



# 2020 MENU

NC CULINARY ARTS STAR EVENT



# **MENU OPTIONS**

## **Menu Option One**

**Corn Chowder**

**Grilled Skirt Steak with Chimichurri**

**Cabbage and Carrot Slaw**

**Molten Chocolate-Chili Cake**

## **Menu Option 2**

**Tomato and Asparagus Salad**

**Mushroom Chicken Scaloppini**

**Rice Pilaf**

**Chocolate Bread Pudding with Blueberry Compote**

## **Menu Option 3**

**Shaved Fennel and Pear Salad**

**Pan Roasted Pork Tenderloin with**

**Whole Grain Mustard Sauce**

**Mashed Sweet Potatoes**

**Spiced Brussel Sprouts**

**Fresh Fruit Tart**



# EQUIPMENT LIST

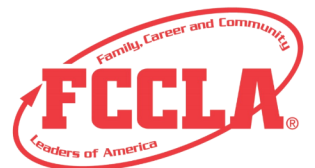
**Each PARTICIPANT May Bring:**

- 1 Paring Knife
- 1 Chef Knife
- 1 Serrated-edge Knife
- 1 Cutting Board
- 1 Set Measuring Spoon
- 1 Set Dry Measuring Cup
- 1 Liquid Measuring Cup
- 1 Thermometer
- 1 Whisk
- 1 Vegetable Peeler
- 1 Sharpening Steel
- 3 Towels
- 1 Hot Pad

**ALL EQUIPMENT** needs to be carried with the participants while at the State Conference

Please mark all your equipment (i.e. colorful tape around handle)

North Carolina FCCLA and the host facilities are not responsible for any lost or stolen items



**NORTH CAROLINA**  
STATE ASSOCIATION



# MENU OPTION 1

CORN CHOWDER

GRILLED SKIRT STEAK WITH CHIMICHURRI

CABBAGE AND CARROT SLAW

MOLTEN CHOCOLATE-CHILI CAKE

# SHOPPING LIST

## DAIRY

1/2 cup	Butter
1 ea.	Egg
1 Tbsp.	Sour cream

## HERBS & SPICES

	Black pepper
1/8 tsp.	Cayenne pepper
1/4 tsp.	Chili powder
1/2 tsp.	Cumin
1/4 tsp.	Oregano
	Salt
	White pepper

## MEATS

12 oz.	Skirt steak
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## PRODUCE

1 ea.	Anaheim pepper
2 ea.	Carrots
1 bunch	Cilantro
1/2 cup	Corn Kernels
1 bulb	Garlic
1 ea.	Green onion
1 ea.	Jalapeno
3 ea.	Limes
1 ea.	Onion
1 ea.	Orange
1 bunch	Parsley
1/2 head	Purple cabbage
1 ea.	Shallots

## STAPLES

4 Tbsp.	All-purpose flour
1 tsp.	Cocoa powder
3 oz.	Dark chocolate chips
3 Tbsp.	Granulated sugar
1/2 cup	Olive oil
1 cup	Stock or broth
1/2 tsp.	Vanilla extract
2 tsp.	White vinegar

**INGREDIENTS MAY NOT BE SOLD IN THE QUANTITIES REQUIRED.**

**QUANTITIES MAY VARY.**

**THIS LIST IS PROVIDED FOR CONVENIENCE. OMISSIONS ARE UNINTENTIONAL.**

# CORN CHOWDER

## INGREDIENTS

3 Tbsp.	Butter or margarine	1/2 cup	Corn kernels
1/4 cup	Onion, <i>diced</i>	1/2 cup	Half and half
1/2 ea.	Anaheim pepper, <i>diced</i>	To taste	Salt
2 Tbsp.	All-purpose flour	To taste	White pepper
1 cup	Stock or broth	1 ea.	Green onion, <i>sliced</i>

## PROCEDURE

1. Melt butter in large saucepan over medium heat.
2. Add onions and peppers and cook for 3-5 minutes.
3. Stir in flour.
4. Add stock and corn.
5. Bring to a boil; reduce to a simmer.
6. Simmer for about 5 -10 minutes. Stir frequently to prevent burning.
7. Add the half and half to the soup.
8. Season and serve with green onion as garnish.

