreme Sauce
Mashed Parsnips and Potatoes
Sauteed Green Beans

Split Chicken Breast w/Supreme Sauce

Yield: 2 servings

Ingredients

1 split chicken breast, boned and butterflied
2 tbsp. extra virgin olive oil
To Taste, kosher salt and freshly ground black pepper
.5 oz Butter
2 tbsp. Shallots, diced
.5 oz Flour
1 c. Chicken Stock
1/2 Bay leaf
Pinch Dried Thyme
Pinch Peppercorns
1 ea. Parsley stem
1/4 c. Heavy Cream
.5 oz Butter
To Taste, Lemon Juice
To Taste, Salt to taste
To Taste, White Pepper

Directions

1. Remove ribs and butterfly chicken breast.
2. Heat a skillet over medium heat, add olive oil, then add the debone split chicken breasts. Brown each side for 2-3 minutes or until desired temperature is reached. Remove on landing plate and rest.
3. Peel and dice shallots.
4. In a skillet, heat butter over medium heat and sauté shallots until translucent.
5. and whisk in flour to form a blond roux, about 2 minutes.
6. Let the roux cool down, then gradually add the chicken stock whisking constantly to remove any lumps.
7. Bring the pan to a boil, then lower the heat to a simmer and add in the herbs and spices to form the veloute sauce. Let it simmer for 15-20 minutes until reduced by half.
8. Temper the heavy cream slightly by adding a spoon of sauce into the heavy cream and stir, then gradually add the cream to the saucepan. Bring to a slight simmer and cook down until desired consistency is reached.
9. Turn the heat off and stir in butter, lemon juice, salt, and white pepper.
10. Strain the sauce through a mesh strainer.

11. Place chicken on a plate with the finished sauce and serve.

Mashed Parsnips and Potatoes

Yield: 2 servings

Ingredients

1/2 pound Yukon gold potatoes

1/4 pound parsnips

Kosher salt and white pepper

¼ C. heavy cream

1 Tbsp. butter

1 tsp. chopped chives

Directions

1. Peel and cut the potatoes and parsnips into even sized pieces (potatoes: large dice; parsnips: small dice). Put into a sauce pot, cover with cold water, and add a large pinch of salt.
2. Bring to a boil and simmer until the vegetables are fork tender, about 20 to 30 minutes. When the vegetables are done, strain and set aside.
3. In the pot gently heat the cream and butter over low heat.
4. While the potatoes and parsnips are still warm, press them through a potato ricer or food mill into a bowl.
5. Add the warm cream mixture a little at a time and beat with a wooden spoon until the potatoes are fluffy.
6. Season with salt and pepper and garnish with chives. Serve immediately.

Sauteed Green Beans

Yield: 2-4 servings

Ingredients:

- 2 cup water
- ½ pound green beans
- 1 ½ Tbsp. butter
- 2 Tbsp. shallot
- ¼ tsp. Kosher salt, or to taste
- ¼ tsp. freshly ground pepper, or to taste
- 1 tsp. lemon juice

Directions:

1. Place water in saucepan and bring to a boil.
2. Trim green beans.
3. Once the water boils, place green beans in water and boil for 2 minutes and cook until barely tender, but still crisp.
4. Submerge blanched green beans into ice water to stop the cooking process. Then drain and set aside until ready to plate.
5. Peel and dice shallots.
6. When ready to plate, add butter to the skillet over medium heat. Once melted add the shallots and sauté for 1 minute.
7. Add the beans and toss to combine. Season with salt and pepper and a squeeze of fresh lemon juice.

Partial Equipment List

2 cutting boards
2 chef knives
1 boning knife
measuring spoons
liquid measuring cup(s)
juicer
portion cups
potato ricer and food mills
peeler
2 sauté pans
2 sauce pots
Landing plate
Mesh strainer
Colander
Bowls
whisk
metal spatula/turner
tongs
Forks
Butter knife
tasting spoons
Rubber spatula(s) or wooden spoon(s)
serving/plating spoon(s)
pot holders
instant read thermometer
timer
food service gloves
scrap bucket or bin
sanitation bucket
towels
2 plates for service
Scale to measure ingredients

Shopping List for one competitor:

1 split boned and butterflied chicken breast (the competitor will bone and butterfly the chicken breast during competition)
2 tbsp. extra virgin olive oil
Kosher salt
Freshly ground black pepper
1 oz + 1 ½ T. Butter
Shallots
.5 oz Flour
1 c Chicken Stock
½ Bay leaf
Pinch Dried Thyme
Pinch Peppercorns
1 ea. Parsley stem
1/2 c. Heavy Cream
Lemon Juice + 1 tsp Lemon Juice
Salt
White Pepper
1/2 pound Yukon gold potatoes
1/4 pound parsnips
White pepper
1 Tbsp. butter
1 tsp. chopped chives
½ pound green beans