

CULINARY ARTS

New this year, the Culinary Arts STAR Event will be an individual event and not a team event. Members must be Level 3 and submit verification of the additional requirements and qualifications to compete in this event. [Click here](#) for more information.

Procedures for Virtual Competition

Competitors will be responsible for recording a video, not to exceed seventy (70) minutes in length, of themselves preparing the provided menu using the recipes listed. Montana FCCLA will not provide any ingredients to execute the provided menu. It is the responsibility of the adviser and/or participant to secure the ingredients and tools necessary to successfully execute the provided recipes. Alternative ingredients can be used in lieu of special ingredients, in the event that such ingredients cannot be accessed.

Sixty (60) minutes will be provided for food production and ten (10) minutes will be provided for food presentation.

Participants must present two plates for evaluation. Participants must be present in the video at all times – this allows for two options (1) set up a camera with the entire workspace visible, or (2) have a designated camera person who will follow the participant around the work area, ensuring the participant is visible at all times. Participants will also be required to provide a PDF copy of their completed timeline for evaluation. Participants must supply the following pictures: one (1) overview shot containing both completed plates, and one (1) close up shot of each completed plated – three (3) photos total.

MENU

Chicken Piccata

Roasted Potatoes

Sautéed Broccolini



CULINARY ARTS

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 unsalted butter, cut into pieces
3 Tbsp fresh lemon juice
2 Tbsp parsley, minced

Directions:

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. 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.

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.

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. Deglaze with chicken stock. Add lemon juice and capers and cook, until liquid is reduced by half, about 3 minutes. Return chicken to skillet and simmer until chicken is cooked through, about 2 minutes. Remove from heat and add the butter, swirl the pan vigorously to melt the butter and emulsify the sauce. Finish with parsley.

CULINARY ARTS

Roasted Potatoes

Ingredients:

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

Directions:

Arrange racks in upper and lower thirds of oven; preheat to 450°. In a bowl, toss potatoes with 2 Tbsp. oil, season with salt and pepper and place on a rimmed baking sheet. 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:

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. Drain and set aside.

Heat 2 tablespoons butter in a 12-inch heavy skillet over medium heat, then sauté the garlic and crushed red pepper, stirring, until pale golden, about 30 seconds. Add the Broccolini, salt, pepper and cook, stirring, until heated through, about 2 minutes. Finish with lemon juice.

BAKING & PASTRY

New this year, the Baking & Pastry STAR Event will be an individual event and not a team event. Members must be Level 3 and submit verification of the additional requirements and qualifications to compete in this event. [Click here](#) for more information.

Procedures for Virtual Competition

Competitors will be responsible for recording a video, not to exceed one hundred seventy-five (175) minutes in length, of themselves preparing the provided menu using the recipes listed. Montana FCCLA will not provide any ingredients to execute the provided menu. It is the responsibility of the adviser and/or participant to secure the ingredients and tools necessary to successfully execute the provided recipes. Alternative ingredients can be used in lieu of special ingredients, in the event that such ingredients cannot be accessed.

One hundred sixty-five (165) minutes will be provided for food production and ten (10) minutes will be provided for food presentation.

Participants must present two plates for evaluation. Participants must be present in the video at all times – this allows for two options (1) set up a camera with the entire workspace visible, or (2) have a designated camera person who will follow the participant around the work area, ensuring the participant is visible at all times. Participants will also be required to provide a PDF copy of their completed timeline for evaluation. Participants must supply the following pictures: one (1) picture of all twelve (12) garlic rolls, one (1) picture of all four (4) soft pretzels, one (1) picture of all twelve (12) muffins, and one (1) picture of all nine (9) lemon bars.

MENU

Soft Pretzels

Buttermilk Chocolate Muffins

Lemon Bars



BAKING & PASTRY

Soft Pretzels

Boiling Liquid Ingredients:

4 cups boiling water
1 tablespoon baking soda
1 tablespoon corn syrup

Pretzel Ingredients:

$\frac{3}{4}$ cup warm water (110-115°F)
1 $\frac{1}{2}$ teaspoons dry active yeast
2 $\frac{1}{2}$ tablespoons brown sugar
2-3 cups flour
Extra flour
Coarse Kosher salt

Directions:

Heat oven to 475°F.

Fill large pot with water, baking soda, and corn syrup. Bring water to a gentle boil.

In the bowl of a mixer, mix the warm water and yeast until dissolved. Stir in the brown sugar.

Slowly add the 2-3 cups of flour to the yeast mixture, mixing constantly. Continue stirring till the mixture is smooth and does not stick to the sides of the mixer bowl.

Place dough on a lightly floured surface. Dip your hands in the extra flour and knead dough until it is stretchy and smooth.

Divide dough into 4 equal parts. Roll into a rope about 14 inches long. Shape into a pretzel. Use a spatula to lower each pretzel into the large pot of water. Leave in for 30 seconds, then lift the pretzel onto a greased and salted baking sheet. Repeat till all the dough is used.

Bake for 8 minutes or until pretzels are golden brown.

BAKING & PASTRY

Buttermilk Chocolate Muffins

Ingredients:

- ½ cup sugar
- ¼ cup butter, softened
- 1 egg
- ½ cup buttermilk
- ¾ cup plus 2 tablespoons all-purpose or unbleached flour
- ¼ cup unsweetened cocoa
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 3 tablespoons chocolate chips

Directions:

Heat oven to 350°F. Grease bottom only of muffin pan.

In large bowl, combine sugar and butter, blend well. Add egg; beat well. Stir in buttermilk.

Combine flour, cocoa, baking powder, baking soda and salt in a medium bowl.

Add to sugar mixture and stir just until dry ingredients are moistened. Stir in chocolate chips. Scoop into greased muffin pan.

Bake at 350°F for 20-25 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Remove muffins from pan.

BAKING & PASTRY

Lemon Bars

Ingredients:

¾ cup flour
1/3 cup confectioners' sugar
6 tablespoons butter, softened 1 egg
¾ cup sugar
1 ½ tablespoons flour
2 tablespoons lemon juice
3 tablespoons confectioners' sugar for dusting

Directions:

Preheat oven to 375°F. Grease a straight-sided 8x8 pan.

Combine flour, 1/3 cup confectioners' sugar, and butter. Pat dough into prepared pan.

Bake for 15 minutes or until golden. While crust is baking, whisk egg, sugar, flour, and lemon juice until frothy.

Remove crust from oven and pour lemon mixture over the hot crust.

Return to the oven and bake for an additional 10-15 minutes, or until light golden brown. Cool on wire rack.

Once cooled, dust with confectioners' sugar and cut into squares.