# GRILLED SKIRT STEAK

## **INGREDIENTS**

12 oz.	Skirt steak
1/2 ea.	Orange
1 ea.	Lime
2 Tbsp.	Olive oil
2 cloves	Garlic, <i>minced</i>
1 tsp.	Salt
1/4 tsp.	Ground cumin
Pinch	Black pepper
1/4 tsp.	Dried oregano
1/8 tsp.	Cayenne pepper
1 Tbsp.	Sour cream

## **PROCEDURE**

1. Juice the orange and lime into a bowl.
2. Combine citrus juices, oil, garlic, salt, cumin, black pepper, oregano, and cayenne pepper.
3. Toss steak in marinade. Cover and let rest until ready to cook.
4. Heat grill, grill pan, or stainless steel skillet.
5. Cook each side of the steak for 3-4 minutes. Steak should reach medium rare related temperature.
6. Serve with cabbage and carrot slaw. Drizzle with chimichurri and sour cream.

# CHIMICHURRI SAUCE

## **INGREDIENTS**

1/4 cup	Cilantro
1/4 cup	Parsley
1 clove	Garlic
1/2 ea.	Shallot
1/2 ea.	Lime
1/4 ea.	Jalapeno
2 tsp.	White vinegar
1/2 tsp.	Salt
1/4 cup	Olive oil

## **PROCEDURE**

1. Add herbs, garlic, shallots, lime juice, jalapeno, vinegar, and salt to a food processor or blender and puree.
2. Add olive oil to puree slowly until reaches pourable consistency.



# CABBAGE AND CARROT SLAW

## **INGREDIENTS**

1/4 head	Purple cabbage, <i>julienned</i>
2 ea.	Carrots, <i>julienned</i>
1 Tbsp.	Vegetable oil
1 ea.	Lime
3/4 tsp.	Granulated sugar
1/4 tsp.	Salt
1/4 cup	Cilantro
1/4 tsp.	Cumin
To taste	Black pepper

## **PROCEDURE**

1. Toss cabbage, carrots, oil, lime juice, sugar, and salt together in a large bowl.
2. Let marinate for 15 minutes, tossing occasionally.
3. Add cilantro and cumin, toss to evenly incorporate.
4. Season with salt and pepper.

# MOLTEN CHOCOLATE-CHILI CAKE

## **INGREDIENTS**

3 oz.	Dark chocolate chips
1/4 cup	Butter
2 Tbsp.	Granulated sugar
1 ea.	Egg
1 Tbsp.	All-purpose flour
Pinch	Salt
1/4 tsp.	Chili powder
1 Tbsp.	Butter
1 tsp.	Cocoa powder
1 tsp.	All-purpose flour

## **PROCEDURE**

1. Melt 2 ounces of the chocolate over double boiler. Let cool slightly.
2. Cream together the butter and sugar. Add egg.
3. Temper in the chocolate into the mixture. Add flour, salt, and chili powder. with the eggs and salt at medium-high speed until thick and pale yellow, 3 minutes.
4. Grease muffin cups with butter. Combine 1 cocoa powder and flour and dust greased muffin cups. Tap out excess flour mixture.
5. Spoon two-thirds of the batter into the prepared muffin cups, then divide the remaining chocolate chips into each muffin cup. Cover with the remaining chocolate batter.
6. Bake at 425 degrees for 8-10 minutes, until the tops are cracked but the centers are still slightly jiggly. Transfer to a rack and let cool for 5 to 8 minutes.
7. Invert on to a plate. Serve with serve with berry sauce and Chantilly cream.

# BERRY SAUCE

## **INGREDIENTS**

2 Tbsp.      Granulated sugar

1 ea.         Lemon

1/4 cup      Berries

## **PROCEDURE**

1. Simmer sugar, lemon juice, and berries in a pan for 5 minutes or until juices are released. Cool slightly.
2. Strain the mixture. Chill completely.

