



2021-2022 FCCLA Culinary Arts Competition
February 2022

Competition Menu

Menu Items makes 2 servings

Entree

Sauteed Chicken Breast with Mushroom Sauce, Braised Zucchini and Roasted Potatoes

**Participants decide on plating*

Sauteed Chicken Breast with Mushroom Sauce
Culinary Skill Component: Sauté / Pan-sauce

Yield: 2 portions

Ingredients

1 Tbsp.	Olive or Vegetable Oil
2 ea.	Chicken Breast (Skinless & boneless)
to taste	Salt
to taste	Pepper
1 tsp.	Shallots, minced
½ Cup	Mushrooms, sliced (white, cremini or shiitake)
1 oz.	Chicken stock/broth
4 oz.	Demi-glace
½ oz.	Whole butter, diced
to taste	Salt
to taste	Pepper

Method:

1. Season chicken breast with salt and pepper. Sauté in a medium pan on medium high heat, skin down to render fat. Flip over to other side, reduce heat to medium and continue to cook until 165 d. internal. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds then add mushrooms and increase the heat to high. Cook until mushrooms are soft and slightly browned.
3. Add stock/broth to deglaze. Quickly add the demi-glace and bring to a simmer. Reduce the heat again to low and swirl in the butter.
4. Check the seasoning on the sauce and place the chicken breasts back in the pan to re-warm. Serve with the appropriate accompaniments.

Braised Zucchini
Culinary Skill Component: Braised Vegetables

Yield: 2 Servings

Ingredients

1 Tbsp.	Clarified butter or olive oil
1 clove	Garlic crushed
½ ea.	Onions, sliced or diced
1 ea.	Zucchini, cut as desired medium
¼ cup	Tomato, chopped
1-2 oz.	Chicken or vegetable stock
to taste	Salt
to taste	Pepper

Method:

1. In a medium sauté pan, sauté onions and garlic until lightly caramelized and tender.
2. Add zucchini and sauté until lightly colored. Add stock and simmer until squash is almost tender, approximately 2-3 minutes.
3. Add tomato and cook for approximately two additional minutes or until all vegetables are tender.
4. Adjust seasoning as necessary.

Roasted Potatoes
Culinary Skill Component: Roasting vegetables

Yield: 2 portions

Ingredient

8 oz.	Yellow, red or fingerling potatoes
1 oz.	Olive oil
1 tsp.	Parsley, chopped
1 tsp.	Rosemary, chopped
To taste	Salt
To taste	Pepper

Method

1. Pre-heat oven to 425 degrees fahrenheit.
2. Cut the potatoes into an appropriate size based on the size and shape.
3. Place in a small mixing bowl and toss with the oil, rosemary salt and pepper.
4. Place a small roasting pan into the oven and heat for 5-8 minute.
5. Place potatoes in the pan and return to the oven quickly as to not cool the pan too much.
6. Roast for approximately 12-15 minutes and then carefully turn over with a spatula to brown evenly. Cook for approximately 8-10 additional minutes or until tender.
7. Toss with the parsley and serve immediately