



2020 Culinary Arts STAR Events Menu Tennessee FCCLA

Puree of Cauliflower Soup with Curry
Pan Roasted Pork Tenderloin with Whole Grain Mustard Sauce
Rice and Red Pepper Pilaf
Sautéed Cabbage

***** EQUIPMENT LIST WILL BE OUT SOON*****



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)

Return this completed form to Christina.Isong@tn.gov by March 6

WAIVER & RELEASE OF LIABILITY, PUBLICITY RELEASE & CONSENT

Welcome to The Sweet & Savory Classroom, Inc. (the “Classroom”) where you will watch, learn and participate in the hands-on preparation of foods; classes are intended for your education and enjoyment; participation is strictly voluntary. Because culinary activities can present risks, you must use your good judgment and reasonable care for your own safety and the safety of others. YOU ASSUME ALL RISKS OF PARTICIPATING IN THE ACTIVITIES OR EVENTS AT THE SWEET & SAVORY CLASSROOM, INC., including by way of example but not limited to, any risks that may arise from negligence or carelessness on the part of the Classroom due to its behavior or the behavior of other class participants, due to dangerous or defective equipment or property owned, maintained or controlled by them, or because of their liability without fault. You agree to follow the directions of the chef or staff member and if you have any questions about your ability to safely follow any instructions, you agree to immediately alert the chef or a staff member before beginning the task.

YOU ASSUME ALL RISK FOR ALL DAMAGES, INJURY OR DEATH RELATED TO FOOD ALLERGIES OR INTOLERANCES. Our cooking classroom uses nuts, dairy, eggs, wheat, soy, shellfish, seafood, and many other foods that may cause allergic reactions. The Classroom shall not be responsible for maintaining an allergen free environment. With one day’s prior notice, the Classroom will attempt to meet special requests but cannot guarantee a safe food allergen environment.

In consideration for your participation in a class, and by signing this form, you acknowledge, agree and understand that your participation is voluntary and you assume on behalf of yourself, your executors, administrators, heirs, next of kin, successors and assigns (the “Releasing Parties”) any and all risk associated with your participation and hereby WAIVE, RELEASE AND DISCHARGE the Classroom, its parents, affiliates, subsidiaries, administrators, legal representatives, officers, directors, employees, affiliates, contractors, agents, and assigns, (the “Released Parties”). The Releasing Parties INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the Released Parties from any and all liabilities or claims made as a result of participation in this activity or event whether caused by the negligence of Released Parties or otherwise.

Also by signing this form, you recognize that you may be photographed, video-taped or recorded during this activity or event and grant the Classroom UNLIMITED rights to use your likeness in photographs or video, as well as your voice, in any media and understand that no monetary reimbursement is due to you for such usage. You hereby RELEASE the Released Parties for any claims of libel, copyright, invasion of privacy or rights of publicity.

This waiver, release and consent form shall be construed broadly to provide a waiver, release and consent to the maximum extent permissible under applicable law. This agreement shall be governed by the laws of the State of Tennessee, without consideration of choice of law and you expressly consent to the personal jurisdiction of the state courts located in Hamilton County, Tennessee for any lawsuit arising from or related to this agreement.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A WAIVER, RELEASE OF LIABILITY AND PUBLICITY RELEASE AND I SIGN IT OF MY OWN FREE WILL.

Name of Class: _____ **Date:** _____

Adult Participant Name (printed): _____

Adult Participant Signature: _____

Emergency Contact #: _____

Parent/Guardian Signature (under 18): _____
Parent/Guardian Waiver for Minors

The above-signed parent or guardian, having the appropriate authority, does hereby consent to his/her child or ward’s participation in the activity or event, and has agreed individually and on behalf of the child or ward, to the terms of the waiver, release and consent form as set forth above.

Print Participant’s Name & Age: _____

Return this completed form to Christina.Isong@tn.gov by March 6.

