

FCCLA FLORIDA



FLORIDA
RESTAURANT &
LODGING
ASSOCIATION



Thank you to our sponsor,
Florida Restaurant and Lodging Association,
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event.

2025-2026 District Culinary Arts Menu

Spinach and Arugula Salad with Almond-Coated Goat Cheese and Vinaigrette

Creole/Cajun Chicken Breast

Spicy Cheese Grits

Sauteed Kale

Spinach and Arugula Salad with Almond Coated Goat Cheese and Vinaigrette
Serves 2

Amount	Ingredient
2 cups	Baby spinach and arugula leaves, combined
3 ounces	Goate cheese, separated and rolled, into balls or cut into discs
½ cup	Almonds, sliced, lightly toasted
2 Tablespoons	Extra virgin olive oil
1 Tablespoons	Balsamic vinegar
½ teaspoon	Dijon mustard
1 teaspoon	Lime juice, freshly squeezed
To taste	Sea salt
To taste	Ground pepper
Procedure:	
1. Roll goat cheese in toasted almonds 2. In a small bowl, whisk together the olive oil, balsamic vinegar, mustard, lime juice, salt and pepper. 3. Plate salad as desired.	

Creole/Cajun Chicken Breast
Serves 2

Amount	Ingredient
2 each	Boneless, skinless chicken breast
2 teaspoons	Creole seasoning
2 tablespoons	Flour seasoned with salt and pepper
3 tablespoons	Vegetable oil
1 tablespoon	Onion, sliced
1 tablespoon	Celery, julienned
1 tablespoon	Bell pepper, julienned
1 tablespoon	Diced tomato
2 teaspoons	White wine vinegar
1 tablespoon	Flour
1 cup + ¼ cup reserved	Chicken stock
1 tablespoon	Cold butter
1 teaspoon	Fresh parsley, minced
½ teaspoon	Garlic, minced
½ teaspoon	Thyme, minced
To taste	Salt and pepper

Procedure:

1. Season chicken with creole seasoning and dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil
3. Cook until golden brown on both sides.
4. Remove from pan and set aside.
5. Add onions, celery, and peppers. Sauté until the vegetables just begin to soften (1-2 minutes)
6. Add garlic and cook briefly without browning. Deglaze with white wine vinegar and cook until vinegar is completely reduced.

7. Ensure that there is 1 tablespoon of oil left in the pan (add more if needed). Sprinkle remaining flour in pan. Cook on moderate heat until blonde roux.
8. Whisk in 1 cup of chicken stock to make gravy. Turn down heat and simmer gently.
9. Return chicken to pan and simmer gently until breast reaches an internal temperature of 165° F.
10. Add diced tomato to pan.
11. Stir in parsley and thyme. Turn off heat and stir in cold butter. Taste and adjust seasoning. Use reserved ¼ cup reserved stock to adjust consistency if needed.
12. Slice chicken breast.
13. Serve with grits and kale.



Spicy Cheese Grits
Serves 2

Amount	Ingredient
3 cups	Chicken stock
½ teaspoon	Salt
¼ teaspoon	Pepper
¼ teaspoon	Red pepper flakes
¼ cup	Grits
¼ cup	Cheddar cheese, shredded
¼ teaspoon + 2 tablespoons	Tabasco
To taste	Salt and pepper
1 teaspoon	Parsley, minced
Procedure: 1. In a small pot, bring 2 ½ stock, salt, pepper, and red pepper flakes to a boil. Then stir in grits. 2. Cook until tender and creamy consistency. 3. Remove from heat and stir in cheese and tobacco. If needed, adjust consistency with extra ½ cup of stock. 4. Season to taste with salt and pepper. Garnish with parsley.	

Sauteed Kale Serves 2	
Amount	Ingredient
4 each	Leaves of kale
¼ cup	Onion, battonet
2 tablespoons	Butter or oil
To taste	Salt and pepper
Procedure: 1. Blanch kale leaves for 30-40 seconds in a generous amount of salted water and then shock. 2. Remove stems from leaves and chiffonade. 3. Heat sauté pan. Add oil or butter. Add onions and shake to prevent sticking. Season. 4. Add kale and shake pan while on heat to cook until softened. Season with salt and pepper.	

**Equipment List for Culinary Arts 2025-26
District Competition**

Hot pads / Potholders	Plating spoons
Liquid measuring device	Tasting spoons/forks
Measuring cups	Gloves
Measuring spoons	Paper towels
Standard Knife Kit	Assorted deli containers for mise en place
Cutting Board(s)	Side towels
2 Small-Medium Saucepans	2 salad plates
2- 1/3 hotel pans or sizzle platters	2 entree plates
3 Sauté pans medium-large	2- ¼ hotel pans or equivalent
Assorted mixing bowls	Meat Thermometer
2- ¼ sheet pan	Timer
Small Bain Marie or equivalent for tools	Rubber spatula
2 Tongs	3 Cooking Spoons
2 Whisks	Spider
Bus pan or hotel pan for dirty dishes	Side towels
Green and Red buckets	Sanitation tablets or solution (if not provided)

General Information:

The items listed above are required for the implementation of the selected menu. Only items on the list may be brought to the event. No electrical tools are allowed to be brought to the competition.

Please email competitiveevents@flfccla.org with any questions.