



2019 Culinary Arts STAR Events Menu

Tennessee FCCLA

Sautéed Breast of Chicken with Mustard Cream Sauce
Fresh Broccoli Sauté
Rice Pilaf
Æblekage (Danish Apple Trifle)

Sautéed Breast of Chicken in Mustard Cream Sauce

2 Servings

Amount	Ingredient
2 – four ounces each	Skinless and boneless chicken breast
As needed	All-purpose flour
2 ounces	Clarified butter or vegetable oil
¼cup	Dry white wine or chicken broth
½ cup	Heavy cream
2 Tablespoons	Dijon mustard
1 teaspoon	Dried tarragon
As needed	Salt and Black Pepper

Procedure:

1. Preheat a sauté pan on medium heat on top of the range.
2. Season the chicken breast and dredge in flour. Shake off excess chicken.
3. Add approximately 1 – 2 ounces of oil or clarified butter and allow it to heat until it simmers. Sauté the chicken breast on each side until golden brown.
4. Remove from the sauté pan and keep warm.
5. Pour off the excess fat from the pan and return the pan to the range.
6. Pour wine or chicken broth into hot skillet; cook, stirring until reduced by half, about 1 minute. Whisk in cream, mustard, and tarragon. Cook, whisking, until thickened, about 2 minutes.
7. Return the chicken breast to sauce and heat thoroughly. Adjust seasoning with salt and pepper and place on dish.

Fresh Broccoli Sauté

2 Servings

Amount	Ingredient
¾ pound	Broccoli, fresh
As needed	Water and ice
1 ounce	Butter
As needed	Salt and Black Pepper

Procedure:

1. Place a pot of water with salt on the stove and bring to a boil.
2. Wash broccoli and cut to the desired shape.
3. Place the broccoli in the boiling water and remove when the water returns to a boil. After removing the broccoli, quickly submerge the broccoli in an ice water bath. Remove and drain the broccoli from the ice water bath.
4. Reserve the broccoli in a suitable size and shape container.
5. To sauté the broccoli, preheat a sauté pan on medium heat on top of the range.
6. Add approximately 1 ounce of butter until melted.
7. Add the broccoli and sauté just until heated through. Add the appropriate seasoning.
8. Remove from the range and arrange the broccoli on the serving dish.

Classic Rice Pilaf

4 Servings

Amount	Ingredient
1 ounce	Butter
1 ounce	Olive Oil
2 ounces	Onion, fine dice
1	Bay leaf
8 ounces	Long grain white rice
2 cups	Chicken stock
As needed	Salt

Procedure:

1. Heat the butter and olive oil in a heavy sauce pot.
2. Add the onion and bay leaf and sauté until tender, but not brown.
3. Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown.
4. Pour in the boiling chicken stock and season with salt.
5. Cover the pot tightly and place it in a 350 F oven. Bake for 18-20 minutes, until the liquid is absorbed and the rice is fluffy and tender. You may also cover the pot and simmer for about the same time, if an oven is unavailable.
6. Transfer the cooked rice to the serving dish and remove the bay leaf.

Æblekage (Danish Apple Trifle)

2 Servings

Amount	Ingredient
1.5 cups	Apples, all purpose cooking, such as Golden Delicious, ¾" dice
¼ cup	Granulated Sugar
¼ teaspoon	Vanilla extract
1 ½ Tablespoons	Water
¼ cup plus 2 Tablespoons	Bread Crumbs
2 Tablespoons	Granulated Sugar
2 ½ Tablespoons	Butter
½ cup	Whipping Cream
2 Tablespoons	Red Currant or Strawberry Jelly

Procedure:

1. Combine apples, first quantity of sugar, vanilla and water; simmer, covered, over medium heat until apples are soft but not mushy; check after 10 minutes. Let cool.
2. In a sauté pan over medium heat, toast bread crumbs until golden. Add second quantity of sugar and cook 1 to 2 minutes until nicely browned.
3. Off the heat, add butter and stir until combined with bread crumbs; remove from pan and cool.
4. Layer apples and bread crumb mixture in individual serving bowls, starting with apples and finishing with bread crumbs.
5. Decorate trifle with whipped cream and jelly.

