

Utah FCCLA Regions Menus 2022

Menu Item	PAN ROASTED CHICKEN BREAST WITH VELOUTÉ	Yield	2 Portions
Amounts	Ingredients		
2 ea.	Chicken breasts, skin-on		
To taste	Salt		
To taste	Black pepper		
2 Tbsp.	Oil		
2 Tbsp.	Fresh thyme sprigs		
1 ½ cups	Chicken stock		
2 Tbsp.	Unsalted butter		
2 Tbsp.	All-purpose flour		
Procedure			
<ol style="list-style-type: none"> 1. Heat the oven to 400°F. 2. Pat the chicken breasts dry and season generously with salt and pepper. 3. Heat oil in an oven-safe skillet over medium-high heat. 4. Place chicken breasts into hot skillet skin side down. Cook without moving until skin is crisp or approximately 6 minutes. 5. Flip the chicken then add 2 tablespoons of butter and thyme. Spoon melted butter it over the chicken several times. 6. Transfer skillet to the oven. Cook chicken until reaches proper internal temperature. 7. While the chicken is in the oven, warm stock in a small pot. 8. Melt the the remaining butter in a small pan. Whisk in flour to form a roux. Cook for two minutes. 9. Whisk in the warm stock and simmer until sauce thickens. Season with salt and pepper. 10. Serve chicken breast and velouté with rmash potatoes and broccolini. 			

Menu Item	MASHED POTATOES	Yield	2 Portions
Amounts	Ingredients		
2 ea.	Russet potatoes		
1 tsp.	Salt		
1 Tbsp.	Butter		
1/2 cup	Heavy cream		
1 tsp.	Chives, minced		
Pinch	White pepper		
Procedure			
<ol style="list-style-type: none"> 1. Quarter potatoes and place in cold water with salt. 2. Boil potatoes until tender. 3. Pass through a food mill into a fresh pot. 4. Add cold butter and hot cream over low heat until proper texture is achieved. 5. Fold in chives and pepper. 6. Keep warm until service. 			

Menu Item	BROCCOLINI	Yield	2 Portions
Amounts	Ingredients		
1 bunch	Broccolini		
2 Tbps.	Olive oil		
1 clove	Garlic, minced		
1 ea.	Lemon		
To taste	Salt		
To taste	Black pepper		
Procedure			
<ol style="list-style-type: none"> 1. Blanche broccolini in a skillet with 1-2 inches of water. 2. Heat olive oil in skillet over medium heat. 3. Sauté garlic in oil for 1-2 minutes. 4. Add broccolini to pan and sauté for 2-3 minutes. 5. Season with lemon juice, salt, and pepper. 			