



Menu

**Chicken Breast and Mushrooms with Lemon Beurre Blanc
Sautéed Asparagus with Shallots and Chives
Long Grain Rice Pilaf with Brunoise Carrots and Macédoine Red Bell Pepper**

NOTE: Competitor will plate food as two identical plates, one serving each. One plate will be tasted by the evaluators; the other will be boxed after judging for the competitor to take with him/her.

Sautéed Chicken Breast with Mushrooms

Yield: 2 servings

Ingredients:

- 1 8 oz boneless, skinless chicken breast (butterflied and cut into two portions)
- TT Salt (to taste)
- TT Pepper (to taste)
- 1 oz Flour, as needed
- 1 oz Neutral oil, as needed
- 4 oz Mushrooms, sliced or quartered

Method:

1. Prepare Chicken:

- Pat dry the chicken breast and butterfly it. Cut into two equal portions.
- Season both sides with salt and pepper.
- Lightly dredge in flour, shaking off excess.

2. Sauté Chicken:

- Heat neutral oil in a sauté pan over medium heat.
- Cook the chicken pieces until golden brown on both sides and fully cooked.
- Remove from the pan and keep warm.

3. Sauté Mushrooms:

- In the same pan, add the sliced mushrooms.
- Sauté until tender and lightly caramelized. Remove and keep warm.

Lemon Beurre Blanc Sauce

Yield: 2 servings

Ingredients:

- 2 oz Lemon juice
- 8 oz Chicken stock
- 2 oz Heavy cream
- 1 tsp Mustard seed
- 4 oz Unsalted butter, as needed, cold and cubed,
- TT Salt (to taste)
- TT White pepper (to taste)

Method:

1. Reduce Liquid:

- In a saucepan over medium heat, combine lemon juice, chicken stock, and mustard seed.
- Reduce the liquid by half until slightly thickened.

2. Add Cream:

- Stir in heavy cream and reduce for another minute.

3. Emulsify with Butter:

- Lower the heat and begin whisking in cold butter cubes, one at a time, ensuring each cube emulsifies before adding the next.
- Continue whisking until the sauce is smooth and velvety.

4. Season:

- Season with salt and white pepper to taste.

Sautéed Asparagus with Shallots and Chives

Yield: 2 servings

Ingredients:

- 7 oz Asparagus, trimmed
- ½ tsp Shallots, finely chopped
- 1 tbsp Neutral oil
- ½ tsp Chives, finely chopped

Method:

1. Blanch and Shock Asparagus:

- Bring a pot of salted water to a boil.
- Add the asparagus and blanch for 1-2 minutes, or until bright green and tender-crisp.
- Immediately transfer the asparagus to an ice water bath to stop the cooking process.
- Drain thoroughly.

2. Sauté Asparagus:

- In a sauté pan, heat 1 tablespoon of neutral oil over medium heat.
- Add the blanched asparagus and ½ teaspoon finely chopped shallots.
- Sauté for 2-3 minutes, stirring occasionally, until the asparagus is heated through and the shallots are fragrant.

3. Garnish:

- Garnish with ½ teaspoon finely chopped chives.

Long Grain Rice Pilaf with Brunoise Carrots and Macédoine Red Bell Pepper

Yield: 2 servings

Ingredients:

- 2 tsp Onion, brunoise
- 1 tbsp Butter or neutral oil
- ½ cup Long grain rice
- 8 oz Chicken stock
- 1 each Bay leaf
- 2 tbsp Carrots, brunoise
- 2 tbsp Red bell pepper, macédoine
- Salt to taste
- Pepper to taste

Method:

1. Prepare Ingredients:

- Brunoise the onion and carrots.
- Cut the red bell pepper into macédoine.

2. Sweat Vegetables:

- In a pot, melt 1 tablespoon butter/neutral oil over medium heat.
- Add 2 teaspoons brunoise onion, 2 tablespoons brunoise carrots, and 2 tablespoons macédoine red bell pepper.
- Sweat until the onions are translucent and the carrots and peppers are softened but not browned.

3. Add Rice:

- Stir in ½ cup long grain rice, ensuring each grain is coated in the butter and mixed with the vegetables.

4. Add Stock and Seasoning:

- Pour in 8 ounces stock and add 1 bay leaf.
- Season with salt and pepper to taste.

5. Cook Rice:

- Bring the liquid to a boil, then cover the pot and reduce heat to low.
- Simmer for 18–20 minutes or until all liquid is absorbed and the rice is tender.

6. Fluff and Serve:

- Remove the bay leaf.
- Use a fork to fluff the rice, separating the grains and releasing steam.

Partial Equipment List

- **2 Chef knives**
- **2 Cutting boards**
- **2 Plates for service**
- **2 Sauté pans**
- **2 Sauce pots with lids**
- **Bowls**
- **Colander**
- **Food service gloves**
- **Forks**
- **Heat-tempered spatula(s) or wooden spoon(s)**
- **Instant-read thermometer**
- **Juicer**
- **Landing plate**
- **Liquid measuring cup(s)**
- **Measuring spoons**
- **Metal spatula**
- **Mesh strainer**
- **Peeler**
- **Portion cups**
- **Pot holders**
- **Scale to measure ingredients**
- **Sanitation bucket**
- **Scrap bucket or bin**
- **Serving/plating spoon(s)**
- **Tasting spoons**
- **Timer**
- **Tongs**
- **Towels**
- **Whisk**