



WASHINGTON
STATE ASSOCIATION

Culinary Arts
STAR EVENT GUIDE
2023–2024

Washington Culinary Arts STAR Event

Washington FCCLA has adopted its own menu that will be used for the Culinary Arts STAR Event, a National Leadership Conference (NLC) qualifying event. This menu will be used for the 2024 State Leadership Conference. The rubric found in the 2023–2024 National STAR Events Guide for the Culinary Arts STAR Event will be used for evaluating the preparation of the provided recipes.

Event Capacity and Eligibility

The Culinary Arts STAR Event is an individual event. Chapters will be able to submit up to two (2) individuals to compete in this event during the 2024 State Leadership Conference. Members must be Level 3 – see the STAR Event Guidelines for a full list of qualifications for this event.

National Qualifiers

The top three (3) participants during the State Leadership Conference will qualify for the National Leadership Conference.

Washington Culinary STAR Event Menu

*Seared Chicken Breast with Lemon Pan Sauce
Confetti Rice Pilaf
Garlic Green Beans*

Suggested Equipment List for Culinary Arts

This is a *suggested* list and not an *exclusive* list. Students should be prepared to bring any reasonable small piece of equipment they would need to produce the given menu. Items students should bring include, but are not limited to:

- Side towels
- Hot pad(s) / pot holder(s)
- Measuring utensils (dry / liquid / spoons)
- Standard knives (French, paring, utility/boning)
- 1/2 sheet pan for mise en place
- 2 Medium (10") sauté pans
- 1/4 sheet pan or pie pan – if sauté pan is not oven safe
- Tongs
- Solid kitchen / serving spoon
- Medium saucepan with lid
- Medium/Large saucepan for blanching
- Medium bowl
- Colander / Strainer
- Assorted prep / deli containers

Plain white round plates will be provided for presenting finished entrees.

Washington State Competition Menu

*Seared Chicken Breast with Lemon Pan Sauce
Confetti Rice Pilaf
Garlic Green Beans*

Seared Chicken Breast with Lemon Pan Sauce

Chicken

2 Boneless, skinless chicken breasts
Canola oil
Salt
Pepper

Sauce

1 small shallot, finely minced
1 clove garlic, finely minced
1 tsp. chopped fresh thyme
1 tsp. chopped fresh tarragon
2 tsp. chopped parsley
2 tbs. fresh lemon juice
6 oz. double strength chicken stock, plus extra as needed
4 tbs. (or 2 oz.) glace de volaille (chicken glace)
2 tablespoons unsalted butter, chilled and cut into small cubes
Salt and black pepper to taste

Chicken

Season both sides of both breasts with salt and pepper. Preheat sauté pan, add oil, and sear both breasts until golden brown on bottom, finish and allow chicken to rest while the sauce is prepared.

Sauce

In the sauté pan used for the chicken, sweat the shallot and garlic until aromatic. Deglaze the pan with lemon juice and **3 oz** of the double stock then reduce to au sec. Add the remaining 3 oz of stock, any accumulated juices from the resting chicken as well as the glace, reduce by half and season with salt and pepper. Finish with fresh herbs and butter.

Confetti Rice Pilaf

2 tablespoons unsalted butter

¼ cup onion, small dice

¼ cup carrot, small dice

¼ cup red bell pepper, small dice

1 bay leaf

1 cup long grain white rice – We will be providing Converted Parboiled Long Grain Rice

1 ½ - 2 cups chicken stock

Salt

Pepper

In a medium saucepan, melt 2 tablespoons of unsalted butter and begin cooking the onion, carrot and bell pepper over medium-high heat until soft and onion is translucent. Season with salt and pepper. Add 1 cup long-grain white rice, cook, stirring, until the grains are well-coated and some look translucent and the whole mixture smells toasty, about 3 minutes. Add 1½ cups chicken stock, bay leaf and season with salt and pepper. Bring to a boil and reduce to a bare simmer. Cover and cook until liquid has been absorbed, 12–15 minutes. Let it rest, remove from heat and fluff the rice with a fork. Keep warm until ready to plate.

Garlic Green Beans

½ pound green beans, trimmed

2 small garlic cloves

2 Tablespoons. unsalted butter

Salt

Pepper

Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6 to 7 minutes. Drain in a colander, then shock in an ice bath. Drain beans and pat dry. While beans cook, mince and mash garlic to a paste with a pinch of salt. Just before plating, melt butter in a sauté pan, add garlic paste and green beans, sauté until warm. Season with salt and pepper.

CULINARY ARTS
Time Management Plan

Name of Member _____

State _____

Time	Activity	Food Item/Equipment Needed