

FCCLA® FLORIDA



2025 State Culinary Arts Menu

Salad

Honey Ginger Soy Chicken

Rice Pilaf

Vegetables



Salad Recipe

Serving Size: 4 servings

Ingredients:

1 bag/container spring mix

Dressing:

- 1 tablespoon Dijon mustard
- ½ cup olive oil
- 3 tablespoons white balsamic vinegar
- 1 teaspoon of lemon juice
- Salt/pepper to taste
- Cold water if needed

- 1 avocado

Method:

1. Rinse the spring mix and drain excess water
2. Mix the ingredients for the dressing and toss with the spring mix
3. Cut the avocado in half, remove the pit, and use the spoon to remove the skin
4. Slice thinly



Honey Ginger Soy Chicken

Serving Size: 4 Servings

Ingredients:

12 chicken tenderloins (2 oz. average), tendon removed

Marinade:

- 1/3 cup honey, (5 tablespoons)
- 1/4 cup low-sodium soy sauce (Kikkoman)
- 1/4 cup lemon juice
- 2 tablespoons of olive oil
- 1 tablespoon Worcestershire sauce (Lea & Perrins)
- 1 tablespoon sesame oil
- 3 slices fresh ginger (1-inch pieces) or 1 teaspoon ginger powder
- 6 cloves garlic, crushed
- 1/2 teaspoon black pepper

- 2 tablespoons butter or oil

Method:

1. For the marinade – mix all ingredients
2. Cover chicken tenderloins with the marinade
3. Marinade for 20 minutes – turn filets after 10 minutes or shake Ziploc-bag for even coloring/marinating
4. Heat butter/oil in sauté pan on high
5. Add tenderloins and brown on one side for 3-4 minutes, turn and repeat
6. Lower heat to medium and add the remaining marinade
7. Bring to a boil and cook the chicken to an internal temperature of 180 degrees F



Rice Pilaf

Serving Size: 4 Servings

Ingredients:

- 1 ½ cups Water
- 1 cup Jasmine Rice
- ½ teaspoon Salt
- 1 teaspoon butter or olive oil

Method:

1. Boil the water
2. Add rice, salt and butter/oil
3. Cover pot with the lid and cook over low heat [about 15 minutes]
4. Stir rice, remove from heat, and let rest (partially covered) [about 10 minutes]
5. Fluff rice with the fork before serving



Vegetables Recipe

Serving Size: 4 Servings

Ingredients:

- 4 tablespoons butter or oil
- 2 each of larger mini-peppers, red, yellow, orange
- 1 medium red onion
- 2 small zucchinis
- Salt/pepper to taste

Method:

1. Remove seeds and tops from the peppers and cut them lengthwise into strips
2. Peel and core the onion and cut lengthwise into thin wedges
3. Remove the end from the zucchinis, and cut them into 3-inch wedges
4. Heat butter/oil in sauté pan on medium-high
5. Add peppers and roast till skin turns brown
6. Lower heat to medium, add the onion and sauté till translucent
7. Add zucchini, salt/pepper and sauté for 2 more minutes until zucchini is soft



Assembly of Dish

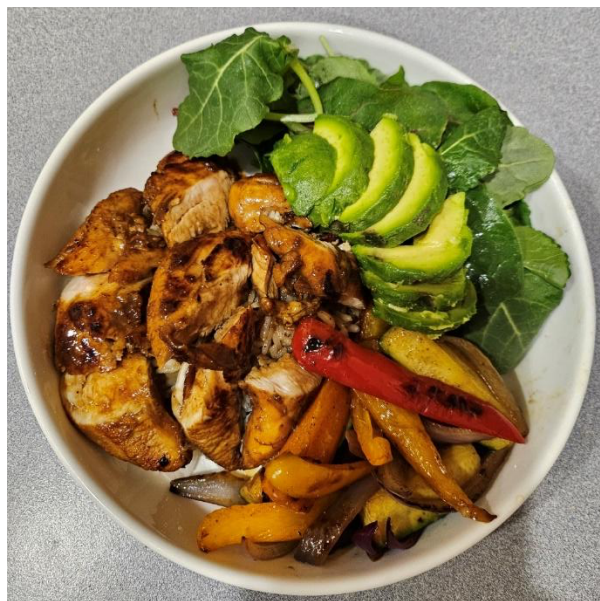
Serving Size: 4 Servings

Ingredients:

- Rice
- Chicken with sauce
- Vegetables
- Salad with dressing and avocado garnish

Instructions:

1. Place $\frac{3}{4}$ cup of rice at nine o'clock
2. Slice chicken tenderloins into three pieces and place on top of rice
3. Add vegetables at five o'clock
4. Add dressed salad at one o'clock with sliced avocado garnish on top
5. Pour sauce over chicken and rice





Equipment List for Culinary Arts

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|---|--|
| Assorted mixing bowls | (4) 10 inch Poke Bowls |
| Cutting Board(s) | Large spoons |
| Tongs | Measuring Spoons |
| Rubber Spatula(s)- Heat Resistant | Measuring Cups |
| Spoon(s)- Heat Resistant | Sanitizer Bucket |
| Whisk(s) | Standard knife kit |
| Tasting spoons and forks | Thermometer |
| 2 to 4 quart Sauce Pot with lid | Timer(s) |
| (2) 10 to 12 inch Saute pans/ skillets | Fork for “fork/paper towel” technique / tweezers |
| Ziploc Bags for marinade | 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@flfcca.org with any questions.