



2023-2024 Culinary Arts Menu

Sautéed Chicken Breast with Mushroom Sauce

Braised Zucchini

Mashed Potatoes

Peach Trifle



Sautéed Chicken Breast with Mushroom Sauce

Yield: 2 portions

INGREDIENTS

Olive or Vegetable Oil	1 Tbsp.
Chicken Breast, skin and wing bone attached	2 each
Shallots, minced	1 tsp.
Mushrooms, sliced (white, cremini or shiitake)	½ cup.
White wine, madeira wine, or chicken stock/broth	1 oz.
Whole butter, diced	½ oz.
Salt	to taste
Pepper	to taste

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 the other side, reduce heat to medium and continue to cook until 165 degrees internal. Remove from the 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 classic veloute sauce. 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 rewarm. Serve with the appropriate accompaniments.



Classic Veloute' Sauce

***To be used in Chicken Breast with Mushroom Sauce Recipe**

Yield: 2 cups

INGREDIENTS

Unsalted Butter	2 Tbsp. plus 1 tsp. divided
All-Purpose Flour	3 Tbsp.
Chicken Stock	2 cups
Kosher Salt	¼ tsp, or more to taste
White Pepper	⅛ tsp

METHOD

1. in a heavy- bottomed 6 cup saucepan over medium-low heat, melt 2 tablespoons butter. Add the flour and whisk together until the butter and flour mixture has small bubbles but does not brown, about 2 minutes.
2. Whisk in 1 cup of the stock all at once, and continue to whisk until it is smooth and lump-free. Gradually whisk in the remaining 1 cup of stock, salt, and pepper.
3. Over medium heat, bring the sauce to a low boil (small bubbles break over the surface of the sauce), stirring constantly with a whisk. Once the sauce reaches a low boil, keep whisking the sauce for 2 minutes.
4. Use immediately or pour into a storage container. Spread the remaining 1 teaspoon of butter over the surface of the hot sauce to keep the skin from forming. Cool the sauce for 10 to 15 minutes before refrigerating or freezing, covered with a lid.



Braised Zucchini

Yield: 2 Servings

INGREDIENTS

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

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.



Mashed Potatoes

Yield: 2-3 Servings

INGREDIENTS

Potatoes, russet, 100 CT.	2 each
Salt	1 tsp.
Butter, cold	1 Tbsp.
Cream, hot	½ cup.
Chives, minced	1 tsp.
White pepper, ground	pinch

METHOD

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



Peach Trifle

Yield: 4 Servings

INGREDIENTS

1 Can or Jar of Peaches [optional: fresh peaches]

Cake [sponge cake, lady-fingers, wafers, brioche, angel food cake, brownies]

1 box Prepared or Instant Pudding [optional: jelly, yogurt, rice pudding, custard, jam, butters, sauces]

1-quart Heavy Whipping Cream [optional: whipped topping, cream cheese, mascarpone]

Flavoring liquid [peach/fruit juice, simple syrup, flavored waters/syrup, brewed liquids (i.e. tea), beverages]

Garnish [i.e., Berries/fruit, edible leaves (i.e. mint), edible flowers, herbs, spices, dessert/ice-cream toppings]

METHOD

1. Slice, dice, or chop peaches
2. Cut cake into desired shapes
3. Prepare pudding – if needed
4. Whip cream
5. Assemble trifle (see instructions below)
6. Garnish

Assembling instructions:

1. Add foundation to the vessel
2. Drizzle the flavoring liquid on the foundation
3. Apply the custard/cream etc. (pastry bag, spatula/spoon)
4. Spread the fruit
5. Repeat step 1-4
6. Garnish the top



Equipment List for Culinary Arts

Assorted prep / deli containers	Hot pad(s) / pot holder(s)
Cutting Board(s)	Measuring devices (liquid/dry/spoons)
Fork	Meat Thermometer
Medium Bowl(s)	2- 4 Quart saucepans with a lid
2 – 12-inch sauté pans	Solid kitchen / serving spoon
Shallow bowl(s)	Standard knife kit to include but not limited to French, paring, utility/boning
1/4 sheet pan	Timer
Side towels	Spatula
Tasting Spoons	4 serving glasses/cups (6- 8 oz)*peach trifle
Tongs	Balloon Whisk
Food mill or ricer	Piping bag with a tip
Pot with lid	Shape Cutter set
Rubber spatula	Plates, spoon, fork, knife, napkin (3 settings)
	1- 6 quart saucepan with lid

General Information

- The items listed above are required for implementation of the selected menu. All necessary large equipment will be provided. Only items on the list may be brought to the event. No electrical tools are allowed to be brought to the competition. Take care when packaging or packing equipment for shipment. If breakage occurs, **the participant is responsible for any replacement.**

Please email CompetitiveEvents@ffcccla.org with any questions.