

FCCLA Culinary STAR Event Utah State Competition 2025

#1

Menu Item – Butter Chicken	Portion - 2
Amount	Ingredient
12 ounces	Chicken Thighs, Boneless Skinless
4 Tbsp	Ghee/ Clarified Butter, divided*
½ tsp	Salt
¼ cup	Onion, small dice
1 Tbsp	Garlic, minced
1 Tbsp	Tandoori Masala**
¼ tsp	Cayenne pepper
1	Roma tomato, peeled, seeded and small diced
1/2 cup	Tomato sauce
1 tsp	Garam Masala***
As needed (up to 1 cup)	Chicken stock
1 cup	Heavy cream
1 Tbsp	Cilantro, roughly chopped

Procedure

1. Trim chicken and cut into bite sized chunks
2. Heat 2 Tbsp ghee, add chicken and salt, cook to develop color and cook most of the way through
3. Add onions and garlic to chicken and cook to soften and sweet.
4. Add Tandoori Masala and cayenne pepper, cook to bring out aromas and flavor of masala, about a minute or two.
5. Add remaining butter, tomato, tomato sauce, and garam masala. Heat and simmer about 15 minutes to develop flavor, and cook chicken through. (adjust thickness of sauce as needed with chicken stock)
6. Add cream and heat though
7. Serve with rice and garnish with cilantro

*use vegetable oil and butter if no ghee available

** make own spice mix for practice if needed

<https://www.allrecipes.com/recipe/241875/tandoori-masala-spice-mix/>, or

<https://minimalistbaker.com/tandoori-masala-6-ingredients/>

*** <https://www.allrecipes.com/recipe/142967/easy-garam-masala/>

<https://www.feastingathome.com/garam-masala-recipe/>

#2

Menu Item – Basmati Rice	Portion – 2-4 (use appropriate amount in plating)
Amount	Ingredient
1 cup	Basmati rice
1 ½ Tablespoon	Unsalted Butter
1 ¾ cup	Water
½ teaspoon	Salt
Procedure	
<ol style="list-style-type: none">1. Place the rice in a fine mesh strainer. Under cool running water, swishing the rice with your hand, for 1-2 minutes to rinse to release excess starch.2. Melt the butter in a sauce pan, add rice, stir to coat.3. Add water and salt, bring to a boil.4. Cover the pan with a well-fitting lid, turn the heat down to low to simmer and cook for 15 to 20 minutes. All the water should be absorbed and the rice tender.5. Remove from heat and allow to sit covered for 5 minutes. Fluff with a fork and serve.	

#3

Menu Item – Braised Vegetable Medley	Portion - 2
Amount	Ingredient
12 ounces	Carrots, zucchini, yellow squash, red pepper- variety of colors and texture from what is available.
1 Tbsp	Olive oil
1 tsp	Sesame oil
To taste	Salt and pepper
¼ cup	Chicken stock
Procedure	
<ol style="list-style-type: none">1. Wash, peel and cut the vegetable in a baton cut (1/2" x 1/2:" x 3-4")2. Heat both oils in a sauce pan.3. Add the vegetable, season and saute to get some nice color.4. Add the chicken stock and cover.5. Steam/simmer to cook vegetables to al' dente6. Remove lid and evaporate the remaining liquid.7. Serve on the side with entrée	