# CHANTILLY CREAM

## **INGREDIENTS**

1 cup         Heavy cream

1 Tbsp.      Powdered sugar

1/2 tsp.      Vanilla extract

## **PROCEDURE**

1. Whip the cream until it becomes thick and add the vanilla and sugar.
2. Whip to soft peaks.



# MENU OPTION 2

TOMATO AND ASPARAGUS SALAD

MUSHROOM CHICKEN SCALOPPINI

RICE PILAF

CHOCOLATE BREAD PUDDING WITH BERRY COMPOTE

# SHOPPING LIST

## DAIRY

3 Tbsp.	Butter
3 ea.	Eggs
1 cup	Half and half
4 oz.	Heavy cream
2 oz.	Mozzarella cheese

## HERBS & SPICES

	Black pepper
1 ea.	Bay leaf
1/8 tsp.	Oregano
1/8 tsp.	Rosemary
	Salt
	White pepper

## MEATS

12 oz.	Beef sirloin
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## MISCELLANEOUS

1 tsp.	Brandy
3 oz.	Long grain rice
3 slices	Thick white bread

## PRODUCE

4 oz.	Asparagus
2 ea.	Basil leaves
1 cup	Blueberries of choice
1 bulb	Garlic
1/2 head	Leaf lettuce
4 oz.	Mushrooms of choice
1 ea.	Onion
1 ea.	Tomato

## STAPLES

1/4 cup	All-purpose flour
2 Tbsp.	Granulated sugar
	Oil for vinaigrette
1 1/2 tsp.	Powdered Sugar
1/2 cup	Semi-sweet chocolate chips
1 1/2 cup	Stock or broth
1 Tbsp.	Vegetable oil Vinegar for vinaigrette

**INGREDIENTS MAY NOT BE SOLD IN THE QUANTITIES REQUIRED.**

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# TOMATO AND ASPARAGUS SALAD

## **INGREDIENTS**

4 oz.	Asparagus
2-3 oz.	Vinaigrette dressing*
1 ea.	Tomato
1/2 head	Leaf lettuce
2 oz.	Mozzarella
2 ea.	Basil leaves

## **PROCEDURE**

1. Trim and blanch the asparagus in salted water. Refresh, drain and marinate in the vinaigrette dressing for approximately 15 minutes.
2. Remove the core and cut each tomato into 6 wedges.
3. Clean the lettuce and separate the leaves.
4. Slice the mozzarella.
5. Cut the basil leaves into chiffonade. Drain the asparagus, reserve the dressing.
6. Arrange the tomatoes, cheese and asparagus on plates using the lettuce as a base. Pour on the reserved dressing and garnish with the basil.

# VINAIGRETTE

Participants will be required to make their own vinaigrette from the ingredients provided. These ingredients will include:

- Oils: Extra Virgin Olive oil, soy, corn, walnut, and grape seed oils.
- Acids: Apple cider, rice, raspberry and malt vinegars also lemon and lime juice.

Please keep in mind two things in preparing your vinaigrette:

- A vinaigrette is composed of acid and oil or fat (that is liquid – i.e. hot bacon dressing) and sometimes some flavoring or seasoning agent i.e. mustard
- The concept of a 3:1 ratio of fat to acid depends on the ingredients. Commercial vinegars run from 3.5 – 7% acid. So the vinegar you use can change the amount of oil needed.

# MUSHROOM CHICKEN SCALOPPINI

## INGREDIENTS

8 oz.	Chicken breast	1 clove	Garlic, <i>minced</i>
1/4 c	<i>sliced</i> All-purpose	To taste	Salt
1 Tbsp.	flour Butter, <i>cubed</i>	To taste	Black pepper
1 Tbsp.	Vegetable oil	1/8 tsp.	Dried Oregano
1/4 cup	Stock or broth	1/8 tsp.	Dried Rosemary, <i>crushed</i>
2 Tbsp.	Water	4 oz.	Mushrooms, <i>sliced</i>
1/4 ea.	Onion		

## PROCEDURE

1. Dredge chicken slices.
2. Heat butter and oil in a large skillet. Cook until proper internal temperature. Remove and set aside.
3. Cook onions in pan for 3-4 minutes until tender. Add garlic and cook for 1 minute.
4. Add broth and seasoning and bring to boil. Reduce heat.
5. Add mushrooms and cook for 2-3 minutes.
6. Return chicken to the pan, layering if necessary, and heat for 2 minutes.
7. Plate the chicken and sauce.



