

# Utah FCCLA Culinary

## Entrée- Protein and 1 Side

### Region

Menu Item – Chicken Piccata	Portion - 2
Amount	Ingredient
2	Boneless Skinless Chicken Breast
¼ teaspoon	Salt
½ cup	AP flour
3 Tablespoons	Olive oil, divided
4 cloves	Fresh garlic, minced
½ cup	Chicken stock
1 ½ Tablespoon	Capers, drained and chopped if desired
6 Tablespoons	Butter, cut into small pats
3 Tablespoons	Fresh squeezed lemon juice
2 Tablespoons	Fresh parsley, washed and minced

Procedure
<ol style="list-style-type: none"> <li>1. Butterfly chicken breasts into 4 cutlets, and lightly pound each piece between sheets of plastic wrap to an even thickness, (about ½ inch thick or less). Season lightly with salt. Lightly coat each piece of chicken with flour, shake off excess.</li> <li>2. Heat 2 Tbsp. oil in a large skillet or sauté pan over med-high heat. Working in batches as need to avoid over crowding the pan, cook cutlets about 2 minutes per side until browned, and almost cooked through. Adjust heat as needed. Blot off any extra oil and transfer to a clean plate or pan.</li> <li>3. Wipe out skillet/sauté pan. Add garlic and remaining oil and cook over medium-high heat, stirring often to prevent scorching, until golden brown, about 2 minutes. Deglaze with chicken stock. Add lemon juice and capers and cook until the liquid is reduced by half, about 3 minutes.</li> <li>4. Return chicken to pan with reduced stock mixture, simmer and cook chicken about 2 minutes until cooked through.</li> <li>5. Remove from the heat and add the butter, swirl pan vigorously to melt the butter and emulsify the sauce. Finish with parsley.</li> </ol>

<b>Menu Item – Parmesan Roasted Broccoli</b>		<b>Portion - 2</b>
<b>Amount</b>	<b>Ingredient</b>	
12 ounces	Broccoli crowns, washed and drained	
2 Tablespoons	Butter, melted	
¼ teaspoon	Salt	
¼ teaspoon	Pepper	
¼ teaspoon	Crushed red pepper flakes	
2 Tablespoons	Parmesan cheese, grated	
1 teaspoon	Lemon zest	

<b>Procedure</b>
<ol style="list-style-type: none"> <li>1. Preheat oven to 425 degrees, place upper shelf in upper third of oven.</li> <li>2. Line baking sheet with foil and spray with non-stick spray.</li> <li>3. Cut broccoli crowns into spears and place on prepared baking sheet.</li> <li>4. Drizzle with oil and sprinkle with salt, pepper and red pepper flakes. Toss to coat.</li> <li>5. Roast until crisp-tender, about 10-12 minutes, remove from oven and sprinkle with parmesan, toss to coat.</li> <li>6. Return broccoli to oven and continue to roast another 2-4 minutes to toast the cheese.</li> <li>7. Turn off oven, remove broccoli, toss with lemon zest and serve.</li> </ol>