



Family, Career and Community Leaders of America



**2018 National Leadership Conference**  
**Culinary Arts Required Equipment List**

**Parental Consent Form**

**Menu**

Event will take place at The Art Institute of Atlanta

Teams will be transported by bus from the Georgia World Congress Center to the competition site on Saturday, June 30.

**Menu Selected for Competition - Menu #2**

*(included in this document)*

**Per Team**

- 1 wire whisk
- 2 heat resistant (silicone) spatula
- 1 Bi-metallic or instant read thermometer\*
- 1 set dry measuring cups
- 1 set liquid measuring cups
- 1 set measuring spoons
- 1 Slotted turner or metal spatula
- 1 vegetable peeler
- 1 set metal kitchen tongs
- 2 stainless steel kitchen spoon, 8-12 inches
- 1 stainless steel slotted kitchen spoon, 8-12 inches
- 4 side towels

**Per Participant**

- Knife Kit (contents should be standard based on school's requirements, but must include at least 1 Paring Knife, 1 boning knife, and 1- 8" or 10" Chef Knife)

**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.**
- Any additional equipment required will be provided at the time of the event by the host institution.
- \*If your state Culinary Arts laws require you to carry a meat thermometer while preparing food, you will be permitted to do this during the competition. Evaluators will not deduct points from those who do not, since these are not industry-wide standards.
- Latex and non-latex gloves will be available on site.
- Call the airline you are traveling with to determine specific packing regulations for your equipment. (e.g. Knives are not allowed in carry-on luggage.)

Please email [starevents@fcclainc.org](mailto:starevents@fcclainc.org) with any questions.

**PARENTAL CONSENT FORM**  
**Family, Career and Community Leaders of America, Inc.**  
**1910 Association Drive**  
**Reston, Virginia 20191-1584**

**All Culinary Arts STAR participants must return this completed parental consent form to the National Office by May 15. All medical information must be complete and accurate. Failure to do so may result in disqualification.**

\_\_\_\_\_ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Culinary Arts STAR Event with the national Family, Career and Community Leaders of America. The following information may be helpful if such a situation arises:

Our family physician is: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
(include area code)

Physician's address: \_\_\_\_\_

Known allergies: \_\_\_\_\_

Special medical conditions that should be noted: \_\_\_\_\_

\_\_\_\_\_

Special medication currently taking: \_\_\_\_\_

\_\_\_\_\_

Prescription number and pharmacy for special medication currently taken: \_\_\_\_\_

\_\_\_\_\_

Contact in case of emergency: \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

*Insurance Company:* \_\_\_\_\_

*Identification #:* \_\_\_\_\_

*Group #:* \_\_\_\_\_

*Location of Card:* \_\_\_\_\_

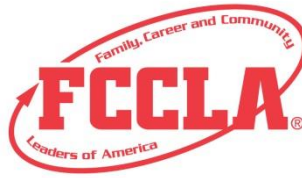
*Insurance Company Phone Number:* (\_\_\_\_) \_\_\_\_\_

**I have read and consent to the above.**

\_\_\_\_\_  
(Signature of Parent) (date)

\_\_\_\_\_  
(Signature of Participant) (date)

**Return this completed form to [starevents@fcclainc.org](mailto:starevents@fcclainc.org) or fax to 703/439-2662 by May 15.**



## **2018 Culinary Arts STAR Events Menu National Leadership Conference**

*Recipes provided by The Art Institute of Atlanta*



### **MENU II**

Spicy Holy Trinity on Cheese Grits  
Creole/Cajun Airline Chicken Breast, Sautéed Kale, and Sweet Potato Rosti  
Crepes Suzette

## Spicy Holy Trinity on Cheese Grits

**2 Servings**

Amount	Ingredient
1 ¼ cups	Chicken stock
½ teaspoon	Salt
¼ teaspoon	Pepper
¼ teaspoon	Red pepper flakes
¼ cup	Grits
½ cup + 1 Tablespoon	Cheddar cheese, shredded
1 Tablespoon	Vegetable oil
3 Tablespoons	Onion, small dice (1/4")
3 Tablespoons	Celery, small dice (1/4")
3 Tablespoons	Bell pepper, small dice (1/4")
1 Tablespoon	Garlic, minced
1 each	Roma tomato, concasse (1 Tablespoon for garnish)
¼ teaspoon	Red pepper flakes
¼ teaspoon	Tabasco
¼ teaspoon	Oregano, dried
½ cup	Chicken stock
To taste	Salt and pepper
1 teaspoon	Parsley, minced

Procedure:

1. In a small pot, bring 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, stir in ½ cup of cheese. Hold warm.
4. Over medium heat, add vegetable oil to a sauté pan. Add onion, celery, pepper, and garlic. Cook until tender.
5. Add tomato, red pepper flakes, Tabasco, and oregano. Cook for 1-2 minutes.
6. Add chicken stock and reduce by half.
7. Season to taste with salt and pepper.
8. Plate up: Place grits in bowl and surround with Trinity sauce. Garnish with cheese, tomato, and parsley.

