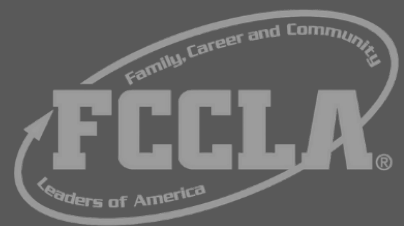
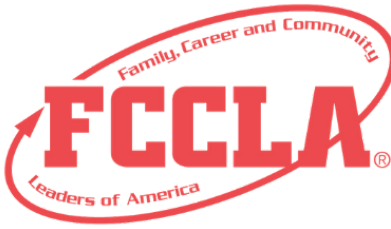


2021 Recipes

CULINARY ARTS



NORTH CAROLINA
STATE ASSOCIATION



NORTH CAROLINA
STATE ASSOCIATION

CULINARY ARTS

Chinese Curry Chicken

Ginger Scented Jasmine Rice

Stir Fry Vegetables

EQUIPMENT LIST

Each participant may use the list of equipment below as a guideline. Participants will submit a complete list of equipment they will use during competition. See more information in the 2020-2021 NC FCCLA Competitive Events Guidelines.

- 1 Paring Knife
- 1 Chef Knife
- 1 Serrated Edge-Knife
- 2 Cutting Board
- 1 Set Measuring Spoons
- 1 Set Dry Measuring Cup
- 1 Liquid Measuring Cup
- 1 Whisk
- 1 Tongs
- 1 Sturdy Spoon
- 1 Stiff Spatula
- 1 Vegetable Peeler
- 1 Large Skillet
- 1 Large Skillet with Lid
- 1 Medium Saucepan with Lid
- 1 Can Opener
- 1 Thermometer
- 1 Sharpening Steel
- 3 Towels
- 1 Hot Pad
- 1 Oven Mitt

Chinese Curry Chicken

Ingredients:

2 Tbsp.	Red curry paste
¼ c.	Chicken stock
2 tsp	Soy sauce
6 oz.	Coconut milk
½ tsp	Granulated sugar
1 tsp	Curry powder
1 tsp	Red pepper flakes
2 tsp	Vegetable oil
12 oz.	Skinless, boneless chicken breast, sliced
4 ea.	Cloves garlic, minced
2 tsp	Fresh ginger, minced
½	Yellow onion, sliced
2 small	Yellow potatoes, peeled, halved & sliced
TT	Salt
TT	Pepper
3 ea.	Green onions, sliced on bias

Procedures:

1. Combine curry paste, chicken stock, soy sauce, coconut milk, sugar, curry powder, and red pepper flakes. Set aside.
2. Heat a large skillet over med-high heat and add vegetable oil.
3. Brown chicken on all sides. Add garlic, and ginger and cook for 1-2 minutes.
4. Add in onion and potatoes and sauté for 1-2 minutes
5. Pour in sauce mixture. Stir well to combine.
6. Bring sauce to a boil, reduce heat, and cover.
7. Simmer until chicken is cooked and potatoes are tender, about 15 minutes.
8. Season with salt and pepper, if desired.
9. Garnish with green onions.

Ginger Scented Jasmine Rice

Ingredients:

2 Tbsp.	Butter
½ ea.	Yellow onion, minced
2 Tbsp..	Fresh ginger, minced
3 ea.	Cloves garlic, minced
1 c.	Jasmine rice
1 ¾ c.	Chicken stock
½ tsp	Salt
4 ea.	Green onions, sliced

Procedures:

1. In medium sauce pan, melt butter over medium-low heat.
2. Add in onion, ginger, and garlic. Sweat until softened.
3. Add rice into pan, cook for 1 minute.
4. Add stock and salt to pan.
5. Bring to a boil, reduce to low heat (simmer), and cover.
6. Cook for 15 minutes or until liquid is absorbed.
7. Remove from heat.
8. Before service, fluff with a fork, and add green onion.

Stir Fry Vegetables

Ingredients:

1 Tbsp.	Soy Sauce
1 tsp	Sesame oil
½ c.	Chicken stock
1 tsp	Fresh ginger, minced
1 Tbsp.	Cornstarch
2 Tbsp.	Vegetable oil
2 ea.	Carrots, sliced
1 c.	Broccoli, florets
1 Large	Red bell pepper, julienned
4 oz.	Shitake mushrooms, sliced
3 oz.	Water chestnuts, drained and sliced

Procedures:

1. In a small bowl, combine soy sauce, sesame oil, chicken stock, ginger, and cornstarch. Set to the side.
2. In a large skillet, over med-high heat, add vegetable oil.
3. Add in carrots and broccoli. Stir-fry for 2 minutes.
4. Add in pepper, mushrooms, and water chestnuts. Cook for additional 2 minutes.
5. Add in soy sauce mixture.
6. Bring liquid to a boil, continue stir-frying vegetables, allow sauce to reduce and thicken.
7. Cook vegetables to desired doneness.
8. Season with salt and pepper, if desired.
9. Keep warm until service.