



# 2023-24 Montana FCCLA State Culinary Arts STAR Event Menu

Egg, Cucumber, and Tomato Salad  
Pork Medallions with Pears and Blue Cheese  
Herbed Couscous



**Name of Recipe: Egg, Cucumber, and Tomato Salad**

<b>Egg, Cucumber, and Tomato Salad</b>	
<b>2 Servings</b>	
<b>Amount</b>	<b>Ingredient</b>
½ teaspoon	Black Pepper
1/8 teaspoon	Salt
1 Tablespoon	Garlic Clove, minced
1 ½ ounces	Olive Oil
1 Tablespoon	Red wine vinegar
1 Tablespoon	Lemon juice
¼ cup	Green onions, finely diced
2	Eggs, hard-cooked, sliced
½ cup	Celery, chopped
2 ounces	Cucumber, peeled, seeded, in ¼ inch
¼ cup	Radishes, sliced
1 head	Boston (Bibb) lettuce, shredded
2 each	Tomatoes, ripe, thinly sliced (8 slices)
<b>Procedure:</b>	
<ol style="list-style-type: none"> <li>1. Mix the pepper, salt, garlic, olive oil, vinegar, lemon juice, and green onions for the dressing.</li> <li>2. Combine the eggs, celery, cucumber, radishes, and lettuce and lightly toss with enough dressing to just coat.</li> <li>3. Fan 4 tomato slices on each plate and drizzle with remaining dressing.</li> <li>4. Place an equal amount of lettuce mixture on top of the tomatoes and serve.</li> </ol>	

**Name of Recipe: Pork Medallions with Pears and Blue Cheese**

<b>Pan Roasted Pork Medallions with Pears and Blue Cheese</b>	
<b>2 Servings</b>	
<b>Amount</b>	<b>Ingredient</b>
10 ounces	Pork tenderloin
	Salt and Pepper
2 Tablespoons	Vegetable oil
2 Tablespoons	Butter
½ cup	Pears, ripe, peeled, in ½ inch dice
½ cup	Apple juice
¼ cup	Heavy cream
1 Tablespoon	Dijon mustard
¼ cup	Bleu cheese
<b>Procedure:</b>	
<ol style="list-style-type: none"> <li>1. Season the pork with salt and pepper.</li> <li>2. Heat a 10- to 12-inch (25.4–30.5 cm) sauté pan over medium heat.</li> <li>3. Heat the oil and add the pork. Sauté 7-9 minutes or until well browned. Turn the tenderloin and cook 5 minutes more or until browned and juices run clear, 145degrees. Set pork aside.</li> <li>4. Drain fat from pan and add the butter and pears, then cook over medium-high heat until browned. Remove pears from pan.</li> <li>5. Deglaze the pan with the apple juice. Add the cream and reduce until thick (nappé). Whisk in the mustard and blue cheese.</li> <li>6. Return pears to the sauce to heat through and correct the seasoning.</li> <li>7. Slice the pork on a bias into six medallions. Spoon some sauce onto each dish and plate three medallions. Spoon the remainder of the sauce onto pork. Do not hide the pork with your sauce.</li> </ol>	

**Name of Recipe: Herbed Couscous**

<b>Herbed Israeli Couscous</b>	
<b>2 Servings</b>	
<b>Amount</b>	<b>Ingredient</b>
1 Tablespoon	Vegetable oil
1 cup	Israeli (pearl) couscous
2 cups	Chicken stock
1 Tablespoon	Parsley, chopped
1 teaspoon	Fresh tarragon, chopped
1 Tablespoon	Fresh lemon juice
	Salt and Pepper
<p><b>Procedure:</b></p> <ol style="list-style-type: none"> <li>1. Heat the oil in a 1- to 2-quart (1 to 2 L) saucepan over medium heat.</li> <li>2. Add the couscous and sauté, stirring constantly, until slightly browned and aromatic, 2 to 3 minutes.</li> <li>3. Add the stock and bring to a boil. Reduce the heat and simmer uncovered until tender, 8 to 10 minutes or until liquid has evaporated.</li> <li>4. Stir in the parsley, tarragon, lemon juice, and salt and pepper.</li> <li>5. Plate the couscous with the pork.</li> </ol>	





**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)**





## 2024 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.

