

Utah FCCLA Culinary STAR Event State 2024

Item #1

Menu Item – Garden Salad with Vinaigrette Dressing	Portion - 2
Amount	Ingredient
4 Tbsp	Olive Oil
2 Tbsp	Red wine vinegar
½ - 1 tsp	Garlic, minced
To taste	Salt, pepper and sugar
1 cup	Salad greens, cut or torn into bite sized pieces
½ cup	Roma tomatoe, medium dice
½ cup	Cucumber, rondelle
¼ cup	Carrot, julienned
1 Tbsp	Scallion, diagonal thin slice
To taste	Optional, fresh or dried herbs
Procedure	
<ol style="list-style-type: none"> 1. Create the vinaigrette 2. Toss Salad with vinaigrette 3. Arrange salad and serve immediately. 	

Item #2

Menu Item – Rice Pilaf	Portion - 2
Amount	Ingredient
1-2 tsp.	Olive oil
¼ cup	Yellow onion, small dice
1 cup	Long grain cooking rice
2 cups	Chicken broth/stock
To taste	Salt and pepper
1 Tbsp	Flat leaf parsley, chopped
Procedure	
<ol style="list-style-type: none"> 1 in a medium saucepan, sweat the onion in the olive oil. 2. Add rice and stir to coat in the oil, toast rice slightly. 3. Add chicken stock, salt and pepper. Bring to a boil, then reduce heat to simmer. Cover and cook for approximately 20 minutes, or until the stock has been absorbed and the rice is tender. 4. Remove from heat and let stand a few minutes before serving. 5. Remove cover, fluff with a fork, serve with chicken and sauce. Garnish with parsley. 	

Item #3

Menu Item – Sautéed Chicken Breast with Mushroom Sauce	Portion - 2
Amount	Ingredient
1 Tbsp	Butter, room temp
1 Tbsp	Flour
2 (4 ounce each)	Boneless chicken breast
As needed	Flour, salt and pepper
2 oz	Vegetable oil
2 Tbsp	Shallots, minced
½ cup	Mushrooms (button, cremini or shiitake), cleaned and thin sliced
1 oz.	White, Marsala, or Madeira cooking wine, or chicken stock/broth
4 oz	Chicken stock
2 oz	Heavy cream
1 tsp	Chopped fresh thyme
To taste	Salt and pepper
Procedure	
<ol style="list-style-type: none">1. Combine butter and flour to create a beurre manié, set aside to use later.2. Preheat sauté pan on medium heat, on the range.3. Season chicken breast and dredge in flour, shake excess off chicken.4. Add approximately 1-2 oz of oil and allow to heat sufficiently.5. Sauté the chicken breast on each side until golden brown and cooked through.6. Remove from sauté pan and keep warm.7. Pour off excess oil and return pan to range.8. Add shallots to pan and sauté briefly, add mushrooms and sauté until the mushrooms are soft and slightly browned.9. Add wine or stock to deglaze the pan.10. Add chicken stock and heat to a simmer11. Add the beurre manié, cook stirring constantly for a minute.12. Finish with cream and thyme and just heat through.13. Serve with rice pilaf and salad.	