

2020 STAR EVENT



# CULINARY ARTS

Montana FCCLA is delighted to be working with the Chef Bill Baskin and the Gallatin College Culinary Arts program to coordinate and host the 2020 FCCLA STAR Culinary Arts Competition. Chef Baskin and students from his program have selected a menu which establish fundamental skills.



Friday, March 20, 10:00-12:00  
Gallatin College Culinary Lab  
(Hannon Hall on the Montana State  
University Campus)

## FINAL MENU

Corn Chowder

Grilled Skirt Steak with Chimichurri

Cabbage and Carrot Slaw

Molten Chocolate-Chili Cake

**Tips for success from Gallatin  
College Culinary students:**

Breathe!

Complete at least three practice runs.

Teamwork, organization and timing are the keys to success!

Practice foundational skills: knife cuts, whisking, food safety, etc.



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# CULINARY ARTS EQUIPMENT LIST

GALLATIN COLLEGE WILL PROVIDE THE FOLLOWING ITEMS  
PER TEAM PER STATION:

Small-ware:

measuring cups/spoons, spatulas  
whisks, bowls  
bench and bowl scrapers  
scissors  
tongs  
standing mixer

Other:

gloves  
first-aid kit  
c-folds  
sanitizer and  
buckets  
towels

GALLATIN COLLEGE WILL PROVIDE THE FOLLOWING ITEMS  
FOR ALL TEAMS:

Equipment:

cutting boards  
nonslip mats  
cambro containers  
sauce pans

Other:

meat racks  
baking sheets  
food processor/blender  
double boiler

EQUIPMENT AND TOOLS TEAMS MUST BRING:

knives

sharpies and pens

parchment paper

small offset spatulas

thermometers

notepad

can opener

THIS IS THE ONLY EQUIPMENT AND TOOLS TEAMS WILL BE ALLOWED TO  
BRING. ALL OTHER EQUIPMENT MUST BE USED FROM GALLATIN COLLEGE. IF  
YOU HAVE QUESTIONS, PLEASE EMAIL [DIRECTOR@MTFCCLA.ORG](mailto:DIRECTOR@MTFCCLA.ORG)



# CORN CHOWDER

## INGREDIENTS

3 Tbsp.	Butter or margarine	1/2 cup	Corn kernels
1/4 cup	Onion, <i>diced</i>	1/2 cup	Half and half
1/2 ea.	Anaheim pepper, <i>diced</i>	To taste	Salt
2 Tbsp.	All-purpose flour	To taste	White pepper
1 cup	Stock or broth	1 ea.	Green onion, <i>sliced</i>

## PROCEDURE

1. Melt butter in large saucepan over medium heat.
2. Add onions and peppers and cook for 3-5 minutes.
3. Stir in flour.
4. Add stock and corn.
5. Bring to a boil; reduce to a simmer.
6. Simmer for about 5 -10 minutes. Stir frequently to prevent burning.
7. Add the half and half to the soup.
8. Season and serve with green onion as garnish.

# GRILLED SKIRT STEAK

## **INGREDIENTS**

12 oz.	Skirt steak
1/2 ea.	Orange
1 ea.	Lime
2 Tbsp.	Olive oil
2 cloves	Garlic, <i>minced</i>
1 tsp.	Salt
1/4 tsp.	Ground cumin
Pinch	Black pepper
1/4 tsp.	Dried oregano
1/8 tsp.	Cayenne pepper
1 Tbsp.	Sour cream

## **PROCEDURE**

1. Juice the orange and lime into a bowl.
2. Combine citrus juices, oil, garlic, salt, cumin, black pepper, oregano, and cayenne pepper.
3. Toss steak in marinade. Cover and let rest until ready to cook.
4. Heat grill, grill pan, or stainless steel skillet.
5. Cook each side of the steak for 3-4 minutes. Steak should reach medium rare related temperature.
6. Serve with cabbage and carrot slaw. Drizzle with chimichurri and sour cream.

# CHIMICHURRI SAUCE

## **INGREDIENTS**

1/4 cup	Cilantro
1/4 cup	Parsley
1 clove	Garlic
1/2 ea.	Shallot
1/2 ea.	Lime
1/4 ea.	Jalapeno
2 tsp.	White vinegar
1/2 tsp.	Salt
1/4 cup	Olive oil

## **PROCEDURE**

1. Add herbs, garlic, shallots, lime juice, jalapeno, vinegar, and salt to a food processor or blender and puree.
2. Add olive oil to puree slowly until reaches pourable consistency.

# CABBAGE AND CARROT SLAW

## **INGREDIENTS**

1/4 head	Purple cabbage, <i>julienned</i>
2 ea.	Carrots, <i>julienned</i>
1 Tbsp.	Vegetable oil
1 ea.	Lime
3/4 tsp.	Granulated sugar
1/4 tsp.	Salt
1/4 cup	Cilantro
1/4 tsp.	Cumin
To taste	Black pepper

## **PROCEDURE**

1. Toss cabbage, carrots, oil, lime juice, sugar, and salt together in a large bowl.
2. Let marinate for 15 minutes, tossing occasionally.
3. Add cilantro and cumin, toss to evenly incorporate.
4. Season with salt and pepper.

# MOLTEN CHOCOLATE-CHILI CAKE

## **INGREDIENTS**

3 oz.	Dark chocolate chips
1/4 cup	Butter
2 Tbsp.	Granulated sugar
1 ea.	Egg
1 Tbsp.	All-purpose flour
Pinch	Salt
1/4 tsp.	Chili powder
1 Tbsp.	Butter
1 tsp.	Cocoa powder
1 tsp.	All-purpose flour

## **PROCEDURE**

1. Melt 2 ounces of the chocolate over double boiler. Let cool slightly.
2. Cream together the butter and sugar. Add egg.
3. Temper in the chocolate into the mixture. Add flour, salt, and chili powder. with the eggs and salt at medium-high speed until thick and pale yellow, 3 minutes.
4. Grease muffin cups with butter. Combine 1 cocoa powder and flour and dust greased muffin cups. Tap out excess flour mixture.
5. Spoon two-thirds of the batter into the prepared muffin cups, then divide the remaining chocolate chips into each muffin cup. Cover with the remaining chocolate batter.
6. Bake at 425 degrees for 8-10 minutes, until the tops are cracked but the centers are still slightly jiggly. Transfer to a rack and let cool for 5 to 8 minutes.
7. Invert on to a plate. Serve with serve with berry sauce and Chantilly cream.

# BERRY SAUCE

## **INGREDIENTS**

2 Tbsp.      Granulated sugar  
1 ea.         Lemon  
1/4 cup       Berries

## **PROCEDURE**

1. Simmer sugar, lemon juice, and berries in a pan for 5 minutes or until juices are released. Cool slightly.
2. Strain the mixture. Chill completely.

# CHANTILLY CREAM

## **INGREDIENTS**

1 cup         Heavy cream  
1 Tbsp.       Powdered sugar  
1/2 tsp.       Vanilla extract

## **PROCEDURE**

1. Whip the cream until it becomes thick and add the vanilla and sugar.
2. Whip to soft peaks.