

## **2019 PA FCCLA State Culinary Arts Competition Practice Recipes**

The 2019 Culinary Arts state competition menu will include:

Salad:

Caesar Salad  
or  
Cole Slaw

Entree:

Pork Medallions with Sage and Apples  
or  
Pan Fried Salmon with Brown Lemon Dill Butter

Two Sides:

Honey Glazed Carrots  
Parmesan Roasted Red Potatoes with Garlic and Herbs  
Sauteed Asparagus with Lemon and Garlic  
Sauteed Green Beans Almandine

Dessert:

Fresh Fruit Parfait  
or  
Strawberry Shortcake

## Caesar Salad

### Ingredients:

1	Egg, coddled
1 head	Romain lettuce
4 tablespoons	Extra virgin olive oil
¼ teaspoon	Kosher salt
¼ teaspoon	Black pepper
½	Fresh lemon, juiced
3 drops	Worcestershire sauce
2 tablespoons	Grated Parmesan cheese

### Instructions:

1. Bring 2 cups of water to boil in a small saucepan. Add the egg and cook for 1 minute. Chill in ice water to halt cooking. Set aside.
2. In a large bowl, tear lettuce and toss with 2 tablespoons of olive oil.
3. Sprinkle with kosher salt and black pepper.
4. Add the remaining olive oil and toss well. Add the lemon juice and Worcestershire sauce. Break in the prepared egg. Toss until a creamy dressing forms.
5. Toss in ½ of the Parmesan cheese. Plate the salad and sprinkle with the remaining Parmesan cheese.

## Cole Slaw

### Ingredients:

8 ounces	White cabbage, shredded or cut very thin
2 ounces	Red cabbage, shredded or cut very thin
¼ cup	Carrots, shredded
2 oz.	Mayonnaise
1 tablespoon	Sour cream
1 tablespoon	Condensed milk
1 ½ tablespoon	Red wine vinegar
1/8 teaspoon	Celery salt
To taste	Salt and pepper

### Instructions:

1. Prepare cabbage and carrots.
2. Combine all ingredients for the dressing and mix well.
3. Mix the dressing with the cabbage and carrots until dressing is completely incorporated.
4. Season with salt and pepper, as needed.
5. Chill until ready to plate.

## Pork Medallions with Sage and Apples

### Ingredients:

6 – 2 ounce	Boneless center cut pork medallions
	Kosher salt
	Ground black pepper
2 tablespoons	Olive oil
1	Large onion, 1/4" slices
2 tablespoons	Apple cider vinegar
2 tablespoons	Unsalted butter
1	Cooking apple (Rome or Golden Delicious)
	Peeled, halved, cored and sliced
2 tablespoons	Fresh sage leaves, chiffonade
3/4 cup	Chicken broth
1 tablespoon	Dijon style mustard

### Instructions:

1. Heat a large heavy bottomed skillet over medium high heat. Dry the pork medallions well and season with salt and pepper. Add the oil to the skillet and heat until shimmering. Lay the pork in the pan and cook until browned on the first side, about 3 minutes. Turn and cook until the second side is browned, about 2 minutes more. Transfer the pork to a plate and cover loosely with foil.
2. Add the onions to the skillet. Stir and season with salt and pepper. Cover and reduce heat to medium. Cook until soft, about 8 minutes. Add the cider vinegar and stir, scraping up the browned bits in the skillet. Add the onions to the plate with the pork.
3. Add butter to the skillet. Raise the heat to medium high. Add the apples and the sage. Cook, stirring occasionally until golden, about 3 minutes. Stir in the broth and mustard, and simmer until the apples soften, about 2 minutes. Return the onions and any accumulated juices from the pork to the skillet. Simmer to thicken slightly, about 2 minutes. Nestle the pork in the apples and onions and heat until the meat is warmed through.
4. Divide the pork between two plates and smother them with the apples and onions.

## Pan Fried Salmon with Brown Lemon Dill Butter

### Ingredients:

1 tablespoon	Olive oil
	Salt
	Pepper
2 – 3 to 4 ounce	Salmon filets, skin on
2 tablespoons	Unsalted butter
½ teaspoon	Fresh dill, chopped
1 tablespoon	Fresh lemon juice

### Instructions:

1. Add oil to a large skillet over medium heat.
2. Season salmon with salt and pepper.
3. Once hot, add salmon, skin side down.
4. Cook salmon for 5 – 7 minutes on skin side.
5. Carefully flip the salmon. If the skin is sticking to the pan, give it more time to cook. It should release easily from the pan. Once flipped, cook 1 – 3 minutes until the salmon looks opaque.
6. Meanwhile, in a small saucepan, melt butter until it is slightly browned and has a nutty aroma. Add the chopped dill and lemon juice.
7. Brush the butter mixture onto the cooked salmon. Reserve some of the sauce for plating, if desired.

