



NEW MEXICO
STATE ASSOCIATION



Culinary Arts Menu

Composed Salad with Emulsified Vinaigrette

Garlic Butter Quinoa/ Vegetable Medley

Seared Pork Tenderloin Medallions with Mushroom Sauce

Composed Salad with Emulsified Vinaigrette

Culinary Skill Component: Demonstrate a proper vinaigrette, knife skills, salad composition.

2 Servings

Amount

Vinaigrette

6 Tbsp.
2 Tbsp.
½ tsp.
1 Tbsp.
½ tsp.
To Taste

Ingredient

Canola Oil
White Wine Vinegar
Minced Garlic
Dijon Mustard
Minced Fresh Herbs
Salt and Pepper

Salad

1 Cup
½ Cup
½ Cup
½ Cup
½ Cup
To Taste

Romaine and/or Summer Lettuces, bite sized pieces
Cherry Tomatoes, halved
Mini Cucumber, peeled, oblique cut
Red Bell Pepper, small dice cut
White Onion, small dice cut
Optional, Cheese and Fresh or Dried Herbs

Method:

1. Combine vinegar, garlic, herbs and Dijon mustard. Integrate oil and emulsify the vinaigrette. Add salt and pepper to taste.
2. Toss salad ingredients with vinaigrette.
3. Compose salad and serve immediately.

Garlic Butter Quinoa/ Vegetable Medley

Culinary Skill Component: Demonstrate the proper cooking method for grain and vegetable.

2 Servings

Amount	Ingredient
1 Cup	Vegetable Stock
½ Cup	Quinoa
1 tsp.	Minced Fresh Herbs
To Taste	Salt and Pepper
1 Tbsp.	Canola Oil
2 tsp.	Minced Garlic
½ Cup	Zucchini, Battonet
¼ Cup	White Onion, Battonet
¼ Cup	Red Bell Pepper, Battonet
2 tsp.	Minced Fresh Herbs
1 Tbsp.	Full Fat, European Butter
To Taste	Salt and Pepper

Quinoa Method:

1. Pour stock into saucepan and add quinoa. Stir to combine. Turn the heat to a medium-high and allow to come to a boil.
2. Place cover on the saucepan, reduce heat to a simmer, and allow quinoa to cook for 15 minutes.
3. Turn off heat, add herbs, fluff, season with salt and pepper. Let sit for 5 minutes before serving.

Vegetable Method:

1. Add oil to sauté pan at medium heat. Add garlic to oil, followed by vegetables. Sauté until desired doneness is reached.
2. Turn off heat, add herbs, butter, salt and pepper to taste, and hold warm off the burner until serving.

***** SPECIAL NOTE: Quinoa and Medley are cooked separately and plated normally. This is combined only for rubric and certification purposes.**

Seared Pork Tenderloin Medallions with Mushroom Sauce

Culinary Skill Component: Demonstrate a proper trim of protein and proper sauté method.

2 Servings

Amount	Ingredient
<i>Medallions</i>	
½ lb.	Pork Tenderloin, fabricate to 6 medallions
2 Tbsp.	Canola Oil
½ Cup	All Purpose Flour
To Taste	Salt and Pepper, on protein and in dredge
<i>Mushroom Sauce</i>	
1 Cup	Plain Chicken Stock
½ Cup	Button Mushrooms, Sliced
2 tsp.	Minced Garlic
2 tsp.	Minced Fresh Herbs
3 Tbsp.	Full fat, European Butter, Salted
To Taste	Salt and Pepper

Method:

1. Fabricate protein portion to medallions. Combine flour, salt, pepper to taste for dredge. Season medallions. Dredge medallions. Add oil to pan at medium high heat. Shake off excess dredge and sear medallions. Careful not to get pan too hot and scorch the fond in the pan. Remove medallions when seared on both sides and hold warm for step 3.
2. Pour off excess oil, careful to reserve as much fond as possible. Deglaze pan with broth. Add garlic, mushrooms, and fresh herbs and reduce by half. Add butter, one Tbsp. at a time, until the sauce is thickened and glossy.
3. Add medallions back to sauce to allow them to retherm, coat with sauce, serve as final component of the entrée on the plate.



Equipment List for Culinary Arts

Assorted Mixing Bowls	Thermometer
Cutting Boards	Knife Kit
Tongs	Timer
Rubber Spatulas	Peelers
Wooden Spoons	Measuring Spoons
Whisks	Disposable Foodservice Gloves
Tasting Spoons	Assorted Deli Prep Containers
Small/ Medium Sauce Pots	
Medium Skillet/ Sauté use	
Bench Scraper	
Side Towel	
Salad Bowl	
Dinner Plate	
Measuring Spoons	
Sanitizer Bucket	

General Information

- 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.