

# Utah FCCLA Culinary Region 2026

**#1**

<b>Menu Item – Honey Teriyaki Chicken Breast</b>	<b>Portion – 2</b>
Amount	Ingredient
2 (approx. 5-6 oz each)	Chicken Breast, boneless & skinless
Marinade	
1 Tbsp	White cooking wine
1 Tbsp	Aji mirin
12 grams	Fresh ginger root, peeled and grated
1 Tbsp	Cornstarch
½ tsp	Salt
Sauce	
2 Tbsp	Low sodium soy sauce
1 Tbsp	Honey
1 Tbsp	White cooking wine
1 Tbsp	Aji mirin
1 Tbsp	Cooking oil
<b>Procedure</b>	
<ol style="list-style-type: none"> <li>1. Trim and portion chicken as needed. Flatten so it is even and about 1 to 3/4" thick.</li> <li>2. Combine cooking wine, mirin, gingerroot, cornstarch and salt. Coat both sides of chicken with this marinade. Cover and let it sit in the bowl with the marinade for about 20 minutes, at room temperature.</li> <li>3. Combine soy sauce, honey, cooking wine and mirin.</li> <li>4. When ready to cook- Remove chicken from marinade and scrape off most of the ginger.</li> <li>5. Put oil in a cold non-stick sauté pan. Place the chicken in the oil. Turn the stove burner onto medium low heat.</li> <li>6. Slowly pan fry the chicken until it is cooked about half way up. Adjust the heat as needed to maintain a gentle sizzle.</li> <li>7. Turn the chicken over and cook the other side until mostly done (about 140 degrees).</li> <li>8. Wipe out any excess oil from the pan.</li> <li>9. Add the honey teriyaki sauce and turn the stove up to medium high. Turn the chicken over repeatedly to glaze with the sauce while cooking the chicken to 165 degrees.</li> <li>10. Use the remaining sauce when plating.</li> </ol>	

Adapted from <https://norecipes.com/honey-teriyaki-chicken-breast/>

## #2

<b>Menu Item – Almond Rice Pilaf</b>		<b>Portion - 2</b>
Amount	Ingredient	
1 Tbsp	Unsalted butter	
2 Tbsp	Finely chopped onion	
2 Tbsp	Sliced almonds	
½ cup	Long-grain rice	
1 cup	Chicken broth or stock	
¼ tsp	Salt	
To taste	Black pepper	
1-2	Scallions, green parts diagonal cut	
<b>Procedure</b>		
<ol style="list-style-type: none"><li>1. In a medium sauce pan, melt butter over med-high heat.</li><li>2. Stir in the onions and almonds, cook to soften the onions and toast the almonds, about 5 minutes.</li><li>3. Add the rice and cook stirring for about 1 minute.</li><li>4. Add the broth, salt and pepper. Bring to a boil.</li><li>5. Reduce the heat to low, cover tightly and simmer for 15-20 minutes or until the liquid is absorbed and the rice is cooked.</li><li>6. Fluff with fork before plating and garnish with scallion.</li></ol>		

### #3

<b>Menu Item – Asian Slaw</b>	<b>Portion - 2</b>
Amount	Ingredient
½ cup (about 2 ounces)	Cabbage, thinly sliced (chiffonade)
½ cup (about 2 ounces)	Bell pepper, (red, yellow and/or orange) match stick cut (julienne)
1 (about 2 ounces)	Carrot, peeled & fine match stick cut (fine julienne)
1-2 (about ½ Tbsp)	Scallions (white part only) minced
½ Tbsp	Cilantro, finely chopped
1 Tbsp	Sesame oil
1 Tbsp	Rice vinegar
½ Tbsp	Honey
½ Tbsp	Lime juice
½ tsp	Fresh ginger, peeled and finely chopped or grated
¼ tsp	Salt
To taste	Black pepper
<b>Procedure</b>	
<ol style="list-style-type: none"><li>1. Wash and prepare vegetables as specified.</li><li>2. Combine sesame oil, vinegar, honey, lime juice, ginger, salt and pepper to make dressing.</li><li>3. Just before plating combine vegetables and toss with the dressing.</li></ol>	