



2022 CULINARY ARTS STAR EVENT TENNESSEE FCCLA

TN FCCLA has adopted its own menu that will be used for the Culinary Arts STAR Event, a National Leadership Conference (NLC) qualifying event. This menu will be used for the 2022 State Leadership Conference. The rubric found in the 2021-22 National Competitive Events Guide for the Culinary Arts STAR Event will be used for evaluating the preparation of the provided recipes.

The Culinary Arts STAR Event is an individual event and not a team event. Chapters will be able to submit up to three (3) individuals to compete in this event during the 2022 State Leadership Conference. As a reminder, members must be Level 3 – see the National Competitive Events Guide for a full list of qualifications for this event.

NATIONAL QUALIFIERS

The top three (3) participants at the 2022 State Leadership Conference will qualify for the National Leadership Conference.

DATES AND DEADLINES

All competitors must be registered by **February 3**.

Culinary Arts Competition will occur on **March 16**, please plan travel accordingly.

REQUIRED CULINARY ARTS FORMS

Release forms due via email to Christina Isong, State Adviser, by **March 1**.

2022 CULINARY ARTS MENU

Chicken Parmesan
Garlic-Parmesan Spaghetti
Caprese Salad



TENNESSEE
STATE ASSOCIATION

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

All Culinary Arts STAR participants must email this completed parental consent form to the State Advisor (Christina.Isong@tn.gov) by March 1. 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:

Name: _____ Cell Phone: _____

Comments: _____

Insurance Company: _____

ID # _____

Group #: _____

Insurance Company Phone: _____

I have read and consent to the above.

Signature of Parent (Date)

Signature of Participant (Date)



2022 CULINARY ARTS EQUIPMENT LIST

Required Equipment List – Per Participant

- 1 wire whisk
- 2 heat resistant (silicone) spatula
- 1 bi-metallic or instant read thermometer
- 1 set dry measuring cups
- 1 set liquid measuring cups
- 1 set measuring spoons
- 1 slotted turner or metal spatula
- 1 set metal kitchen tongs
- 1 spaghetti spoon
- 2 stainless steel kitchen spoon, 8-12 inches
- 4 side towels
- 1 Grater
- 1 Can Opener (non-electric)
- 1 Knife Set (contents should be standard based on school's requirement, but must include at least 1 Paring Knife, 1 boning knife, 1- 8" or 10" Chef Knife, 1 serrated knife)
- 2 Cutting Boards

General Information

- The items listed above are required for the implementation of the selected menu. All necessary large equipment will be provided. 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 travel. If breakage occurs, **the participant is responsible for any replacement.**
- Any additional equipment required will be provided at the time of the event by the host institution.
- Non-latex gloves will be available on site.
- Participants will be using commercial kitchen equipment, including deck ovens and induction burners. Please ensure that you are familiar with how to use this equipment BEFORE the competition.



Chicken Parmesan

2 Tbsp.	Olive Oil
¼ c.	Onion, minced
2	Cloves garlic, minced
1 c.	Diced tomatoes, drained
8 oz.	Tomato sauce
1 Tbsp.	Tomato paste
1 Tbsp.	Oregano, dried
2 Tbsp.	Basil, chiffonade
¼ tsp.	Red pepper flakes
2	Chicken breasts
	Salt and Pepper, to taste
	All-purpose flour, as needed
2	Eggs, beaten
1 c.	Panko bread crumbs
3 Tbsp.	Vegetable oil
½ c.	Mozzarella cheese, grated
¼ c.	Parmesan cheese, grated

1. Preheat oven to 375 °F.
2. In a small saucepan, heat olive oil over medium-heat. Add onions and garlic. Sweat until tender, about 2-3 minutes.
3. Add diced tomatoes, tomato sauce, tomato paste, oregano, basil, and red pepper flakes. Stir to combine. Reduce heat and simmer until needed.
4. In small containers, create a breading station. Dip each chicken breast into the first container of flour and shake off excess. Dip into the second container with the eggs. Dip each chicken breast into the final container of panko bread crumbs.
5. In a medium skillet, heat vegetable oil over to medium-high heat. Add the chicken breast and cook until golden brown on each side, about 2-3 minutes each.
6. Remove the breaded chicken breasts to a baking sheet. Top with marinara sauce. Bake in oven for about 8-10 minutes or until chicken reaches minimum internal temperature.
7. Top each chicken breast with mozzarella and parmesan cheese. Place back into oven until cheese is melted.



Garlic-Parmesan Spaghetti

6 oz.	Spaghetti
2 oz.	Butter
2	Cloves garlic, minced
	Salt and pepper, to taste
2 Tbsp.	Fresh parsley, chopped
2 Tbsp.	Parmesan cheese, grated

Yield: 2 Servings

1. In a large pot of boiling salted water, add spaghetti. Cook until al dente, about 4-5 minutes.
2. Once pasta is done, drain it into a colander.
3. Heat a large skillet over medium heat. Add butter and garlic.
4. Add pasta to pan. Stir to combine. Season with salt and pepper.
5. Finish with chopped parsley and parmesan cheese. Serve aside chicken parmesan.



TENNESSEE
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Caprese Salad

3 Tbsp.	Aged balsamic vinegar
1 tsp.	Dijon mustard
1	Clove garlic, minced
¾ c.	Extra virgin olive oil
	Salt and pepper, to taste
2	Large ripe tomatoes, sliced ¼ inch thick
½ lb.	Fresh mozzarella cheese, sliced ¼ inch thick
1 c.	Fresh basil leave, chiffonade
2 Tbsp.	Capers, drained
	Salt and pepper, to taste.

Yield: 2 Servings

1. In a small bowl, add balsamic vinegar, mustard, garlic. Slowly drizzle in olive oil while whisking vigorously to create an emulsion.
2. Season with salt and pepper. Keep chilled until service.
3. Place tomato and mozzarella slices on the plate, alternating from one to another.
4. Season with salt and pepper.
5. Garnish with basil, capers, and balsamic vinaigrette drizzle.