Hands-On Cooking Class/Private Event Waiver

This agreement contains a waiver of claims based on negligence

The Sweet and Savory Classroom classes are intended for your education and enjoyment. Your participation is strictly voluntary and does not constitute employment. Because culinary activities can present risks, The Sweet and Savory Classroom depends on you to use your good judgment and reasonable care for your own safety and the safety of others. Please follow the directions of the chef or staff member carefully. If you have any questions, whatsoever, about your ability to safely follow any instructions you are given, please immediately alert the chef or a staff member.

The Sweet and Savory Classroom is also not liable for any type of allergic reaction due to the environment, food handling, or consumption by participant. The Sweet and Savory Classroom is to be notified in advance of all allergies prior to the day of class. Our cooking classroom uses nuts, dairy, eggs, wheat, soy, shellfish, seafood, and many other foods that many cause allergic reactions. Anyone with allergies will be entering the cooking classroom at your own risk. At no time can the cooking classroom be completely free of allergens.

In consideration for your participation in an activity at The Sweet and Savory Classroom, and by signing this form, you acknowledge, agree and understand that your participation is voluntary and you assume the risks associated with the culinary activity in which you will be participating. Such risks may include, but are not limited to, the risk of physical injury, or harm. You further agree to indemnify, save and hold harmless The Sweet and Savory Classroom, its officers, directors, members, agents, servants, assistants, participants, and employees from any and all liability and claims arising out of an allergic reaction, injury, disability, or death resulting from your participation in culinary classes. This waiver specifically includes any claims made by you arising from the alleged negligent acts of The Sweet and Savory Classroom, its officers, directors, members, agents, servants, assistants, and employees and any related parent and/or subsidiary entities.

Also in signing this waiver your photos and likeness may be used for promotional print, online, television, and any other media without further permission or compensation.

Thank you for coming and we hope you enjoy your culinary experience here at The Sweet and Savory Classroom.

Name of Class

Date

Name of Participant

Signature

(under 18 parent/guardian signature required below)

Printed Name and Signature of Parent or Guardian (if participant is less than 18 years old)

We are the parents or legal guardians of this participant and hereby grant our permission for him/her to participate in any/all mentioned activities at the Sweet and Savory Classroom and hereby agree on behalf of child-participant to release The Sweet and Savory Classroom from all claims as outlined above.

Emergency Contact

Emergency Contact Phone Number

Tennessee State FCCLA STAR Event

CULINARY ARTS REQUIRED EQUIPMENT LIST

Per Team

2 Wire Whisk
2 heat resistant (silicone) spatula
1 Bi-metallic or instant read thermometer
2 Set of Dry Measuring cups
2 Liquid Measuring Cups
2 Set of Measuring Spoons
1 Slotted turner or metal spatula
1 vegetable peeler
1 set metal kitchen tongs
2 stainless steel kitchen spoon, 8-12 inches
1 stainless steel slotted kitchen spoon, 8-12 inches
side towels (2 per participant)
portion cups for Mise en Place (optional)
1 Colander/strainer
3 portable gas stoves (optional)
Aluminum foil for lids
Gloves

Per Participant

Knife kit *

*Knife Kit (contents should be standard based on school's requirements, but must include at least 1 Paring Knife, 1 boning knife, and 1- 8" or 10" Chef Knife)

FOR TN STATE ONLY (NOT ALLOWED AT NATIONALS)

The event site should have the items listed below, but we will allow you to bring your own for this event only, if you choose to do so.

- sauce pans (3)
- sauté pans (3)
- 3 cutting boards
- 5 Stainless steel bowls for prep
- plating dishes



PARENTAL CONSENT FORM
Family, Career and Community Leaders of America
710 James Robertson Parkway
Nashville, TN 37243

All Culinary Arts STAR participants must bring this completed parental consent form to the State Leadership Conference. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Culinary Arts STAR event with TN FCCLA. The following information may be helpful if such a situation arises:

Family Physician: _____ Phone: _____

Physician's Address: _____

Known Allergies: _____

Special medical medications or conditions that should be noted:

Pharmacy number for special medication currently taken: _____

Contact in case of an emergency: _____

Comments: _____

Insurance Company: _____

ID # _____

Group #: _____

Insurance Company Phone: _____

I have read and consent to the above.

Signature of Parent (Date)

Signature of Participant (Date)