2027

Washington State FCCLA

Leadership Conference

Culinary Arts

Caesar Salad

Glazed Carrots/Garlic Mashed Potatoes

Seared Pork Chops with Mushroom Sauce

Caesar Salad

Culinary Skill Component: Demonstrate proper crouton preparation, knife skills, and salad composition.

Yield: 2 servings

Amount	Ingredient
Croutons	
3 Tbsp.	Olive Oil
1	Garlic clove, minced
1 slice	Texas Toast
¼ tsp.	Kosher Salt
¼ tsp.	Ground Black Pepper
Salad	
1	Romaine Heart (approx. 4 oz)
½	Lemon
1	Garlic Clove, Minced
1 tsp.	Dijon Mustard
2	Anchovy Fillets
1 tsp.	Worcestershire Sauce
¼ Cup	Olive Oil
¼ Cup	Parmesan Cheese, grated
¼ tsp.	Kosher Salt
¼ tsp.	Ground Black Pepper

Method:

Croutons:

1. Mise en place all ingredients and equipment.
2. Combine the olive oil and garlic clove. Brush the mixture evenly over the toast.
3. In a sauté pan over medium heat, cook the toast until golden brown on each side, approximately 2–3 minutes per side.
4. Remove the toast from the pan and allow to cool slightly.
5. Cut the toast into medium dice and set aside.

Salad:

6. Mise en place all ingredients and equipment.
7. Cut the romaine heart into bite-size pieces.
8. In a bowl, combine the lemon juice, buttermilk, garlic, mustard, anchovy, half of the parmesan cheese, and Worcestershire sauce.
9. Slowly whisk in the olive oil to form an emulsion.
10. Season to taste with salt and pepper.

To Serve:

11. Combine the romaine with the prepared dressing.
12. Garnish with croutons and remaining parmesan cheese.
13. Serve immediately.

Glazed Carrots/Garlic Mashed Potatoes

Culinary Skill Component: Demonstrate the proper cooking method for vegetables and starch.
Yield: 2 Servings

Amount	Ingredient
Glazed Carrots	
½ Pound	**Carrots, peeled and oblique cut**
½ Cup	**Chicken Stock**
1 ½ Tbsp.	**Sugar**
½	**Lemon**
1 Tbsp.	**Butter**
½ tsp.	**Kosher Salt**
½ tsp.	**Ground Black Pepper**
Garlic Mashed Potatoes	
¾ Pound	**Yukon Gold Potatoes, diced**
⅓ Cup	**Half and Half**
4 Tbsp.	**Butter**
2	**Garlic Cloves, minced**
¼ tsp.	**Kosher Salt**
¼ tsp.	**Ground Black Pepper**

Carrot Method:

1. Mise en place equipment and ingredients.
2. Place carrots, stock, and 1/2 the sugar into a skillet. Cover and simmer until carrots are tender (5-7 minutes).
3. Uncover, increase heat, and reduce liquid until the pan is almost dry.
4. Add butter and remaining sugar and toss to glaze carrots and they are lightly golden. 5. Remove from the pan, spritz with lemon juice, and season with salt and pepper.

Mashed Potato Method:

1. Mise en place equipment and ingredients.
2. Using a small pot, melt the butter and garlic cloves together until fragrant (do not toast the garlic). Remove from heat and set aside.
3. Place the potatoes in salted water in a saucepot. Bring to a boil, reduce to a simmer, and cook until potatoes are tender (approximately 15 minutes).
4. Drain potatoes and place them back in the pot. Mash the potatoes until they are almost smooth.
5. Add the butter/garlic mixture and the cream and mix gently to combine.
6. Season with salt and pepper.

*** SPECIAL NOTE: Carrots and Mashed Potatoes are cooked separately and plated normally. This is combined only for rubric and certification purposes.

Seared Porkchops with Mushroom Sauce

Culinary Skill Component: Demonstrate proper cooking of protein and sauce preparation techniques.
Yield: 2 Servings

Amount	Ingredient
Pork Chops	
2	Bone in chops, ¾-1 inch thick
1 Tbsp.	Olive Oil
1 tsp.	Kosher Salt
1 tsp.	Ground Black Pepper
Mushroom Sauce	
1 Tbsp.	Olive Oil
2 Tbsp.	Butter
½ Pound	White Button Mushrooms, Sliced
3	Thyme Sprigs
1	Garlic Clove, minced
2 Tbsp.	Chicken Stock
¼ Cup	Half and Half

Pork chops:

1. Mise en place ingredients and equipment.
2. Season the pork chops with salt and pepper.
3. Heat oil in a sauté pan over medium-high heat until just smoking.
4. Cook the pork chops until well browned and meat registers 145 degrees (about 5 minutes per side).
4. Transfer to a plate and tent with foil to keep warm.

Mushrooms:

1. Mise en place ingredients and equipment
2. Using the same sauté pan as the pork chop, preheat the pan.
3. Add 1/2 of the butter and oil. Add 1/2 the mushrooms and sauté until the edges start to brown (5 minutes).
4. Add the remaining butter, oil, mushrooms, and thyme sprigs and sauté until the edges are golden brown.
5. Add the garlic and cook for 30 seconds.
6. Add the chicken stock and Worcestershire and sauté until combined.
7. Remove the thyme, add the cream, and reduce until it thickens.
8. Serve with the pork chop.

Equipment List for Culinary Arts

Culinary competition equipment list:
****Only 2 Induction Burners will be provided for each participant 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. You will also be provided (2) salad plates and (2) dinner plates.

Sanitation Station:

- Dish cloths for cleaning and drying
- Gloves
- Green and Red Buckets
- Dish bins

Culinary Equipment

- 2-3 wire whisks
- 3-4 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 sets measuring spoons
- Juicer
- 3-4 metal kitchen tongs
- Stainless steel kitchen spoon,
- 1 sauce spoon
- 1 strainer/colander or spider
- Wooden Spoon
- 1 butter knife
- 4 side towels
- 3 stainless steel bowls
- 3 10-inch fry pans with lids (for use on induction burners)
- Saucepan with lid for potatoes (for use on induction burners)
- 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
- Cheese Grater
- Vegetable Peeler
- Potato Masher
- Tasting Spoons