



Washington FCCLA

2026 State Leadership Conference

Culinary Arts Menu

Tossed Greek Salad

Green Beans/Orzo Pilaf

Chicken Piccata

Tossed Greek Salad

2 Servings

Culinary Skill Component: Demonstrate a proper vinaigrette, knife skills, salad composition.

Amount	Ingredient
Vinaigrette	
¼ Cup	Olive Oil
3 Tbsp	Red Wine Vinegar
1	Garlic Clove, minced
½ tsp	Dried Oregano
¼ tsp	Dijon Mustard
¼ tsp	Kosher Salt
¼ tsp	Black Pepper
Salad	
½	English Cucumber, Diced ¼-inch thick
½	Bell Pepper, sliced into ¼-inch strips
1 Cup	Cherry Tomatoes, quartered
2 Ounces	Feta Cheese
2 Tbsp	Red Onion, thinly sliced
2 Tbsp	Kalamata Olives
1 Tbsp	Fresh Mint Leaves

Method:

1. Mise en place equipment and ingredients.
2. In a small bowl, combine oil, vinegar, garlic, oregano, mustard, salt, and black pepper. Reserve.
3. Combine the remaining ingredients in a bowl.
4. Drizzle with the dressing and toss.
5. Season to taste and serve.

Green Beans /Orzo Pilaf

2 Servings

Culinary Skill Component: Demonstrate the proper cooking method for vegetables.

Amount	Ingredient
Green Beans	
1Tbsp	Kosher Salt
½ Pound	Green Beans, Trimmed
Sauce	
2 Tbsp	Unsalted Butter
1	Garlic Clove, Minced
1 Tbsp	Fresh Lemon Juice
½ tsp	Kosher Salt
½ tsp	Ground Black Pepper
Orzo	
2 Tbsp	Unsalted Butter
2	Green Onion Stalks, Thinly Sliced
½ Cup	Orzo
1	Lemon
1 Cup	Chicken Stock
¼ tsp	Kosher Salt
¼ tsp	Ground Black Pepper
1 Tbsp	Fresh Dill

Green Bean Method:

1. Mise en place ingredients and equipment
2. Bring a large pot of water to boil. Add Kosher salt and green beans and cook until slightly tender. Drain into a bowl of ice water to stop the cooking process. Drain when chilled.
3. Melt the butter in a large skillet, add the minced garlic and cook. Add the blanched green beans, lemon juice, salt, and pepper. Cook until the beans are heated through.

Orzo Method:

1. Mise en place equipment and ingredients.
2. Remove the zest from the lemon and reserve. Juice the lemon and reserve
3. Preheat a small pot. Add the green onions and sauté in butter until softened.
4. Add the orzo and the lemon zest and stir. Cook until orzo is slightly toasted.
5. Add chicken stock, kosher salt, and black pepper.
6. Cover and simmer until all liquid is absorbed, stirring occasionally.
7. Remove from heat and add the reserved lemon juice and dill. Season to taste and serve.

Chicken Piccata

2 Servings

Culinary Skill Component: Demonstrate a proper trim of protein and proper saute method.

Amount	Ingredient
Chicken	
(2) 5 Ounce (w)	Chicken Breasts, Boneless and Skin Removed
½ Cup	All Purpose Flour
1 tsp	Kosher Salt
1 tsp	Ground Black Pepper
2 Ounces	Olive Oil
Sauce	
1	Large Lemon
½	Shallot, finely minced
½ Cup	Chicken Stock
2 Tbsp	Unsalted Butter, cut into 4 pieces
1 Tbsp	Capers, drained and rinsed
1 Tbsp	Fresh Parsley, cleaned and minced

Method:

1. Mise en place ingredients and equipment
2. Place chicken between sheets of plastic wrap and gently pound to even ½-inch thickness.
3. Place flour into a shallow dish and mix in the salt and pepper.
4. Cut lemon in half. Juice one half of lemon and reserve liquid. Slice the other half of lemon into thin slices (remove seeds) and reserve.
5. Working with 1 chicken breast at a time, dredge in flour, and shake to remove excess.
6. Heat 2 tablespoons of oil in a sauté pan over medium-high heat.
7. Place chicken in a pan and cook until golden brown on 1 side. Flip and cook until golden brown on the second side. Remove chicken and hold.
8. Add the remaining oil and shallot to the skillet and cook until softened.
9. Add the chicken stock, reserved lemon juice, and reserved lemon slices and bring to simmer, scraping up any fond.
10. Add cutlets to sauce and simmer until cooked, flipping halfway through simmering. Transfer to a serving plate.
11. Sauce should be thickened to the consistency of heavy cream. Remove from heat and slowly whisk in butter.
12. Add capers and parsley. Season with salt and pepper to taste. Ladle sauce over chicken.

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.

Equipment

- 1 wire whisk
- 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 butter 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
- Meat Tenderizer/pounder
- 1 red 1 green bucket
- 1 dish pan bin
- Mise en place bowls
- Tasting Spoons
- Gloves

