



Family, Career and Community Leaders of America

2021-22 District/State Culinary Arts Menu

Chicken Piccata

2 (6- to 8-oz) B/S chicken breast, trimmed
1 large lemon
½ cup AP flour
2T plus 1 tsp olive oil
1 small shallot, minced
½ tsp garlic, minced
½ cup chicken broth
1 ½ T unsalted butter cut into 3 pieces
1 T capers, drained
1 ½ tsp fresh parsley, minced
Kosher salt and pepper

Directions:

1. Cut each chicken breast in half crosswise, then cut thick half in half again horizontally, creating 3 cutlets of similar thickness. Place cutlets between sheets of plastic wrap and gently pound to even ½-inch thickness. Place cutlets in a bowl and toss with 1 teaspoon of salt and ¼ teaspoon of pepper. Set aside for 15 minutes.
2. Halve lemon lengthwise. Trim ends from 1 half, halve lengthwise again, then slice crosswise ¼ inch thick; set aside. Juice the remaining half and set aside 1½ tablespoons of juice.
3. Working with 1 cutlet at a time, dredge cutlets in flour. Heat 2 T oil in a 12-inch skillet. Place cutlets in skillet, cooking until golden brown on both sides. Remove cutlets and set aside.
4. Add remaining 1 tsp oil and shallot to skillet and cook until softened. Add garlic and cook until fragrant. Add broth, reserved lemon juice, and reserved lemon slices and bring to simmer, scraping up any browned bits.
5. Add cutlets to sauce and simmer, flipping halfway through simmering. Transfer cutlets to a platter. Off heat, whisk in butter. Stir in capers and parsley. Season with salt and pepper to taste. Spoon sauce over chicken and serve.

Saffron Rice Pilaf

Several strands of saffron threads plus 1T water

1 ½ T olive oil

¼ cup slivered almonds

½ medium onion, chopped

1 cup basmati rice

1 ½ cup water

¼ cup dried currants or raisins

Kosher salt and pepper

Directions:

1. Soften saffron in hot water in a small bowl.
2. Heat oil in a 3-qt heavy pot. Saute almonds until golden. Transfer with a slotted spoon to paper towels to drain.
3. Saute onion in remaining oil in the pot. Transfer half of the onion to a small bowl.
4. Add rice to the onion in the pot and cook until fragrant.
5. Add water, saffron mixture, salt and pepper and bring to a simmer.
6. Reduce heat, cover and cook until rice is tender. Let rice stand, covered, off heat.
7. Stir raisins/currants and almonds into the bowl with the onion. Fluff the rice, season and serve almond mixture spooned on top.

Fresh Broccoli Saute

¾ # broccoli, fresh, trimmed, cut to desired shape

As needed water and ice

2 T unsalted butter

Kosher salt and pepper

Directions:

1. Bring a pot of salted water to a boil.
2. Cook the broccoli to al dente. Remove and place in a water bath. Remove and set aside until ready to cook.
3. Add butter to a preheated 12- or 14-inch skillet and saute broccoli until heated through.

4. Season and serve.

Bananas Foster

¼ cup packed dark brown sugar
2 T plus 1 tsp rum-flavored simple syrup or apple cider
1 T water
½ cinnamon stick
⅛ tsp kosher salt
1 ripe banana, large, peeled
2 T unsalted butter, cut into 2 pieces
½ tsp lemon juice
Vanilla ice cream

Directions:

1. Combine sugar, 1 T rum-flavored syrup, water, cinnamon stick, and salt in a small skillet. Cook until sugar is dissolved, whisking frequently.
2. Cut bananas halved crosswise, then halved lengthwise. Add bananas to the pan, cut side down. Cook until golden on bottom. Flip bananas and cook until just tender. Transfer bananas to a serving plate or rimmed dish, leaving sauce in the pan.
3. Remove sauce from heat and discard cinnamon stick. Whisk in butter, 1 piece at a time. Whisk in lemon juice and remaining rum-flavored syrup. Pour over bananas.
4. Serve with a small scoop of vanilla ice cream.