

**New Mexico FCCLA
State Leadership Conference**

STAR Event

Culinary Arts

2020-2021

MENU

Spiced Sauteed Chicken Breast with Bechamel Sauce

Sauteed Green Vegetables with Garlic

Classic Crepes with Citrus Sauce and Berries

Sauteed Spiced Chicken Breast

<https://thecafesucrefarine.com/restaurant-style-sauteed-chicken-breasts/>

Yield: 2 Servings

Ingredients:

For the rub:

- 1 teaspoon garlic salt
- 1/2 teaspoon sugar
- 1 teaspoon paprika
- 1 teaspoon dry Italian seasoning
- 1/2 teaspoon ground black pepper

For the chicken:

- 1 boneless skinless chicken breast
- 1 tablespoon butter
- 1 tablespoon olive or vegetable oil

Preparation:

1. For the rub, combine all ingredients in a small bowl and stir well to combine. Set aside.
2. Trim the fat off the chicken breast and slice horizontally into two separate pieces. Place chicken breast on a plate or shallow pan. Pat dry with paper towels. Sprinkle liberally with the rub, then rub it in with your hand. Allow breasts to sit with the rub on for 15-20 minutes, at room temperature.
3. Heat the butter and olive oil in a medium to large saute pan over medium heat. Butter should sizzle a bit and be fairly hot but watch it at this point to prevent burning. Make sure the pan is large enough to accommodate all of the breasts without crowding.
4. Add the chicken and allow it to sit for 3 minutes without touching. After 3 minutes, Check the underside of one breast. If it's browning too quickly lower the heat a bit. Continue cooking for a total of 5 minutes or until the underside is nicely browned.
5. Flip breasts to the opposite side and immediately lower heat to medium-low. Cover and continue to cook for another 5-10 minutes OR until internal temperature reaches 160°F when an instant thermometer is inserted into the center of the thickest part of the breast. (The time will vary depending on the size of each portion)
6. Once 160°F is reached, remove the chicken to a clean plate and cover loosely with foil. Allow to sit for 5 minutes, then slice and enjoy! If serving as an entrée, pour the delicious juices from the pan over the chicken.

Bechamel Sauce

<https://www.epicurious.com/recipes/food/views/white-sauce-or-bechamel-sauce-40046>

Yield: about 1 cup

Ingredients:

2 tablespoons butter

2 tablespoons flour

1 ¼ cup milk

+ Salt

+ Freshly ground pepper

¼ of a bunch or less of Fresh Herbs for Garnish

Preparation:

1. Melt the butter in a heavy-bottomed saucepan over medium heat. Whisk in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — approximately 1 minute.
2. Slowly add the milk, continuing to stir as the sauce thickens. Bring it to a boil. Lower the heat and add salt and pepper to taste. Cook, stirring for 2 to 3 minutes more. Remove from the heat. Garnish chicken with sauce and fresh herbs.

Sauteed Green Vegetables with Garlic

<https://www.theendlessmeal.com/sauteed-green-beans-with-garlic/>

Yield: 2 Servings

Ingredients:

2 teaspoons olive oil

1/2 lb. (8 oz.) fresh green beans, trimmed or fresh broccoli, trimmed

1-2 garlic cloves, very finely minced

1/4 teaspoon coarse sea salt

Preparation:

1. Heat a large pan over high heat. When it's hot, add the oil and green vegetables.
2. Cook, tossing occasionally, until tender, about 3-4 minutes.
3. Lower the heat and add the garlic to the pan. Cook the beans for 1 additional minute.
4. Remove the pan from the heat and toss with the salt.

Classic Crepes with Citrus Sauce and Berries

<https://www.youtube.com/watch?v=C1DgmbMMOgA>

Yield: 2 Servings

Ingredients

Crepes:

1/4 cup All-purpose flour
1 teaspoon Sugar
Pinch Salt
6 Tablespoons Whole milk
1 Large egg
1 Tablespoon Melted butter or oil

Sauce:

1/2 cup Sugar
4 Tablespoons Water
1 Tablespoon Corn syrup
1/4 cup Citrus juice
1 Tablespoon Butter
8 julienne strips Citrus Fruit zest
(upon availability)
Berries for Garnish

Preparation:

1. Whisk together flour, sugar, and salt in a mixing bowl. Gradually add milk while mixing to avoid lumps then whisk in egg until smooth. Whisk in melted butter.
2. Rest batter 15 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 the bottom of the pan is completely covered. Cook until golden brown.
4. With rubber spatula loosen then flip crepe. Slide out of the skillet and repeat with remaining batter. Set crepes aside.
5. In a small saucepan gently mix together sugar, water, and corn syrup making sure no sugar crystals get on the side of the pan.
6. Boil mixture until it becomes amber-caramel color. Remove from heat and immediately whisk in citrus juice, then butter, and citrus zest.
7. Plate up 2-3 crepes with sauce and berries.