# RICE PILAF

## **INGREDIENTS**

2 Tbsp.	Butter
1/4 cup	Onion, <i>finely diced</i>
3 oz.	Long grain rice
9 oz.	Hot stock, broth, or water
1 ea.	Bay leaf
To taste	Salt
To taste	White pepper

## **PROCEDURE**

1. Heat butter in a saucepan but not letting it brown.
2. Add onions and bay leaf; sweating until tender.
3. Add rice and stir until coated with butter.
4. Pour in hot liquid and bring to boil, reduce heat and simmer. Cover the pot tightly.
5. Place pan in a 350°F oven for 15 minutes or until rice is tender and liquid is absorbed.
6. Remove bay leaf and season.

# CHOCOLATE BREAD PUDDING

## **INGREDIENTS**

3 slices	Thick white bread, <i>diced</i>
1 cup	Half and half
1 Tbsp.	Granulated sugar
Pinch	Salt
3 ea.	Eggs
1/2 cup	Semi-sweet chocolate chips

## **PROCEDURE**

1. Pre-heat oven to 350°F. Place the bread croutons on a baking sheet and bake until lightly browned.
2. Heat the half and half in a small pot until warm. Add the sugar and salt and mix to dissolve. Do not overheat.
3. Temper in the eggs and combine well.
4. Mix the bread and chocolate together and place in ramekins. Do not pack down but fill completely.
5. Pour over the custard and allow the bread mixture to absorb the custard for ten minutes before baking.
6. Place the bread puddings in a hot water bath and return to the oven for approximately 20-25 minutes or until set. Let cool for 3-4 minutes.
7. Slide the cooled puddings out of the ramekins and plate. Garnish with berry compote and whipped cream.

# BLUEBERRY COMPOTE

## **INGREDIENTS**

1 Tbsp.      Granulated sugar  
1 cup        Blueberries, *diced*  
1 tsp.        Brandy (*optional*)

## **PROCEDURE**

1. Gently cook the sugar, blueberries, and brandy in a small pot until soft and the liquid has reduced by half.
2. Chill slightly

# WHIPPED CREAM

## **INGREDIENTS**

4 oz.        Heavy cream  
1 1/2 tsp.    Powdered sugar

## **PROCEDURE**

1. Whip the cream and sugar until desired firmness.



# MENU OPTION 3

SHAVED FENNEL AND PEAR SALAD

PAN ROASTED PORK TENDERLOIN WITH WHOLE GRAIN  
MUSTARD SAUCE

MASHED SWEET POTATOES

SPICED BRUSSEL SPROUTS

FRESH FRUIT TART

# SHOPPING LIST

## DAIRY

1 cup	Butter
6 ea.	Egg
3/4 cup	Heavy cream
3 Tbsp.	Parmesan cheese
1 pt.	Whole milk

## HERBS & SPICES

1/2 tsp.	Allspice
	Black pepper
1/4 tsp.	Cinnamon
	Salt
1 ea.	Vanilla bean
	White pepper

## MEATS

10 oz.	Beef tenderloin
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## MISCELLANEOUS

4 oz.	Demi-glacé
1 oz.	Dry sherry, Madeira
12 oz.	Graham Crackers
2 tsp.	Whole grain mustard

## PRODUCE

1 pts.	Brussel sprouts
1 tsp.	Chives
1 bulb	Fennel
3 ea.	Kiwis
1 ea.	Lemon
1 ea.	Onion
1 ea.	Pear
1 bunch	Red grapes
2 ea.	Russet potatoes
1 ea.	Shallot
6-8 ea.	Strawberries

## STAPLES

4 Tbsp.	All-purpose flour
1 1/2 cup	Granulated sugar
1/4 Tbsp.	Olive oil
3 Tbsp.	Pecans
1 cup	Stock or broth

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# SHAVED FENNEL AND PEAR SALAD

## **INGREDIENTS**

1/2 ea.	Fennel bulb
1/2 ea.	Pear, <i>thinly sliced</i>
2 Tbsp.	Pecans, <i>chopped and toasted</i>
1 ea.	Lemon
1 Tbsp.	Olive oil
To taste	Salt
To taste	Black pepper
3 Tbsp.	Parmesan cheese, grated

## **PROCEDURE**

1. Trim base from fennel bulb and shave very thinly.
2. Mix fennel, pear, pecans, 1 Tbsp. lemon juice, oil, and seasoning together.
3. Plate and garnish with Parmesan cheese.

