

# Utah FCCLA Culinary STAR Event Region 23-24

## Item #1

Menu Item – Honey Mustard Pork Chops with Cream Sauce	Portion - 2
Amount	Ingredient
2	Boneless Pork Loin Chop
To taste	Salt and pepper
1 or more Tablespoons	Canola oil
2 Tablespoons	Honey
1 Tablespoon	Whole grain mustard
1 teaspoon	Minced garlic
½ cup	Heavy cream
2 Tablespoons	Milk
½ Tablespoon	Cornstarch
½ Tablespoon	Water
About 6 leaves or 2 sprigs	Parsley
2	Chives
Procedure	
<ol style="list-style-type: none"> <li>1- Season pork chop with salt and pepper on both sides.</li> <li>2- Heat a medium sauté pan or skillet over medium-high heat. Add oil to the pan and then sear pork chop on both sides. Adjust heat as needed to cook chop to 135 degrees Fahrenheit. Remove pork from pan and set aside covered with foil.</li> <li>3- Deglaze the pan with honey, mustard, and garlic. Add the cream and stir to combine.</li> <li>4- Combine cornstarch and water, whisk in to the cream mixture and heat to thicken.</li> <li>5- Return the pork to the pan and keep warm until ready to plate.</li> <li>6- Mince parsley and chive and use as a garnish when plating.</li> </ol>	

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## Item #2

Menu Item – Potato Parsnip Mash	Portion - 2
Amount	Ingredient
1	Medium russet potato
1	Parsnip
1 teaspoon	Salt
2 Tablespoon	Butter
½ cup	Cream, warmed
To taste	Salt and white pepper
<b>Procedure</b>	
<ol style="list-style-type: none"> <li>1- Peel and chop potato and parsnip.</li> <li>2- Place in a sauce pan with salt and enough cold water to cover. Bring to a simmer and cook until tender.</li> <li>3- When potato and parsnip are cooked drain well and mash, rice or mill.</li> <li>4- With potato/parsnips in sauce pan, add the butter and enough cream to achieve the correct consistency. Season with salt and pepper and heat through before plating.</li> </ol>	

## Item #3

Menu Item – Oven Roasted Asparagus	Portion - 2
Amount	Ingredient
½ lb.	Fresh asparagus
2 teaspoons	Olive oil
½	Lemon, zested and juiced
To taste	Salt and pepper
<b>Procedure</b>	
<ol style="list-style-type: none"> <li>1- Preheat oven to 425 degrees Fahrenheit.</li> <li>2- Wash, trim and if needed peel asparagus, and place on a prepared baking sheet, (foil or parchment paper are recommended).</li> <li>3- Drizzle and coat with oil, lemon juice &amp; zest and salt and pepper.</li> <li>4- Roast in preheated oven for about 10 minutes or until just tender.</li> </ol>	