

# FCCLA Culinary STAR Event Utah State Competition 2026

#1

Menu Item – Pork Medallions with Apple, Onion and Herbs in a Cream Sauce	Portion - 2
Amount	Ingredient
12-14 ounces	Pork Tenderloin
To taste	Salt & Pepper
About 1/4 cup	AP flour
About 2-4 Tbsp	Fat- i.e. Ghee, Butter, or oil
½ cup	Apple, peeled, cored and medium dice
½ cup	Yellow onion, medium dice
1 cup (more as needed)	Chicken stock
1 tsp	Fresh sage, chiffonade
1 tsp	Fresh thyme
½ tsp	Fresh rosemary, minced
1 tsp	Dijon mustard
1 Tbsp	Fresh squeezed lemon juice
¼ cup	Heavy cream
Procedure	
<ol style="list-style-type: none"> <li>1. Trim and fabricate tenderloin into 6, ½ inch medallions. Flatten as needed for consistent thickness.</li> <li>2. Season medallions with salt and pepper. Coat with seasoned flour, shake off excess.</li> <li>3. Heat fat in pan at about medium high. Sear medallions and remove from heat, hold warm.</li> <li>4. Being careful not to burn fond, add fat as needed, sauté apple and onion.</li> <li>5. When onion is translucent add stock and deglaze pan. Mix in herbs, mustard and lemon juice. Simmer to reduce as desired.</li> <li>6. Add cream and butter as needed to make a pan sauce.</li> <li>7. Return tenderloin to pan and coat with sauce, reheat and finish cooking as needed.</li> <li>8. Serve 3 tenderloin per plate.</li> </ol>	

## #2

<b>Menu Item – Mashed Potatoes</b>	<b>Portion – 2 (use appropriate amount in plating)</b>
Amount	Ingredient
12-14 oz (AP)	Russet and/or Yellow Potatoes, peeled and diced
to taste	Season salt, Salt & pepper
Up to ½ cup	Cream
Up to 3 Tbsp	Butter
<b>Procedure</b>	
<ol style="list-style-type: none"><li>1. Place prepared potatoes in a sauce pan, season and add water.</li><li>2. Cover and simmer potatoes to tender. Drain water</li><li>3. Mash, rice, or mill potatoes as desired.</li><li>4. Add heated cream and melted butter along with more seasoning as needed.</li></ol>	

## #3

<b>Menu Item – Sautéed Vegetables</b>	<b>Portion - 2</b>
Amount	Ingredient
12 ounces (EP)	Carrots, zucchini, and mushrooms
1 Tbsp	Fat- i.e. Ghee, Butter, or oil
To taste	Salt and pepper
<b>Procedure</b>	
<ol style="list-style-type: none"><li>1. Wash, peel and cut the vegetable in a baton cut (1/2" x 1/2:" x 3-4"), and/or diagonal, fluted as desired.</li><li>2. Heat fat in a sauté pan. Add the vegetable, season and sauté for color and texture. Can use water to steam as needed.</li><li>3. Serve on the side with entrée</li></ol>	