



Family, Career and Community Leaders of America



2019 National Leadership Conference Culinary Arts Required Equipment List

Parental Consent Form

Menu

Event will take place at the Institute of Culinary Education, 521 East Green Street, Pasadena, CA 91101

Teams will be transported by bus from the Anaheim Convent Center to the competition site on Sunday, June 30.

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
- Piping tip, straight, 808
- Piping Bag
- Brush

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, 1 serrated 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@fcllinc.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 or fax to 703/439-2662 by May 15.



2019 Culinary Arts STAR Events Menu National Leadership Conference

Recipes provided by The Institute of Culinary Education

MENU

Ratatouille

Pan Roasted Chicken Supreme with Pan Sauce, Celeriac Puree and Brussels Sprouts

Paris-Brest

Special thanks to The Institute of Culinary Education for in-kind support for the 2019 Culinary Arts STAR Events Competition



Institute of
Culinary Education

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Ratatouille	
2 servings	
½ each	Garlic clove, minced
1 Tablespoon	Olive oil
½ each	Shallot, minced
½ each	Yellow onion, small dice
1 each	Yellow squash, seeded, small dice
½ each	Zucchini, seeded, small dice
½ each	Yellow Pepper, small dice
½ each	Red Pepper, small dice
½ each	Green Pepper, small dice
½ each	Eggplant, peeled, medium dice
10 ounces	Whole tomatoes, canned, chopped
1	Standard Sachet: bay leaves, parsley stem, black peppercorns, garlic, fresh thyme
1 Tablespoons	Basil, chopped
TT	Salt
TT	Black Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Sauté the garlic in the olive oil. Add the shallots and sauté until they are soft. 2. Add the diced onions and sauté until soft. 3. Combine the vegetables and add the sachet d'epices. Bring the vegetables to a boil and reduce to a simmer. Stew covered, until the vegetables are very tender. 4. Season the ratatouille to taste with salt, pepper and chopped basil. 	

Pan Roasted Chicken Supreme with Pan Sauce

2 servings

Amount	Ingredients
2 each	Chicken supreme
As needed	Kosher salt
As needed	Ground black pepper
As needed	Canola oil
4 teaspoons	Shallot, minced
16 fluid ounces	Chicken stock
1 ounce	Butter

Procedure:

1. Preheat oven to 400 F
2. Fabricate the chicken to obtain the chicken supreme.
3. Season the chicken supreme with salt and pepper. Heat a sauté pan over medium heat and add the canola oil. Place the chicken in the pan skin side down. Allow the chicken to cook on the skin side 4-5 minutes, or until well browned. Flip the chicken and cook 3- 4 minutes more, until browned on the second side.
4. Flip the chicken back to the skin side and place in the oven to roast until the chicken reaches an internal temperature of 160 F. The chicken should reach a minimum of 165 F after resting. Transfer the chicken to a rack to rest and pour off any excess fat.
5. Add the minced shallot to the pan and cook briefly. Deglaze pan with stock. Reduce by one-half.
6. Add the chicken stock and reduce to desired consistency. Swirl in the cold butter (monte au beurre) and adjust the seasoning. Strain if desired.
7. Transfer the chicken to a plate and serve with sauce.

Celeriac Puree and Brussels Sprouts

2 servings

Amount	Ingredients
½ pound	Celeriac, cleaned and cubed
½ each	Potato Russet
2 oz	Heavy cream, scalded
8 each	Brussels Sprouts, cleaned and quartered
1 oz	Pancetta, brunoise
TT	Salt
TT	Black Pepper

For the celeriac puree

Boil celeriac and potato together until tender. Do not under cook. In a blender, add celeriac, potato and cream (the cream a little at the time to desired consistency). Season. Reserve warm.

For the Brussel sprouts

Blanch and shock the Brussel sprouts. For service, render the pancetta in a pan and add the Brussels sprouts to reheat. Season.

Paris-Brest	
12 servings	
365 grams	Milk or water
155 grams	Butter, cut in pieces
2 grams	Salt
4 grams	Sugar
132 grams	All-purpose flour
365 grams	Eggs
1 each	Whole egg, beaten for egg wash
As needed	Almonds, sliced
As needed	Confectioners' sugar
<ol style="list-style-type: none"> 1. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally. 2. At a full boil, remove the pan from the heat; add the flour all at once. Stir vigorously removing any lumps of flour to a smooth consistency. 3. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot. 4. Transfer the paste to the bowl of an electric mixer; beat on lowest speed with the paddle to cool the paste slightly, about 20 seconds. Add eggs gradually making sure to scrape down the bowl often. 5. Line a sheet pan with parchment paper. On the lined sheet pan, with a straight tip, pipe the dough in a circle, about the size of a donut, apply egg wash and sprinkle with sliced almonds. Bake at 400°F until golden brown, turn the oven down to 350°F and let the pastry dry a little. 6. Once cooled, slice the pastry horizontally, like a bagel. 7. Fill the bottom part of the pastry with the flavored pastry cream. Cover with the top of the pastry. 8. To finish, dust with confectioners' sugar 	
50 grams	Cornstarch
530 grams	Milk
125 grams	Sugar
55 grams	Eggs
75 grams	Egg yolks
60 grams	Butter, unsalted
6 grams	Vanilla
10 grams	Coffee extract
As need	Almonds, sliced
<ol style="list-style-type: none"> 1. Dissolve cornstarch in some of the milk. Add approximately ½ of the sugar, all of the eggs and yolks, and whisk to combine. 2. Combine the remaining milk with the other half of the sugar in saucepan; bring to a boil. 3. Temper the corn starch mixture with some of the boiling milk. 4. Return the remaining milk mixture to a boil. Whisk the corn starch mixture into the boiling milk, whisking until the pastry cream thickens and returns to a boil. 5. Boil the pastry cream and continue whisking for 1 minute or as instructed. Remove from heat and whisk in the butter, vanilla, and coffee extract. Transfer to a bowl and cool over ice. Or spread thinly on a plastic lined sheet pan. Press plastic wrap directly on the surface. Chill immediately. 	