# PAN ROASTED TENDERLION

## INGREDIENTS

1 Tbsp.	Olive oil
10 oz.	Beef tenderloin, <i>trimmed</i>
To taste	Salt
To taste	Black pepper
1/2 ea.	Shallots, <i>minced</i>
1 oz.	Dry sherry, Madeira wine, or stock
2 tsp.	Whole grain mustard
4 oz.	Demi-glace
1 Tbsp.	Butter

## PROCEDURE

1. Season beef with salt and pepper.
2. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145 degrees. internal.
3. Remove from pan and keep warm on a clean plate.
4. Add shallots to the pan and sauté briefly for about thirty seconds. Add wine to deglaze.
5. Add mustard and the demi-glace and bring to a simmer. Reduce the heat again to low and swirl in the butter.
6. Check the seasoning on the sauce.
7. Slice the beef into six slices and plate accordingly. Ladle some sauce over the slices and serve with the mashed potatoes and Brussel sprouts.

# MASHED POTATOES

## INGREDIENTS

2 ea.	Russet potatoes
1 tsp.	Salt
1 Tbsp.	Butter
1/2 cup	Heavy cream
1 tsp.	Chives, <i>minced</i>
Pinch	White pepper

## PROCEDURE

1. Quarter potatoes and place in cold water with salt.
2. When potatoes are cooked, pat dry, then pass through a food mill into a fresh pot.
3. Add cold butter and hot cream over low heat until proper texture is achieved and potatoes are hot; stir often.
4. Fold in chives and pepper.
5. Keep warm until service.



# SPICED BRUSSEL SPROUTS

## INGREDIENTS

3/4 Tbsp.	Olive oil
3/4 Tbsp.	Butter
1 ea.	Onion, <i>chopped or sliced thin</i>
1 pt.	Brussel sprouts, <i>sliced</i>
1/2 tsp.	Ground allspice
To taste	Salt
To taste	Black pepper
1 cup	Stock or broth

## PROCEDURE

1. Heat oil and butter in a sauté pan over medium high.
2. Add onions to pan, and caramelize.
3. Add the sliced Brussels sprouts, allspice, salt and pepper.
4. Add the stock, bring to a boil.
5. Reduce the heat and simmer until the Brussels sprouts are fully cooked.

# FRESH FRUIT TART

## INGREDIENTS

12 oz.	Graham crackers, <i>crushed</i>
3/4 cup	Granulated sugar
1/4 tsp.	Cinnamon
3/4 cup	Butter, <i>melted</i>
1 Tbsp.	Heavy cream
1/2– 1 cup	Pastry cream*
Various	Fruits:
	6-8 strawberries
	1 bunch red grapes

## PROCEDURE

1. Combine the Graham cracker crumbs, sugar, cinnamon, butter, and cream and press into a 10 – 12” tart shell.
2. Bake the tart shell at 325°F for 5-7 minutes to help "set it."
3. Spread the pastry cream over the cooled crust.
4. Arrange one or more fruit on the top in a decorative fashion.

# PASTRY CREAM

## **INGREDIENTS**

4 Tbsp.	All-purpose flour
6 oz.	Granulated sugar
1/2 ea.	Vanilla bean, <i>split</i>
1 pt.	Whole milk
6 ea.	Egg yolks
1 oz.	Butter

## **PROCEDURE**

1. Mix  $\frac{1}{4}$  of the milk with the yolks to make them more liquid.
2. Scald remaining milk with the sugar and vanilla bean in a saucepan.
3. Add the flour to the egg yolk mixture and whisk until smooth.
4. Temper the eggs mixture into the milk.
5. Cook over medium heat until there is no more flour taste.
6. Add the butter. Remove the pastry cream from the pan and remove the vanilla bean.
7. Spread the cream on parchment on a tray so it will cool. Cover with parchment so it will not form a skin on the surface, and refrigerate.