## Honey Glazed Carrots

### Ingredients:

8 ounces	Fresh carrots, your choice of cut
	Salt
1 tablespoon	Butter
1 tablespoon	Honey
2 teaspoons	Fresh lemon juice
	Salt and pepper

### Instructions:

1. Peel and cut carrots into desired cuts.
2. Fill a saucepan with water. Add salt and bring to a boil. Add carrots. Boil 5 – 6 minutes or until tender.
3. Drain the carrots. Place the carrots back into the pan. Add butter, honey and lemon juice.
4. Cook the carrots until a glaze forms.
5. Season with salt and pepper and serve.

## Parmesan Roasted Red Potatoes with Garlic and Herbs

### Ingredients:

1/2 pound	Small red potatoes, washed scrubbed and halved
1 tablespoon	Olive oil
1 clove	Garlic, minced
1/2 teaspoon	Coarse salt
1/4 teaspoon	Dried thyme
1/4 teaspoon	Dried oregano
1 tablespoon	Grated Parmesan cheese
1 tablespoon	Butter
1 tablespoon	Fresh parsley, chopped

### Instructions:

1. Preheat oven to 400 degrees.
2. Lightly grease a small pan or use parchment paper.
3. In a medium bowl, toss the potatoes with all of the ingredients except the parsley and butter. Toss until well coated.
4. Arrange the potatoes evenly in the baking pan.
5. Bake for 45 minutes or until golden brown and tender. Turn two or three times during cooking.
6. Remove from the oven. Toss with butter and finish by sprinkling with the chopped parsley.

## Sauteed Asparagus with Lemon and Garlic

### Ingredients:

8 ounces	Fresh asparagus
2 tablespoons	Extra virgin olive oil
2 cloves	Garlic, minced
1	Lemon
	Salt and pepper

### Instructions:

1. Wash, cut and trim the asparagus.
2. Zest and juice the lemon, retaining both.
3. Place a frying pan over medium heat and saute the asparagus in the olive oil until crisp but tender, about 4 minutes (determined by size of asparagus).
4. Add the garlic and cook for 1 minute.
5. Add the lemon juice and toss.
6. Season with salt and pepper, as needed.

## Sauteed Green Beans Almandine

### Ingredients:

6 ounces	Fresh green beans, trimmed
1 tablespoon	Butter
¼ cup	Sliced almonds
	Salt and pepper

### Instructions:

1. Blanch green beans in boiling salted water until firm but tender. Immediately cool the green beans and reserve.
2. Melt the butter in a medium frying pan. Saute the green beans until hot and tender.
3. Add the almonds during the last minute of cooking.
4. Season with salt and pepper before serving.

## Fresh Fruit Parfait

### Ingredients:

1/2 cup	Strawberries, cleaned and sliced
1/4 cup	Blueberries, rinsed
1/4 cup	Mandarin oranges, drained
1 cup	Heavy whipping cream
1 tablespoon	Confectioner's sugar
1/4 teaspoon	Vanilla extract
2	Maraschino cherries

### Instructions:

1. Prepare all fresh ingredients.
2. In a medium bowl, combine the strawberries, blueberries and mandarin oranges. Set aside.
3. In a cold mixing bowl, add the heavy cream, confectioner's sugar and vanilla extract. Whisk the cream until it attains stiff peaks.
4. Alternate the fruit and whipped cream in a tall glass.
5. Garnish with the maraschino cherries, or be creative and garnish as desired.

## Strawberry Shortcake

### Ingredients:

1 cup	Flour
1 1/2 teaspoons	Baking powder
4 tablespoons	Granulated sugar, divided
3 ounces	Cold unsalted butter
2 – 4 ounces	Milk, as needed
2/3 cup	Fresh strawberries, sliced
2 tablespoons	Sugar
3 – 4 tablespoons	Strawberry glaze or pres
3/4 cup	Heavy whipping cream
1 tablespoon	Powdered sugar
1/2 teaspoon	Vanilla

### Instructions:

1. Preheat oven to 350 degrees.
2. Prepare a small baking sheet, greased or lined with parchment paper.
3. Measure flour and baking powder into a medium mixing bowl. Stir in 2 tablespoons of sugar. Cut butter into the flour mixture until it resembles small crumbs.
4. Slowly pour in milk, as needed, and mix to form dough.
5. Turn dough onto a floured surface and roll to 1/2" thick. Cut dough into 4 – 3" circles.
6. Bake 10-12 minutes or until golden brown.
7. Mix the sliced strawberries with the sugar and let stand at room temperature. Add strawberry glaze or preserves to thicken sauce.
8. Whip the heavy cream until soft peaks form. Add powdered sugar and vanilla and whip to blend.
9. Assemble shortcakes.