



2024-25 Montana FCCLA State Culinary Arts STAR Event Menu

**Chicken Piccata
Roasted Potatoes
Sautéed Broccolini**

Chicken Piccata

Ingredients:

- 2 large skinless, boneless chicken breasts
- TT Kosher salt
- ½ cup all-purpose flour
- 3 Tbsp extra-virgin olive oil, divided
- 4 garlic cloves, smashed
- ½ cup chicken stock
- 1 ½ Tbsp drained capers, coarsely chopped
- 6 Tbsp butter, cut into pieces
- 3 Tbsp fresh lemon juice
- 2 Tbsp parsley, minced

Directions:

1. Butterfly chicken breasts into 4 cutlets and lightly pound each piece between sheets of plastic wrap until an even thickness (about ½" thick or less). Season lightly with salt.
2. Place flour in a medium shallow bowl. Working one at a time, place cutlets in bowl and toss to coat in flour. Knock off excess flour and transfer to a sheet pan.
3. Heat 2 Tbsp. oil in a large skillet over medium-high. Working in batches if needed to avoid overcrowding the pan, cook cutlets, without moving them, until browned, about 2 minutes. Turnover and cook on the other side just until chicken is nearly cooked through, about 1 minute. Transfer to a clean sheet pan.
4. Add garlic and remaining 1 Tbsp. oil to the skillet and cook, stirring often and reducing heat if needed to keep garlic from scorching, until golden brown, about 2 minutes.
5. Deglaze with chicken stock. Add lemon juice and capers and cook, until liquid is reduced by half, about 3 minutes.
6. Return chicken to skillet and simmer until chicken is cooked through, about 2 minutes.
7. Remove from heat and add the butter, swirl the pan vigorously to melt the butter and emulsify the sauce.
8. Finish with parsley.

Roasted Potatoes

Ingredients:

½ lb fingerling potatoes, halved lengthwise
2 Tbsp extra-virgin olive oil
TT Kosher salt
TT fresh ground pepper

Directions:

1. Arrange racks in upper and lower thirds of oven; preheat to 450°.
2. In a bowl, toss potatoes with 2 Tbsp. oil, season with salt and pepper and place on a rimmed baking sheet.
3. Arrange cut side down and roast on lower rack until tender and cut sides are browned, 20–30 minutes.

Sautéed Broccolini

Ingredients:

½ lb Broccolini, ends trimmed
2 Tbsp unsalted butter
2 garlic cloves, minced
1 tsp crushed red pepper
TT salt
TT pepper
Juice of half a lemon

Directions:

1. Cook Broccolini in a 6- to 8-quart pot of boiling salted water until stems are crisp-tender, about 5 minutes, then remove and shock in an ice bath.
2. Drain and set aside.
3. Heat 2 tablespoons butter in a 12-inch heavy skillet over medium heat.
4. Sauté the garlic and crushed red pepper, stirring, until pale golden, about 30 seconds.
5. Add the Broccolini, salt, pepper and cook, stirring, until heated through, about 2 minutes.
6. Finish with lemon juice.



IMPORTANT information about the Culinary Arts event:

1. Conventional ovens are provided. (No convection ovens)
3. All small equipment needs to be brought by the entrants. The dish area is VERY limited. Please plan accordingly.
4. Ingredients will be provided by Montana FCCLA for the recipes included in this document. Each competitor will get a container of ingredients to measure at their station. Lead consultant may have limited extra ingredients if competitor needs replacement product.

Smallware List – Culinary Arts

Competitors may not need all items on the list, but may ONLY bring items listed

- 2 Utility Trays/Sheet Pans (12" X 18") to Collect Ingredients & Mise en Place
- 1 NFS Approved Cutting Board (No larger than 15" X 20")
- 1 Chef Knife
- 1 Utility Knife
- 1 Paring Knife
- 1 Sharpening Steel 2
- 1-quart Mixing Bowl – Metal
- 2 2-quart Mixing Bowl – Metal
- 1 12-to-14-inch Sauté Pan
- 1 3-quart Covered Saucepan
- 1 8 to 9-inch Disposable Foil Pie Pan (Optional)
- 1 Insta Read Meat Thermometer
- 2 Set Measuring Spoons
- 1 Set Nested Dry Measuring Cups (1 cup, ½ cup, 1/3 cup and ¼ cup)
- 1 1 cup Plastic Liquid Measuring Cup
- 1 2 cup Plastic Liquid Measuring Cup
- 1 6-inch Straight Edge Metal Spatula for Leveling
- 2 Wire Whisks or Whips
- 1 Turner
- 1 Heat Resistant Rubber Scraper/Spatula
- 1 Basting Spoon and/or Wooden Spoon
- 1 Set Salt and Pepper Shakers with covers
- 1 Digital or Manual Timer 15 (4-ounce)
- Paper or Plastic Souffle/Portion cups to collect and transfer ingredients
- 1 Roll Aluminum Foil
- 1 Roll Paper Towels

List continued on next page





Smallware List – Culinary Arts – continued

4 Dish Cloths

2 Dish Towels

1 Spray Bottle Food Grade Sanitizer (Sealed in a zip lock bag for transport.)

1 Box NSF Food Grade Disposable Food Handler Gloves

1 Small Compost/Waste Bucket or Bowl

*Directions for packing the equipment tubs are on page #7

Items supplied by the host site include:

4 Dinnerware Forks

3 Dinnerware Knives

3 White Dinner Plates (10 to 12 inches in diameter)

2 White Salad Plates (6 to 8 inches in diameter)



2025 Culinary Arts Directions for Packing Equipment Tubs

1. Each participant must pack their own plastic/Rubbermaid covered container of equipment.
2. Equipment and tubs can not be shared with another student in competition.
3. Containers and equipment must be clean.
4. Do not put hats, hair nets, aprons, chef jackets or pen/pencil in the equipment tub. Bring these items at the set time of your competition.
5. Label the covered equipment tub with on the top and both ends with STUDENTS NAME, SCHOOL AND CITY.
6. Equipment tubs should be submitted to a specified area designated by the site manager. Once the equipment tub has been submitted, additional items cannot be added.
7. Do not enter the event room until invited in for competition by Room Consultant.
8. Cell phones are not allowed in the rooms during competition.
9. Any additional equipment in the tubs that is not on the required list will be removed by the room consultant or evaluator and returned after competition.
10. Be sure to inspect your work station at the end of your event to make sure you have packed all of your equipment and that the work area is clean.
11. Review all specific National Event Guidelines prior to competing in the Culinary Art STAR Event.
12. Not everything on the equipment list is required. If a STAR participant feels that they do not need a specific item to successfully prepare the recipes provided for competition, they do not have to include the item or items in the tub.
13. ALL INGREDIENTS will be collected and premeasured from a common table or area before you return to your work station/ kitchen for preparation. DO NOT combine the ingredients at the supply table. Keep the ingredients separated in the portion cups or measuring cups until you return to your work station and start the preparation portion of your event.
14. Note the format for the room set up for competition that will be shared by the Event Room Consultant and/or Evaluators. Ask any clarification questions as needed.