PUREE OF CAULIFLOWER SOUP WITH CURRY

Culinary Skill Component: Puree Soup

Yield: 4 servings

Ingredient	Amount
Olive oil	1 Tbsp
Onion, diced	½ cup
Parsnip, diced	¼ cup
Celery stalk, diced	¼ cup
Fresh ginger, minced	1 Tbsp
Curry powder	2 tsp.
Garlic clove, minced	1 ea
Cauliflower, florets	1 ½ cups
Chicken or vegetable broth	1 quart
Salt	as needed
Fresh ground black pepper	as needed
Chives, sliced fine	1 Tbsp.
Orange zest, grated	1 teaspoon

Method:

- 1.Heat the olive oil in a soup pot over medium heat. Add the onion, parsnip, celery, ginger, curry powder and garlic. Cook, stirring frequently, until the vegetables soften and the onion is translucent, 5-6 minutes.
- 2.Add the broth and cauliflower. Bring the broth to a simmer and cook until the cauliflower is tender enough to mash easily with a fork, about 20 minutes.
- 3.Strain the soup through a sieve, reserving the liquid. Puree the solids and return them to the pot. Add enough of the reserved liquid to achieve a soup consistency. Blend well. Return to a simmer.
- 4.Season with the salt and pepper. Garnish with the chives and orange zest. Serve in heated bowls.

PAN ROASTED PORK TENDERLOIN WITH WHOLE GRAIN MUSTARD SAUCE

Culinary Skill Component: Pan roasting/pan sauce

Yield: 2 portions

Ingredients	Amount
Olive or Vegetable Oil	1 Tbsp.
Pork tenderloin, trimmed	10 oz.
Salt	to taste
Pepper	to taste
Shallots, minced	1 tsp.
Dry sherry, madeira wine, or chicken stock/broth	1 oz.
Whole grain mustard	2 tsp.
Demi-glaze	4 oz.
Whole butter, diced	½ oz.
Salt	to taste
Pepper	to taste

Method:

1. Season pork with salt and pepper. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145 d. internal. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds.
3. Add wine to deglaze.
4. Add mustard and the demi-glaze and bring to a simmer. Reduce the heat again to low and swirl in the butter.
5. Check the seasoning on the sauce.
6. Slice the pork into six slices and plate accordingly. Ladle some sauce over the slices and serve with the appropriate accompaniments.

JASMINE OR BASMATI RICE AND RED PEPPER PILAF

Culinary Skill Component: Pilaf method for grain

Yield: 2-3 portions

Ingredient	Amount
Fat (butter, oil)	1 Tsp.
Onion, minced	¼ cup
Red pepper, med. diced	¼ cup
Jasmine or Basmati rice	1 cup
Chicken stock or broth	2 – 2 ½ cup
Butter	1 tsp.
Salt and pepper	TT

Method:

- 1- Heat a heavy gauge pot on medium heat and add the fat.
- 2- Sweat onion and red pepper in the fat until translucent.
- 3- Add rice; toast the rice lightly in the onion mixture.
- 4- Add stock or broth. Bring to a boil. Reduce to a very slow simmer and cook covered for approx. 20-25 minutes. Allow pot to remain at room temperature for 5 minutes.
- 5- Add butter and seasoning. Fluff with a fork and serve.

SAUTÉED SAVOY OR GREEN CABBAGE

Culinary Skill Component: Sautéed Vegetables

Yield: 2-3 portions

Ingredient	Amount
Olive or vegetable oil	2 tsp.
Onions, minced	1 Tbsp.
Savoy or green cabbage, cleaned and chiffonade	2 cups.
Chopped parsley	1 tsp.
Salt and pepper	TT

Method:

- 1- Heat oil in a small sauté pan. Add onions and sweat over moderate heat; cook until transparent.
- 2- Add cabbage and cook until tender, approximately 7-10 minutes.
- 3- Finish with parsley and seasoning.