

FCCLA® FLORIDA



2024 District Culinary Arts Menu

Arugula and Mixed Green Salad with Orange and Fennel

Seared Pork Tenderloin Medallions with Mushroom Sauce

Rice Pilaf

Broccoli Sauté



Arugula, Fennel and Orange Salad Recipe

Serving Size: 4 servings

Ingredients:

For the Salad:

2 cups arugula

2 cups mixed greens

½ fennel bulb, cored and very thinly sliced, fronds reserved

1/4 small red onion, thinly sliced (about 1/4 cup)

2 navel oranges, cut into skinless, pithless segments

For the Dressing:

1 teaspoon Dijon mustard

2 teaspoons honey

5 tablespoons white wine vinegar

1/2 cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

Method:

1. Combine the arugula mixed greens, fennel, fennel fronds, red onion, and orange segments in a large bowl.
2. In a small bowl, whisk mustard, honey, and vinegar. Whisking constantly, drizzle in olive oil. Season to taste with salt and pepper. Dress salad as desired (not all the dressing needs to be used). Serve immediately. Extra dressing can be stored in an airtight container in the refrigerator for up to 1 month.



Seared Pork Tenderloin Medallions with Mushroom Sauce

Serving Size: 2 Servings

Ingredients:

Medallions:

½ lb. Pork Tenderloin, fabricate to 6 medallions

2 Tbsp. Canola Oil

½ Cup All Purpose Flour

To Taste Salt and Pepper, on protein and in dredge *Mushroom Sauce*

Mushroom Sauce:

1 Cup Plain Chicken Stock

½ Cup Button Mushrooms, Sliced

2 tsp. Minced Garlic

2 tsp. Minced Fresh Herbs

3 Tbsp Full fat, European Butter, Salted

To Taste Salt and Pepper

Method:

1. Fabricate protein portion to medallions. Combine flour, salt, pepper to taste for dredge. Season medallions. Dredge medallions. Add oil to the pan at medium high heat. Shake off excess dredge and sear medallions. Careful not to get the pan too hot and scorch the fond in the pan. Remove medallions when seared on both sides and hold warm for step 3.
2. Pour off excess oil, careful to reserve as much fond as possible. Deglaze pan with broth. Add garlic, mushrooms, and fresh herbs and reduce by half. Add butter, one Tbsp. at a time, until the sauce is thickened and glossy.
3. Add medallions back to sauce to allow them to retherm, coat with sauce, and serve as the final component of the entrée on the plate.



Jasmine Rice Pilaf

Serving Size: 2-3 portions

Ingredients:

1 tbsp Fat (butter, oil)
¼ cup Onion, minced
¼ cup Celery, small dice
¼ cup Carrots, small dice
¼ cup, Red Pepper, small dice
1 cup Jasmine rice
2-2 ½ cups Chicken stock or broth
1 tbsp Butter
Salt and Pepper to taste

Method:

1. Heat a heavy gauge pot on medium heat and add the fat
2. Sweat onions, celery, carrots, and red pepper
3. Add rice, toast the rice lightly
4. Add stock or broth. Bring to a boil. Reduce to a very slow simmer and cook covered for approx.. 20-25 minutes. Allow the pot to remain at room temperature for 5 minutes.
5. Add butter and seasoning. Fluff with a fork and serve.



Fresh Broccoli Sauté

Serving Size: 2 Servings

Ingredients:

$\frac{3}{4}$ pound Broccoli, fresh

Water and ice, as needed

1 ounce Butter

Salt and pepper to taste

Method:

1. Place a pot of water with salt on the stove and bring to a boil.
2. Wash broccoli and cut to the desired shape.
3. Place the broccoli in the boiling water and remove the water. Return to a boil. Remove and drain the broccoli from the ice water bath.
4. Reserve the broccoli in a suitable size and shape container.
5. To sauté the broccoli, preheat a sauté pan on medium heat on top of the range.
6. Add approximately 1 ounce of butter until melted.
7. Add the broccoli and sauté just until heated through. Add the appropriate seasoning.
8. Remove from the range and arrange the broccoli on the serving dish.



Equipment List for Culinary Arts

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|---|--------------------------------|
| Assorted mixing bowls | 2- Salad Bowl /Plates |
| Cutting Board(s) | 2- Dinner Plates |
| Tongs | Measuring Spoons |
| Rubber Spatula(s) | Measuring Cups |
| Wooden Spoon(s) | Sanitizer Bucket |
| Whisk(s) | Standard knife kit |
| Tasting spoons and forks | Thermometer |
| 2- Sauce Pots with lids | Timer(s) |
| 2- Saute pans/ skillets | Vegetable peelers |
| Bench scraper | Disposable Food Service Gloves |
| Side towels | Slotted Spoon |
| Assorted Deli Prep containers for mise en place | |

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@flfccla.org with any questions.