

FCCLA® FLORIDA



FLORIDA
RESTAURANT &
LODGING
ASSOCIATION



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event.

2026-2027 District and SLC Culinary Arts Menu

Tossed Greek Salad

Pan-Seared Salmon with Lemon Butter Sauce

Parmesan Risotto

Sauteed Green Beans

Tossed Greek Salad Serves 2	
Amount	Ingredient
Vinaigrette	
¼ cup	Olive oil
3 Tablespoons	Red wine vinegar
1	Garlic clove, minced
½ teaspoon	Dried oregano
¼ teaspoon	Dijon mustard
¼ tsp	Kosher salt
¼ tsp	Pepper
Salad	
½	English cucumber, small dice
½	Bell pepper, julienned
1 cup	Cherry tomatoes, quartered
2 oz	Feta cheese
2 Tablespoons	Red onion, small dice
2 Tablespoons	Kalamata olives
Procedure: 1. In a small bowl, combine oil, vinegar, garlic, oregano, mustard, salt and pepper. Reserve. 2. Combine the remaining ingredients in a bowl. 3. Drizzle with the dressing and toss. 4. Season to taste and serve.	

Pan-Seared Salmon with Lemon Butter Sauce
Serves 2

Amount	Ingredient
2	Salmon fillets, 5-6oz, skin on or skinless
To Taste	Salt and Pepper
1-2 Tablespoons	Oil
3 Tablespoons	Butter
2 Tablespoons	Lemon juice
1	Garlic clove, minced
Pinch	Salt

Procedure:

1. Pat salmon dry and season with salt and pepper.
2. Heat oil in a sauté pan over medium heat.
3. Place salmon in pan and cook 4–5 minutes.
4. Flip and cook an additional 2–3 minutes until done.
5. Remove salmon and keep warm.
6. In the same pan, melt butter and add garlic.
7. Cook briefly, then add lemon juice and salt.
8. Spoon sauce over salmon before serving.

Parmesan Risotto
Serves 2

Amount	Ingredient
½ cup	Arborio rice
2 cups	Warm stock
1 Tablespoon	Butter
¼ cup	Parmesan cheese
To Taste	Salt and pepper

Procedure:

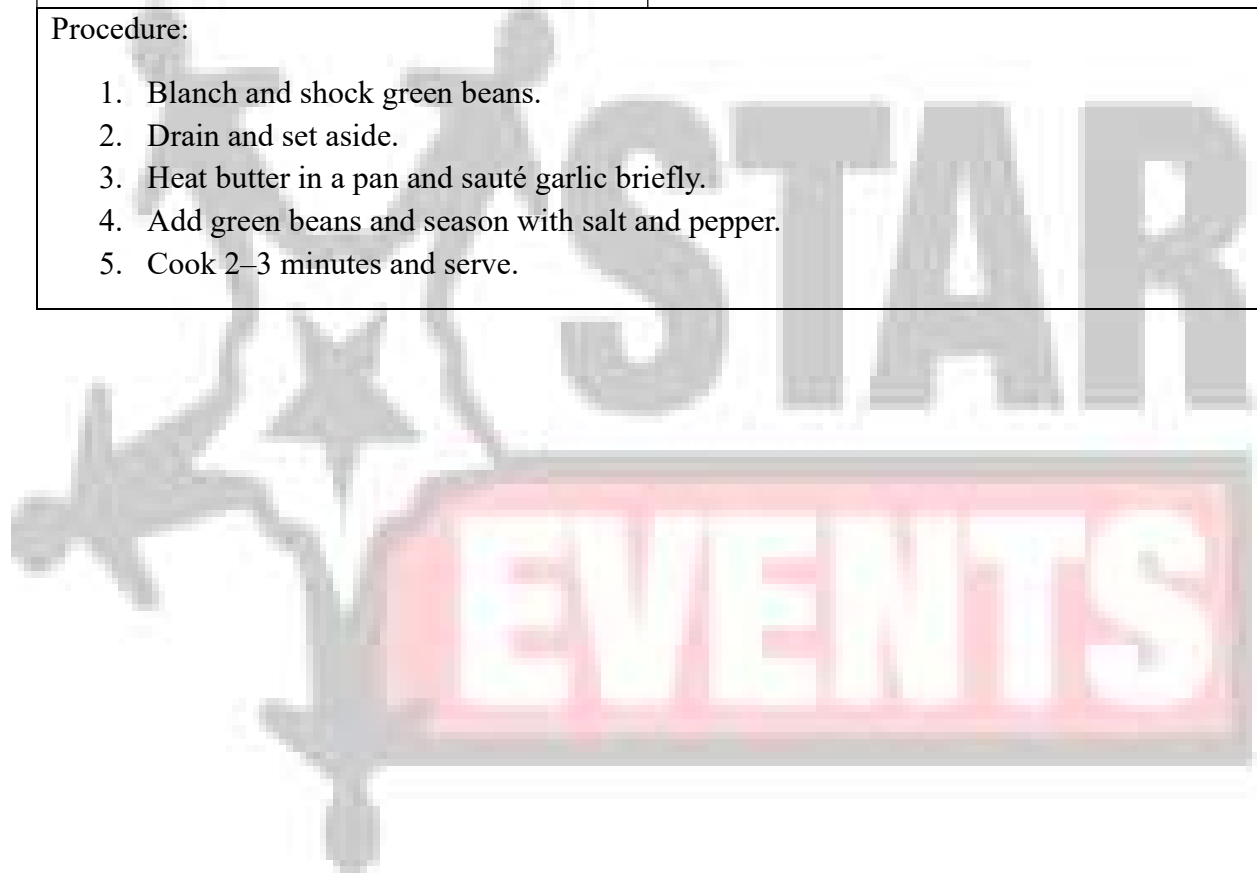
1. Melt butter in pan and add rice.
2. Stir for 1–2 minutes.
3. Add warm stock slowly, stirring frequently.
4. Continue adding stock until rice is tender and creamy.
5. Stir in parmesan and season.

Sauteed Green Beans
Serves 2

Amount	Ingredient
1-1 ½ cups	Green beans, trimmed
1 Tablespoon	Butter
1	Garlic clove, minced
To taste	Salt and pepper

Procedure:

1. Blanch and shock green beans.
2. Drain and set aside.
3. Heat butter in a pan and sauté garlic briefly.
4. Add green beans and season with salt and pepper.
5. Cook 2–3 minutes and serve.



**Equipment List for Culinary Arts 2026-2027
District and SLC Competition**

Hot pads / Potholders	Plating spoons
Liquid measuring cups	Tasting spoons/forks
Measuring cups	Gloves
Measuring spoons	Paper towels
Standard Knife Kit	Assorted deli containers for mise en place
Cutting Board(s)	Whisks
3 Small-Medium Saucepans	2 salad plates
2- 1/3 hotel pans or sizzle platters	2 entree plates
2 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
Tongs	Cooking Spoons
Fish Spatula	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@flfcla.org with any questions.