



**WASHINGTON**  
STATE ASSOCIATION



## **Washington FCCLA 2025 State Leadership Conference Culinary Arts Menu**

Composed Salad with Emulsified Vinaigrette

Garlic Butter Quinoa/ Vegetable Medley

Seared Pork Tenderloin Medallions with Mushroom Sauce

# Composed Salad with Emulsified Vinaigrette Culinary Skill

**Component:** Demonstrate a proper vinaigrette, knife skills, and salad composition. **2 Servings**

## Amount Ingredient

### *Vinaigrette*

6 Tbsp.	Canola Oil
2 Tbsp.	White Wine Vinegar
½ tsp.	Minced Garlic
1 Tbsp.	Dijon Mustard
½ tsp.	Minced Fresh Herbs
To Taste	Salt and Pepper

### *Salad*

1 Cup Romaine and/or Summer Lettuces, bite-sized pieces ½ Cup Cherry Tomatoes, halved  
½ Cup Mini Cucumber peeled, oblique cut ½ Cup Red Bell Pepper, small dice cut  
½ Cup White Onion, small dice cut  
To Taste Optional, Cheese and Fresh or Dried Herbs

### Method:

1. Combine vinegar, garlic, herbs and Dijon mustard. Integrated oil and emulsify the vinaigrette. Add salt and pepper to taste.
2. Toss salad ingredients with vinaigrette.
3. Compose salad and serve immediately.

# Garlic Butter Quinoa/ Vegetable Medley

**Culinary Skill Component:** Demonstrate the proper cooking method for grain and vegetables. **2 Servings**

## Amount Ingredient

1 Cup	Vegetable Stock
½ Cup	Quinoa
1 tsp.	Minced Fresh Herbs Salt and
To Taste	Pepper
1 Tbsp.	Canola Oil
2 tsp.	Minced Garlic
½ Cup	Zucchini, Batonnet
¼ Cup	White Onion, Batonnet Red Bell
¼ Cup	Pepper, Batonnet Minced Fresh
2 tsp.	Herbs Full Fat, European Butter
1 Tbsp.	Salt and Pepper
To Taste	

## Quinoa Method:

1. Pour stock into a saucepan and add quinoa. Stir to combine. Turn the heat to a medium-high and allow it to come to a boil.
2. Place cover on the saucepan, reduce heat to a simmer and allow quinoa to cook for 15 minutes.
3. Turn off heat, add herbs, and fluff, and season with salt and pepper. Let sit for 5 minutes before serving.

## Vegetable Method:

1. Add oil to sauté pan at medium heat. Add garlic to oil, followed by vegetables. Sauté until desired doneness is reached.
2. Turn off heat, add herbs, butter, salt, and pepper to taste, and hold off the burner until serving.

**\*\*\* SPECIAL NOTE: Quinoa and Medley are cooked separately and plated normally. This is combined only for rubric and certification purposes.**

# Seared Pork Tenderloin Medallions with Mushroom Sauce

**Culinary Skill Component:** Demonstrate a proper trim of protein and proper sauté method. **2 Servings**

## Amount Ingredient

### *Medallions*

½ lb. Pork Tenderloin, fabricate to 6 medallions 2 Tbsp. Canola Oil

½ Cup All Purpose Flour

To Taste Salt and Pepper, on protein and in dredge

### *Mushroom Sauce*

1 Cup	Plain Chicken Stock
½ Cup	Button Mushrooms, Sliced Minced Garlic
2 tsp.	Minced Fresh Herbs
2 tsp.	Full fat, European Butter, Salted Salt and
3 Tbsp. To Taste	Pepper

### Method:

1. Fabricate protein portion to 6 medallions. Combine flour, salt, pepper to taste for dredge. Season medallions. Dredge medallions. Add oil to pan at medium-high heat. Shake off excess dredge and sear medallions. Be careful not to get the pan too hot and scorch the fond in the pan. Remove medallions when seared on both sides and hold warm for step 3.
2. Pour off excess oil, careful to reserve as much fond as possible. Deglaze pan with broth. Add garlic, mushrooms, and fresh herbs and reduce by half. Add butter, one Tbsp. at a time, until the sauce is thickened and glossy.
3. Add medallions back to sauce to allow them to reheat, coat with sauce, and serve as the final component of the entrée on the plate.

# Equipment List for Culinary Arts

## Culinary competition equipment list:

**\*\*Only 2 Induction Burners will be provided for each team to use. No additional burners will be allowed! Please use this link for information regarding the Induction Burners that have been purchased for your use at SLC.**

[Duxtop Portable Induction Cooktop Burner, Induction Hot Plate with LCD Sensor Touch 1800 Watts, Silver 9600LS/BT-200DZ](#)

**Please note that Induction Burners require a special type of pan that will not be provided by SLC. You must provide the necessary cookware. Competitors must bring a copy of their food handlers permit.**

## Equipment

- 2 heat-resistant (silicone) spatula
- 1 Bi-metallic or instant-read thermometer\*
- 1 timer
- 2 spoon holders
- 1 set of dry measuring cups
- 2 sets of liquid measuring cups
- 2 set measuring spoons
- 3 metal kitchen tongs
- Stainless steel kitchen spoon,
- 1 sauce spoon
- 1 strainer or spider
- 2 rubber spatula
- 1 butte knife
- 4 side towels
- 3 stainless steel bowls
- 2 10-inch fry pans with lids
- Small saucepan with lid
- Knife Kit (contents should be standard based on school's requirements, but must include at least 1 Paring Knife, 1 boning knife, 1- 8" or 10" Chef Knife, 1 serrated knife) 1 bench scraper
- Cutting boards
- 1 red 1 green bucket
- 1 dish pan bin
- Mise en place bowls
- Tasting Spoons
- Gloves