



2023 State Leadership Conference
Culinary Arts STAR Event
Required Equipment List and Recipes

Equipment Type	Maximum Number Allowed <i>(You may choose to bring less)</i>
Mise en place disposable cups	unlimited
Butane burner and fuel	3
Knife set – <i>recommended: chef knife and paring knife</i>	4
Measuring spoon set	4
Dry measuring cup set	4
Liquid measuring cup	4
Cooking scale	1
Medium sauté pan with lid- <i>recommended: 10-12 inch</i>	2
Cooking thermometer	1
Tongs	2
Flipping spatula	2
Potato masher, pastry blender or potato ricer	1
Pastry tip/s and bags	2
Folding/sauté spatula	3
Medium-Large pot with lid	1
Potato peeler	1
Cleaning towels	6
Sani Buckets	2
Food safe sanitizer for cleaning surfaces	1
Cutting board	4
Mixing bowls	3
Colander	1
Bus bin for dirty dishes	2
Disposable gloves	Unlimited
Potholders	1 set
Plates for final plating	2
Plastic wrap, foil, parchment – optional	Unlimited

General Information

- This is an individual event. Students will have **15 minutes for mise en place and 1 hour to prepare and display their food products.**
- The items listed above are required for implementation of the selected menu. Only items on the list may be used for the event.



2023 Culinary Arts Recipes Washington FCCLA Leadership Conference

Recipes provided by FCCLA

*Sauteed Chicken Breast with Mushroom Sauce
Braised Zucchini
Mashed Potatoes*

Sauteed Chicken Breast with Mushroom Sauce

Culinary Skill Component: Saute/Pan-sauce

Yield: 2 portions

<u>Ingredients</u>	<u>Amount</u>
Olive or Vegetable Oil	1 Tbsp.
Chicken Breast, bone in and skin on	2 ea.
Salt	to taste
Pepper	to taste
Shallots, minced	1 tsp.
Mushrooms, sliced (white, cremini or shiitake)	1/2 cup.
White wine, madeira wine, or chicken stock/broth	1 oz.
Demi-glace	4 oz.
Whole butter, diced	1/2 oz.
Salt	to taste
Pepper	to taste

Method

1. Season chicken breast with salt and pepper. Sauté in a medium pan on medium high heat, skin down to render fat. Flip over to other side, reduce heat to medium and continue to cook until 165 d. internal. Remove from pan and keep warm on a clean plate.

2. Add shallots to the pan and sauté briefly for about thirty seconds then add mushrooms and increase the heat to high. Cook until mushrooms are soft and slightly browned.

3 . Add wine to deglaze. Quickly add the demi-glace and bring to a simmer. Reduce the heat again to low and swirl in the butter.

4. Check the seasoning on the sauce and place the chicken breasts back in the pan to re-warm. Serve with the appropriate accompaniments.

NOTE: evaluators will not taste chicken that has not been properly brought to correct internal temperature in the time allowed.

Mashed Potatoes

Culinary Skill Component: Starch cookery

Yield: 2-3 portions

Ingredients

Potatoes, russet, 100 CT.

Salt

Butter, cold

Cream, hot

Chives, minced

White pepper, ground

Amount

2 ea.

1 tsp.

1 Tbsp.

1/2 cup.

1 tsp.

pinch

Method

1. Quarter potatoes and place in cold water with salt in a saucepan. Cook until tender.
2. When potatoes are cooked ,drain and pat dry. Add potatoes to a fresh saucepan and mash until smooth.
3. On extremely low heat, add cold butter and hot cream to the mashed potatoes. Only add as much cream as is needed to achieve the proper consistency. Heat potatoes thoroughly; stirring often..
4. Fold in chives and pepper.
5. Keep warm until service.

Braised Zucchini

Culinary Skill Component: Braised Vegetables

Yield: 2 servings

Ingredients

<u>Ingredients</u>	<u>Amount</u>
Clarified butter or olive oil	1 Tbsp.
Garlic crushed	1 clove
Onions, sliced or diced	1/2 ea.
Zucchini, cut as desired	1 ea. medium
Tomato, concassed	1/4 cup
Chicken or vegetable stock	1-2 oz.
Salt	to taste
Pepper	to taste

Method

1. In a medium sauté pan, sauté onions and garlic until lightly caramelized and tender.
2. Add zucchini and sauté until lightly colored. Add stock and simmer until squash is almost tender, approximately 2-3 minutes.
3. Add tomato and cook for approximately two additional minutes or until all vegetables are tender.
4. Adjust seasoning as necessary.