

FCCLA Culinary Arts
2011-2012 Competition Menus

Menu #1

Mushroom Pork Scaloppini

Rice Pilaf

Golden Delicious Apple and Cheddar Turnovers with Dried Cranberries

Menu #2

Shaved Fennel and Pear Salad with Parmesan

Herbed Apple Glazed Chicken

Spiced Brussels Sprouts

Menu #3

Beef Tenderloin with Southwestern Sauce

Carrot, Cilantro, and Chile Slaw

Grilled Pound Cake with Pineapple Salsa and Whipped Cream

Menu #1

Mushroom Pork Scaloppini

¾	pound	pork loin, cut into ½" cutlets
¼	cup	all-purpose flour
1	tablespoon	butter, cubed
1	tablespoon	canola oil
¼	cup	chicken broth
2	tablespoons	water
¼	large	onion, chopped
½	clove	garlic, minced
1/8	teaspoon	salt
1/8	teaspoon	pepper
1/8	teaspoon	dried thyme
1/8	teaspoon	dried oregano
1/8	teaspoon	dried rosemary, crushed
¼	pound	fresh mushrooms, sliced

- Dredge pork slices in flour.
- In a large skillet, heat butter and oil. Brown pork on both sides in batches; remove and keep warm. Stir in the broth, water, onion, garlic and seasonings into drippings. Return pork to skillet, layering if necessary.
- Top with mushrooms.
- Cover and cook on low heat for 10-15 minutes or until meat is no longer pink.

Yield 2-3 Servings

Adapted from recipe submitted for FCCLA Culinary Arts Recipe Collection

Menu #1

Rice Pilaf

½ ounce butter
3 ounces onion, finely diced
3 ounces converted rice
9 ounces hot broth, water, or stock
1 each small bay leaf
to taste salt and white pepper

- Heat the butter in a saucepan, do not let it brown.
- Add the onions and the bay leaf; sweat them until all are tender. Do not give them any color.
- Add the rice and stir all until the rice is coated with the butter. Do not give the mixture any color.
- Pour in the hot liquid and bring the mixture to a boil, reduce to a simmer. Season it to taste. Cover the pot tightly; foil will do if you do not have a lid. Place the pan in a 350°F oven for 15 – 20 minutes or until the rice is tender and all liquid is absorbed.
- Remove the bay leaf and hold warm for service.

Note: It is always a good idea to let rice “rest” covered for 10 minutes after removal from the oven and before service and then “fluff it” with forks. Also – this rice can be molded in various ways for presentation.

Yield 3 servings

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Menu #1

Golden Delicious Apple and Cheddar Turnovers with Dried Cranberries

1	medium	Golden Delicious apple, peeled, halved, cored, cut into ½" cubes
¾	cup	coarsely grated extra-sharp cheddar cheese
1/8	cup	maple syrup
1/8	cup	walnuts, chopped
1/8	cup	cranberries, dried, sweetened
	Pinch	salt
1	sheet	frozen puff pastry, thawed
½	eggs	beaten with ½ teaspoon water
		Sugar
		Flour for rolling pastry

- Toss first 6 ingredients in medium bowl to blend.
- Preheat oven to 400°F. Line a large rimmed baking sheet with parchment. Roll out 1 puff pastry sheet on lightly floured surface to 11-inch square. Using 5- to 5½-inch plate or bowl as template, cut out 4 rounds from pastry. Transfer pastry rounds to 1 baking sheet, spacing apart.
- Spoon filling onto half of each pastry round, dividing all of filling among rounds. Brush edges of pastry lightly with some of egg glaze. Fold plain pastry half over filling; press on edges to seal and enclose filling completely, then press tines of fork along pastry edge to create tight seal.
- Using tip of small sharp knife cut two 1/2-inch-long slits in top of crust on each turnover. Brush tops with egg glaze, then sprinkle with sugar.
- Bake until crusts are puffed and golden and juices are bubbling through slits in crusts, about 25 minutes.
- Carefully run metal spatula under turnovers to loosen and transfer to racks to cool slightly.
- Serve warm or at room temperature.

Yield 4 servings

Adapted from recipe submitted for FCCLA Culinary Arts Recipe Collection

Menu #2

Shaved Fennel and Pear Salad with Parmesan

½		fennel bulb
½		pear, thinly sliced
1/8	cup	pecans, chopped, toasted
1	tablespoon	lemon juice, freshly squeezed
1	tablespoon	olive oil
		Salt and pepper
3	tablespoons	freshly grated Parmesan cheese

- Trim base from fennel bulb and slice or shave very thinly
- Mix together fennel, pear, pecans, lemon juice, oil, and salt and pepper ingredients.
- Plate as desired, and garnish with Parmesan cheese.

