

**New Mexico
FCCLA State
Leadership Conference**

STAR Event

Culinary Arts

2022-2023

MENU

Item 1: Pork Bracirole with Mushroom Pan Sauce

Item 2: Fondant Potatoes

Item 3: Honey Glazed Carrots

Pork Braciolo Recipe

Yield: 2 servings

Ingredients:

1 lb. (approximately) Pork tenderloin, butterflied and pounded to ¼ inch thick
¼ ea. Green apple, cored, sliced ¼ inch thick
2 ¼ oz. Gruyere cheese, sliced ¼ inch thick
24 oz. Beef stock
1 Tbsp. Canola oil
1 Garlic clove, minced
TT Fresh Thyme
TT Black pepper
TT Kosher salt
TT Garlic powder

Procedure:

- 1) Generously, season pork with kosher salt, pepper, and garlic powder on both sides.
- 2) Put gruyere cheese and apples on one side of the pork.
- 3) Roll pork lengthwise. Make sure the roll is tight.
- 4) Wrap twine around the ends of the pork and tie off. Then space twine about every 2 inches along the pork until it is well tied.
- 5) Heat large sauté pan over medium high heat with vegetable oil.
- 6) When pan is hot, place pork in the pan and sear it, until nicely browned.
- 7) Turn pork over and sear the next side. Continue doing this until all sides of the pork loin are seared, except the ends.
- 8) Once pork is seared on all sides add beef stock.
- 9) Cover and cook until pork reaches 130°F. Remove from the pan and allow to rest.
- 10) Cut pork about ½ inch thick creating a pinwheel.

Mushroom Pan Sauce

Ingredients:

3 Mushrooms, sliced
1 Tbsp Flour
1 Tbsp. Butter
1 Cup Chicken broth
1 Tbsp. Canola Oil
TT Kosher salt

Procedure:

- 1) In medium saute pan add oil and heat pan.
- 2) When hot, add mushrooms, cook until brown. Then add a pinch of salt.
- 3) Add butter and melt.
- 4) Add flour and whisk well, cook for at least 30 seconds.
- 5) Slowly add in the 1 cup of broth, whisking constantly.
- 6) Bring to a boil.
- 7) Allow to thicken until it is nappe.

Fondant Potatoes

<https://www.thekitchn.com/fondant-potatoes-22971254#post-recipe-238960001>

Yield: 8 servings

Ingredients:

4 medium russet potatoes (about 1 1/2 pounds total)
3 cloves garlic
4 tablespoons (1/2 stick) unsalted butter
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 tablespoons canola oil
4 sprigs fresh thyme, plus more for garnish
3/4 cup low-sodium vegetable or chicken broth

Procedures:

- 1) Peel 4 russet potatoes. Trim the ends, then cut each potato in half crosswise. You should now have 8 flat potato rounds. Place the potatoes in a large bowl and cover with cold water. Let sit for 20 minutes at room temperature to remove excess potato starch. Meanwhile, heat the oven and prepare the garlic and butter.
- 2) Arrange a rack in the middle of the oven and heat the oven to 400°F. Lightly smash and peel 3 garlic cloves. Cut 4 tablespoons unsalted butter into 8 pieces.
- 3) Drain the potatoes, rinse with cold water, and pat dry with paper towels. Season the potatoes with 1/2 teaspoon kosher salt and 1/2 teaspoon black pepper.
- 4) Heat 2 tablespoons canola oil in a large oven-safe skillet over medium-high heat until shimmering. Add the potatoes cut-side down in a single layer and cook until golden brown, 6 to 7 minutes. Flip the potatoes using tongs and add the garlic, butter, and 4 sprigs thyme. (If the potatoes are sticking to the pan, let them cook 2 to 3 minutes more until they easily release before flipping.) Cook until the butter is foaming and starts to brown, 2 to 3 minutes more. Add 3/4 cup vegetable or chicken broth.
- 5) Bake until the potatoes are fork tender and lightly browned on the sides, 30 to 35 minutes. Garnish with more whole thyme sprigs before serving, drizzled with the pan juices.

Honey Glazed Carrots

Yield: 2 servings

Ingredients:

3 Rainbow Carrots, peeled and cut on a bias (diagonal), 1 of each color

2 Tbsp. Honey

¼ oz. Canola Oil

TT Kosher Salt

Procedures:

- 1) Heat medium sauté pan over medium heat with vegetable oil.
- 2) When pan is hot add carrots with a pinch of salt.
- 3) Move carrots around until they are coated in the oil. Then add the honey.
- 4) Sauté until the carrots are just fork tender.

Equipment List Option 1

Items are listed by recipe, some items may be used twice in a recipe

Chef Uniform:

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

Plate for plating

Pork Braciolo:

4 c. Liquid measuring cup
1 Tbsp. Measuring spoon
Cutting board for meat
Cutting mats or towels
Boning knife
Cutting board for fruit, cheese, and cooked braciolo
Chef knife to cut cooked pork
Paring knife to cut cheese
~10-inch Kitchen twine
Kitchen shears
Large saute pan with lid
Tongs
Meat thermometer
Corer for apple if you choose to use one

Mushroom Pan Sauce:

1 c. Liquid measuring cup
1 Tbsp. Measuring spoons
Cutting board for mushrooms
Cutting mat or towel
Chef knife
Medium or small Bowl
Wooden spoon
Medium saute pan
Whisk
Spoon to check nappe and plating

Fondant Potatoes:

1 c. Liquid measuring cup
Measuring spoons: 1 Tbsp, ½ tsp
Peeler
Cutting board

Cutting mat or towel
Chef knife
Large bowl
Paper towels
Large saute pan, oven safe
Tongs
Fork

Honey Glazed Carrots:

1 c. Liquid measuring cup
1 Tbsp. Measuring spoon
Cutting board
Cutting mat or towel
Chef knife
Medium saute pan
Wooden spoon
Fork

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

Plate for plating

Equipment:

Liquid measuring cups: 4 c, 1 c
Measuring spoons: 1 Tbsp, ½ tsp
Cutting board for raw pork
Cutting board for produce & cheese (apple, gruyere, garlic, mushrooms, potatoes, carrots)
Cutting mats or towels
Chef knives
Boning knife
Paring knife
Peeler
Medium bowl
Medium saute pans
Wooden spoons
Whisk
Spoon to check nappe & plating
Forks
Large bowl
Paper towels
Large saute pans with lids
Tongs
~10-inch Kitchen twine
Kitchen shears
Meat thermometer
Corer if you choose to use one

Baking & Pastry Grocery List

Meats & Dairy		Produce		Dry, Canned, Seasoning, etc.	
Amount	Ingredient	Amount	Ingredient	Amount	Ingredient
~1 pound	Pork tenderloin	¼ ea.	Green apple	24 oz.	Beef Stock
2 ¼ oz.	Gruyere cheese	4 ea.	Garlic Cloves	1 ¾ c.	Chicken Broth
5 Tbsp.	Unsalted Butter	5-6 Sprigs	Fresh Thyme	2 ¼ oz.	Canola Oil
		4 Medium	Russet Potatoes	1 Tbsp.	Flour
		3 ea.	Mushrooms	2 Tbsp.	Honey
		3 ea.	Rainbow Carrots, 1 of each color	TT (To Taste)	Kosher Salt
				TT (To Taste)	Black Pepper
				TT (To Taste)	Garlic Powder