## Creole/Cajun Chicken Breast

2 Servings

Amount	Ingredient
2 each	Skin on boneless chicken breast
2 teaspoons	Creole seasoning
2 Tablespoons	Flour seasoned with salt and pepper
3 Tablespoons	Clarified butter or vegetable oil
1 Tablespoon	Onions, ¼ inch slices
1 Tablespoon	Celery, julienne
1 Tablespoon	Bell pepper, julienne
½ teaspoon	Garlic
2 teaspoons	White wine vinegar
1 Tablespoons	All-purpose flour
1 cup + ¼ cup reserved	Chicken stock
1 Tablespoon	Tomato concasse
1 teaspoon	Fresh parsley, chopped
½ teaspoon	Fresh thyme, chopped
1 Tablespoon	Cold butter
To taste	Salt and pepper

### Procedure:

1. Season chicken with Creole seasoning, dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken starts to brown too quickly.
3. Once skin side is golden brown turn the breasts over and brown other side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built
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 of clarified butter left in pan(add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a blond roux.
8. Whisk in 1 cup of chicken stock to make the pan gravy, turn heat down and simmer gently
9. Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 165 degrees.
10. Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 165 degrees internal temp for at least 3 minutes for food safety.
11. Carefully push the breasts to one side of the pan and stir in the parsley and thyme without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter. Taste and adjust seasoning with salt & pepper. Use reserved ¼ cup of stock to adjust consistency if needed.
12. Serve with sautéed kale, fried sweet potato and sauce.

## Sautéed Kale

2 Servings

Amount	Ingredient
4 each	Leaves of kale
2 Tablespoons	Clarified butter or oil
1/4 cup	Onion, battonet
To taste	Salt and white pepper

Procedure:

1. Blanch kale leaves for 30-45 seconds in a generous amount of rapidly boiling well salted water, shock in ice bath.
2. Remove stems from leaves and chiffonade.
3. Heat sauté pan. Add oil or clarified butter, and add onions and shake pan to prevent from sticking. Season sparingly with salt and white pepper.
4. Add kale and shake pan while on heat to cook until softened gently and hot, sprinkle a small amount of salt and white pepper being careful not to over-season.

## Sweet Potato Rosti

2 Servings

Amount	Ingredient
1 ½ cup	Sweet potato, peeled, coarse grated
¼ cup	Onion, coarse grated
1 each	Garlic clove, minced
1 each	Egg
½ tsp	Salt
Pinch	Black pepper
2 Tablespoons	Vegetable oil

Procedure:

1. Mix together grated sweet potato, onion, garlic, egg, salt & pepper.
2. Heat oil in a pan over medium heat.
3. Divide sweet potato mix in half and spoon onto pan, flattening slightly similar to a pancake.
4. Cook until golden brown then flip and heat until golden brown on other side.
5. Test doneness by inserting a fork or knife in center and if it feels soft with little to no resistance, it is finished. If still firm, lower heat and cook until soft.
6. Drain any excess oil on paper towel if necessary.

## Crepes Suzette

2 Servings

Amount	Ingredient
¼ cup	All-purpose flour
1 teaspoon	Sugar
Pinch	Salt
6 Tablespoons	Whole milk
1 each	Large eggs
1 Tablespoon	Melted butter or oil
	Nonstick spray
½ cup	Sugar
4 Tablespoons	Water
1 Tablespoon	Corn syrup
¼ cup	Orange juice
1 Tablespoon	Butter
8 julienne strips	Orange zest
8 each	Orange supremes
	Garnish

Procedure:

1. Whisk together flour, sugar, and salt. Gradually add milk while mixing to avoid lumps then whisk in eggs until smooth. Whisk in melted butter.
2. Rest batter 15-30 minutes.
3. Heat a 8-10 inch nonstick skillet over medium heat. Spray with nonstick spray. Add about 1/3 cup of batter and swirl until bottom of pan is completely covered. Cook until golden brown.
4. With rubber spatula loosen then flip crepe. Slide out of skillet and repeat with remaining batter. Hold.
5. In small saucepan gently mix together sugar, water, and corn syrup making sure no sugar crystals get on side of pan.
6. Boil mixture until it becomes amber-caramel color. Remove from heat and immediately whisk in orange juice, then butter, and orange zest.
7. Plate up 2-3 crepes with sauce, orange supremes, and garnish.