Yield 2 servings

Recipe submitted for FCCLA Culinary Arts Recipe Collection

Menu #2

Herbed Apple Glazed Chicken

2	teaspoons	oil
1		granny smith apple, cut into allumette
½	medium	onion, sliced thin
½	teaspoon	fresh thyme, no stems
2	each	skinless, boneless chicken breast halves
½	cup	apple juice
½	tablespoon	cider vinegar
½	tablespoon	cornstarch
		salt & pepper to taste

- Break down chicken into 2 boneless breasts.
- In heavy sauté pan, heat 1 teaspoon oil over medium high heat; cook apples, onion and thyme until just tender but still a bit crisp. Remove and set aside.
- Add remaining 1 teaspoon of oil to sauté pan; cook chicken, turning once, until golden brown on both sides. Reduce heat to medium low.
- Set 1/2 tablespoon apple juice aside and pour remaining juice into sauté pan along with the cider vinegar.
- Cover and simmer for 6 to 8 minutes, or until chicken is cooked through and juices run clear.
- Remove chicken to plate; keep warm.
- Combine cornstarch with reserved 1/2 tablespoon apple juice; stir into pan juices and cook over high heat, scraping up any browned bits, for 2 minutes or until thickened.
- Return apple mixture to pan and heat through, season with salt and pepper.
- Spoon the apple mixture around, under or on top of cooked chicken.

Yield 2 servings

Recipe submitted for FCCLA Culinary Arts Recipe Collection

Menu #2

Spiced Brussels Sprouts

¾	tablespoon	olive oil
¾	tablespoon	butter
1	medium	onion, chopped or sliced thin
1	pint	Brussels sprouts, sliced
½	teaspoon	ground allspice
		salt & freshly ground black pepper
1	cup	chicken stock

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

Recipe submitted for FCCLA Culinary Arts Recipe Collection

Menu #3

Beef Tenderloin with Southwestern Style Sauce

¾	pound	beef tenderloin, trimmed
		Salt, to taste
		Freshly ground pepper, to taste
1	tablespoon	olive oil
½	clove	garlic, minced
2	teaspoons	shallots, minced
1	teaspoon	tomato paste
2	teaspoons	Creole mustard
½	teaspoon	black peppercorns, crushed
½	cup	chicken broth
2	teaspoons	maple syrup
1 ½	teaspoons	cider vinegar
¾	teaspoon	salt, or to taste
¼	teaspoon	freshly ground black pepper, or to taste
¾	teaspoon	cilantro, chopped
1	teaspoon	jalapeno, finely diced, for garnish

- Trim the beef and cut into 2 ½" thick medallions, about 6 ounces each.
- Season the medallions with salt and pepper and brush with olive oil. Cover and refrigerate until needed.
- Heat ½ tablespoon of the oil in a sauté pan over medium-high heat. Sauté the garlic and shallots until aromatic, 1-2 minutes.
- Add the tomato paste and cook until slightly browned.
- Add the mustard, black peppercorns, chicken broth, maple syrup, vinegar, salt, and pepper. Simmer until mixture reduces to a sauce consistency.
- Heat oil in a skillet on medium-high heat. Sauté the medallions to the desired doneness, 1 ½ minutes on the first side and approximately 1 minute for the second side for medium.
- Finish the sauce with the cilantro and serve over the tenderloin. Garnish with the jalapeno.

Yield 2 servings

Adapted from recipe submitted for FCCLA Culinary Arts Recipe Collection

Menu #3

Carrot, Cilantro, and Chile Slaw

2	cups	carrots, peeled, julienned (assorted colors if available)
1	tablespoon	vegetable or grape seed oil
1 ½	teaspoons	fresh lime juice
¾	teaspoon	sugar
¼	teaspoon	kosher salt plus more for seasoning
1	each	jalapeno, stemmed, seeded, minced
¼	cup	cilantro leaves, loosely packed
¼	teaspoon	ground coriander
		Freshly ground pepper

- Toss carrots, oil, lime juice, sugar, ¼ teaspoon salt, and jalapenos in a large bowl. Let marinade for 15 minutes, tossing occasionally.
- Add cilantro and coriander; toss to evenly incorporate.
- Season to taste with salt and pepper.

Yield 2-3 servings.

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Menu #3

Grilled Pound Cake with Pineapple Salsa and Whipped Cream

¾	cup	heavy whipping cream
3	tablespoons	confectioner's sugar
¼	teaspoon	ground cinnamon
8	slices	prepared pound cake, sliced ½" thick
2-3	tablespoons	unsalted butter, melted
2	cups	fresh pineapple, cut into ½ "cubes
3	tablespoons	fresh mint, thinly slivered
1-2		jalapeno peppers, seeded and minced
2	tablespoons	fresh lime juice, or more to taste
1	tablespoon	light brown sugar, or more to taste
4	sprigs	fresh mint, for garnish

- Beat the cream until soft peaks form. Add confectioner's sugar and cinnamon. Continue beating until stiff peaks form. Don't overbeat. (A hand or stand mixer may be used). Keep cool and covered until ready to serve.
- Lightly brush each slice of pound cake with butter on both sides. Cook the pound cake until lightly toasted, on a contact grill or using a grill pan.
- Place the pound cake slices on plates. Top each serving with a spoonful of pineapple salsa and a dollop of whipped cream, garnish with a sprig of mint, and serve at once.

Pineapple Salsa

- Place the pineapple, mint, jalapeno(s), lime juice, and brown sugar in a nonreactive bowl, but don't mix them until 5 minutes before you are ready to serve. Taste for seasoning, adding more lime juice or brown sugar as necessary.

Yield 4 servings

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