

Greek Salad with Vinaigrette Dressing

Culinary Skill Component: Demonstrate a proper vinaigrette.

2 servings

Dressing:

¼ C. Olive Oil
1 Tbsp. Lemon Juice
1 Tbsp. Red Wine Vinegar
¼ tsp. Dried Oregano
1 Garlic Clove, minced
To Taste Kosher Salt

Salad:

1 C. Romaine Lettuce, chopped
½ C. Red Onion, julienned
½ C. Grape Tomatoes
½ C. English Cucumbers, sliced
½ C. Feta Cheese, crumbled

Procedures:

- 1) Make vinaigrette, season.
- 2) Toss salad ingredients, dress with vinaigrette.
- 3) Plate salad and serve immediately.

Pork Schnitzel

Culinary Skill Component: Demonstrate proper sauté using a protein.

2 Servings

Pork Schnitzel:

2 ea. Pork Chop, trimmed and pounded thin

¼ C. Flour

1 ea. Egg, beaten

½ C. Panko Breadcrumbs

¼ tsp. Season Salt

¼ tsp. Garlic Powder

⅛ tsp. Onion Powder

¼ tsp. Black Pepper

1 Tbsp. Oil

Lemon Butter Sauce:

1 Tbsp. Oil

2 Tbsp. Shallots, small diced

1 ea. Garlic Clove, minced

1 Tbsp. Butter

1 Tbsp. Flour

½ C. Chicken Broth

¼ C. Fresh Lemon Juice

To Taste Kosher Salt

To Taste Black Pepper

½ Tbsp. Fresh Parsley, minced (garnish)

Procedures:

- 1) Set up a breading station.
- 2) Season the flour and panko breadcrumbs by dividing the seasonings and putting half in each. Mix.
- 3) Bread pork in the following order: flour, egg, panko.
- 4) Heat a large sauté pan over medium heat. When the pan is hot add oil, followed by breaded pork.
- 5) Saute pork until golden brown on each side.
- 6) Remove from sauté pan and keep warm.
- 7) Wipe out the pan, then add oil.
- 8) Saute shallots and garlic, don't burn the garlic.
- 9) Increase heat to medium, add butter to the pan and melt.
- 10) Once melted, add flour and mix until you can no longer see the flour. Cook at least 30 seconds.
- 11) Whisk in chicken broth and lemon juice.
- 12) Cook until sauce coats the back of the spoon.
- 13) Season with kosher salt and black pepper.

- 14) Strain sauce through a sieve, so it is smooth.
- 15) Serve and garnish.

Polenta

Culinary Skill Component: Demonstrate proper cooking methods to prepare rice or grain.

2 Servings

¼ C. Milk
½ C. Water
2 Tbsp. Shallots, small diced
1 ea. Garlic Clove, minced
2 ½ oz. Polenta
To Taste Kosher Salt
To Taste Black Pepper
½ oz. Unsalted Butter, cut into cubes

Procedures:

- 1) Place milk, shallots, and garlic in a saucepan and bring to a boil over medium-high heat.
- 2) Gradually add polenta, continually whisking. Lower heat and whisk every 3 to 4 minutes.
- 3) Cook for about 20 minutes, or until polenta is soft and creamy.
- 4) Add butter, and season with kosher salt and black pepper.
- 5) Cover until ready to serve.

Equipment List for Culinary Arts

Measuring Devices (liquid/dry/spoons)
Cutting Board for Vegetables
Cutting Board for pork
Cutting Mat
Chef Knife
Containers for mise en place
Assorted Bowls
(3) Whisk
Bowl for vinaigrette
(2) Plates
Serving Spoon
Large Sauté Pan
Saucepan w/ lid
Tongs
Sieve
Meat Mallet (tenderizer)
Tasting Spoons
Paper Towels
Foodservice Gloves