



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.