



2024 Culinary Arts Menu

Avocado, Bacon, and Egg Burger

Steak Fries

Chocolate Mousse



Avocado, Bacon, and Egg Burgers

Yield: 4 servings

INGREDIENTS

Butter	3 Tbsp.
Hamburger Buns	4 total
Bacon	4 slices
Ground Beef	1 lb
Worcestershire Sauce	2 Tbsp.
McCormick Grill Mates Hamburger Seasoning	1-2 Tbsp.
Sliced Swiss Cheese	4 slices
Eggs	4 total
Lettuce Leaves	4 total
Medium red onion, thinly sliced	½ Onion
Tomato, thinly sliced	1 Tomato
Medium Avocado- peeled, pitted, and thinly sliced	1 Avocado

METHOD

1. Mix ground beef with Worcestershire Sauce and McCormick Grill Mates Hamburger Seasoning (don't overmix). Form into 4 patties.
2. Preheat the pan to medium-high heat.
3. Melt butter and toast the inside half of the hamburger buns, then set aside.
4. Add the bacon to the pan, turning occasionally, until crispy, 10 to 12 minutes.
5. Remove and place bacon slices on a paper towel.
6. Add the burger patties and saute for about 5 minutes on each side, occasionally pressing down on the meat to keep it flat.
7. Remove the burgers when an instant-read thermometer inserted into their center shows at least 160 degrees F (70 degrees C). Add the swiss cheese and place on the burger bottom/heel.
8. Crack eggs into the pan and saute to over-easy.
9. Top the cheeseburgers with onion, avocado, bacon, egg, lettuce, and the remaining bun.



Steak Fries

Yield: 4 servings

INGREDIENTS

Russet Potatoes	1- ½ lbs (3 medium or 2 large)
Vegetable Oil	about 2 cups
Salt	To taste
Pepper	To taste

METHOD

1. Clean and cut potatoes into $\frac{1}{4} \times \frac{1}{4} \times 3$ -inch french fries (Batonnet cut).
2. Add french fries to the pan and cover with oil.
3. Place over medium heat.
4. When it starts to boil, cook until golden brown, stirring occasionally.
5. Place on paper towels to drain excess oil.
6. Salt/pepper to taste.



Chocolate Mousse

Yield: 4 Servings

INGREDIENTS

Whipping Cream	1 ½ cups
Cocoa Powder, sifted	¼ cup
Powdered Sugar	¼ cup
Orange Zest	½ tsp.
Orange Segments	(used for garnish)

METHOD

1. In a chilled mixing bowl, whip cream until frothy and slightly thickened.
2. Slowly add sugar and cocoa, then carefully mix until **soft** peaks form.
3. Add zest and whip until **stiff** peaks form.
4. Spoon into a piping bag with a piping tip of your choice.
5. Pipe into a vessel of your choice.
6. Garnish with orange segments.



Equipment List for Culinary Arts

Assorted prep / deli containers	Hot pad(s) / pot holder(s)
Cutting Board(s)	Measuring devices (liquid/dry/spoons)
2 Medium or Large Saute Pans	Timer
Whisk(s)	Slotted Spoon
Metal Spatula(s)	Thermometer
Rubber Spatula(s)	Standard knife kit to include but not limited to French, paring, utility/boning
Tongs	4 serving dessert ramekins
¼ Sheet Tray	Piping bag with a tip
Foil	Paper Towels
2 Quart Saucepot	Assorted Mixing Bowls
Mesh Strainer	Plates, spoon, fork, knife, napkin (4 settings)

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 competitions@flfcla.org with any questions.