Equipment List (Option 1)

Items are listed by recipe.

Chef Uniform:

Chef Coat
Chef Pants
Slip Resistant Kitchen Shoes
Hair Net and Chef Hat
Apron
Calibrated Thermometer

Chicken:

Teaspoon
1/2 Teaspoon
Tablespoon
Small Bowl or Custard Cup
Dinner Spoon
Chef Knife
Cutting Board
Plate or Shallow Pan to hold chicken
Paper Towels
Medium to Large Saute Pan with Lid
Tongs
Clean Plate or Shallow Pan to Hold
Cooked Chicken until Plating

Bechamel Sauce:

Knife to Cut Butter
Tablespoon
Liquid Measuring Cup
Heavy Bottomed Saucepan
Whisk
Cutting Board
Chef Knife

Sauteed Green Vegetables with

Garlic:

Teaspoon
1/4 Teaspoon
Chef Knife
Cutting Board
Large Saute Pan
Wooden Spoon

Classic Crepes:

1/4 Dry Measuring Cup
Teaspoon
Tablespoon
1/2 Dry Measuring Cup
Liquid Measuring Cup
Small Sieve or Citrus Juicer
Cutting Board
Chef Knife
Whisk
Mixing Bowl
8-10 inch nonstick skillet
Non-Stick Cooking Spray
1/3 cup Dry Measuring Cup
Rubber Spatula
Plate to Hold Crepes until Plating
Small Saucepan
Whisk
Zester

Plating:

2 Solid White Entree Plates
2 Solid White Dessert Plates

Equipment List (Option 2)

Items are in a general list together.

**Several equipment items will be used more than once*

Chef Uniform:

Chef Coat
Chef Pants
Slip Resistant Kitchen Shoes
Hair Net and Chef Hat
Apron
Calibrated Thermometer

Equipment:

Measuring Spoons: 1/4 tsp, 1/2 tsp, 1 tsp, and 1 tbsp.
Dry Measuring Cups: 1/4 , 1/2, 1/3
2 cup Liquid Measuring Cup
Small Bowl or Custard Cup (to hold Spice Rub)
Spoon (Stir Spices for Rub)
Chef Knife (Chicken) (Trimming Vegetables) (Julienne Citrus Fruit)
Zester (Optional)
Cutting Board for Chicken
Cutting Board for Produce (Trimming Vegetables) (Julienne Citrus Fruit)
2 Plates or Shallow Pans to hold Chicken
Paper Towels (Chicken)
Tongs (Chicken)
Whisk (Bechamel Sauce) (Crepe Batter) (Dessert Sauce)
Wooden Spoon (Sauteed Vegetables)
Rubber Scraper (Dessert Sauce)
Medium to Large Saute Pan with Lid (Chicken)
Heavy Bottomed Saucepan (Bechamel Sauce)
Medium to Large Saute Pan (Sauteed Vegetable)
Small SaucePan (Dessert Sauce)
Mixing Bowl (Crepe Batter)
Small Sieve or Citrus Juicer (To Juice Citrus Fruit)
8-10 inch Nonstick Skillet (To Cook Crepes)
Non-Stick Cooking Spray (Crepes)

Plating:

2 Solid White Entree Plates
2 Solid White Dessert Plates

Grocery List

Meats and Dairy		Produce		Dry, Canned, Seasoning, etc.	
Amount	Ingredient	Amount	Ingredient	Amount	Ingredient
1	Boneless, Skinless Chicken Breast	1/4 bunch	Fresh Herbs of your choice to garnish Entree	1 tsp	Garlic Salt
5 tbsp	Butter	1/2 lb. (8oz.)	Fresh Green Beans or Fresh Broccoli <i>(Whatever is available)</i>	1/2 cup plus 1 1/2 tsp.	Sugar
2 tbsp.	Olive or Vegetable Oil	1-2	Cloves of Garlic	1 tsp.	Paprika
1 1/2 cups plus 2 tbsp.	Milk	2-4	Citrus Fruit of your Choice: <i>(Whatever is available: Orange, Lime, or Lemon) - You need enough for 1/4 cup of juice)</i>	1 tsp.	Dried Italian Seasoning
1	Large Egg	1 cup	Fresh Berries <i>(Whatever is available)</i>	1 tsp.	Salt
				1/4 tsp	Coarse Sea Salt
				1 tsp.	Black Pepper
				1/4 c. plus 2 tbsp.	Flour
				1 tbsp.	Corn Syrup