



2020 IDAHO DISTRICT AND STATE CULINARY ARTS STAR EVENTS MENU

Garden Salad with Vinaigrette Dressing
Classic Steak Diane
Roasted Red Bliss Potatoes
Green Beans and Mushrooms
Classic French Crepes with Berries and Cream

Recipes provided by The Art Institutes, 2015





2020 District and State STAR Event Culinary Arts Menu and Suggested Equipment List

Per Team

- 3 NSF approved cutting boards
(no larger than 15 X 20-inches)
- 2 timers
- 1 wire whisk (can be silicone coated)
- Small cheese grater
- 2 heat resistant (silicone) spatula
- 1 metal tong
- 3 instant-read thermometers
- 1 set of dry measuring cups (up to 1 cup)
- 2 2-cup plastic liquid measuring cups
- 1 set measuring spoons
- 2 basting spoons
- 1 wooden spoon
- 1 slotted stainless kitchen spoon
- 1 solid stainless kitchen spoon
- 1 slotted turner OR metal spatula
- 2 mixing bowls (approx. 8-inch diameter)
- 2 mixing bowls (12 to 15-inch diameter)
- 1 colander or 6" strainer
- 3 sauté pans (6 to 8-inch diameter) with lids
- 2 sauce pans (2 to 4qt.) with lids
- 1 half sheet pan or cookie sheet
- 1 roll or 2 half sheets of parchment paper
- 1 roll plastic wrap
- 1 roll of foil
- 1 piping bag with large round tip
- 6 side towels
- 2 potholders OR oven mitts
- 1 roll paper towels
- 1 small sanitizing bucket/pail (max 6 qt.)
- Latex free disposable food handler gloves
- Disposable plastic tasting spoons (10 ea.)

Per Participant

- Knife Kit
 - 1 chef's knife
 - 1 paring knife
 - 1 peeler

General Information

- The items listed above are suggested for implementation of the selected menu. All necessary large equipment and plates for presentation will be provided at the host site. No electrical tools are allowed to be brought to the competition. If breakage occurs, **the participant is responsible for any replacement.**
- Please label equipment and equipment box.

Garden Salad with Vinaigrette Dressing	
2 Servings	
Amount	Ingredient
<i>Vinaigrette</i>	
4 Tablespoons	Olive Oil
2 Tablespoons	Red Wine Vinegar
½ teaspoon	Minced Garlic
To Taste	Salt and Pepper
<i>Salad</i>	
1 cup	Romaine and/or Summer Lettuces, bite sized pieces
½ cup	Roma Tomatoes, medium dice
½ cup	Cucumber, sliced
½ cup	Carrot, julienned
½ cup	Red Bell Pepper, medium dice
To Taste	Optional, Cheese and Fresh or Dried Herbs
Procedure: <ol style="list-style-type: none"> 1. Create the vinaigrette and add salt and pepper to taste. 2. Toss salad ingredients with vinaigrette. 3. Arrange salad and serve immediately. 	

Classic Steak Diane

2 Servings

Amount	Ingredient
2 – 6 oz. or 1 – 12 oz.	Beef Tenderloin (or similar), well-trimmed and pounded to ¼" thickness*
2 teaspoons	Olive Oil
3 Tablespoons	Clarified Butter
1-2 Tablespoons	Shallots, finely chopped
1 Tablespoon	Dijon Mustard
¼ cup	Beef Stock
Small bunch	Fresh Parsley, finely chopped
To Taste	Salt and Pepper

Procedure:

1. Trim and pound steaks to ¼" thickness.
2. Drizzle olive oil onto the steaks and massage into the steaks.
3. Chop shallots and parsley, reserve.
4. Sauté steaks in 1 to 2 Tablespoons of clarified butter over medium high heat for a couple of minutes per side. Remove steaks and reserve.
5. Turn heat to medium low, add more butter to the pan and stir in the shallots. Stir for 1 to 2 minutes. Add mustard and ¼ cup of beef stock to pan with shallots. Reduce the liquid by half by sautéing for a few minutes. Add more stock if the sauce is too thick.
6. Return steaks to pan just long enough to heat through and cook to a medium rare.
7. Plate steaks with sauce, garnish with parsley.

*Beef tenderloin may be purchased as a 12 ounce medallion and trimmed into 2 – 3 ounce medallions per portion.

Roasted Red Bliss Potatoes	
2 Servings	
Amount	Ingredient
¼ pound	Baby Red Bliss potatoes, cleaned
1/8 cup	Olive Oil
2 Tablespoons	Fresh Parsley, minced
1 Tablespoon	Fresh Rosemary, minced
1 Tablespoon	Garlic, minced
½ teaspoon	Kosher Salt
½ teaspoon	Black Pepper
Procedure: <ol style="list-style-type: none"> 1. Par-boil potatoes for about 5 minutes in appropriate amount of water. Strain. 2. In a small bowl, mix parsley, rosemary, garlic, salt and pepper, and olive oil to taste. Add potatoes and toss to distribute evenly. 3. Preheat oven to 350 degrees. 4. Put potatoes on a roasting tray. Roast uncovered for 15-20 minutes, or until potatoes are soft inside, and crispy and golden brown outside. 	

Green Beans and Mushrooms	
2 Servings	
Amount	Ingredient
6 ounces	Green Beans, untrimmed
1/2 ounce	Butter
1 ounce	Onion, ¼ inch dice
2 ounces	Mushrooms, thinly sliced
To Taste	Salt
To Taste	White Pepper
Procedure: <ol style="list-style-type: none"> 1. Blanch the beans in boiling salted water for 6 to 8 minutes, until al dente. Remove and shock in an ice-water bath. 2. Preheat a medium sauté pan over medium heat. Melt the butter in the heated pan. Add onion and sweat until translucent, about 2 minutes. 3. Add the mushrooms and cook over medium heat until the mushrooms are completely tender and their moisture has cooked away, 6 to 8 minutes. 4. Toss in the beans and season with salt and white pepper. Heat until the beans are hot, 2 to 3 minutes. 	

Classic French Crepes with Berries and Cream	
2 Servings	
Amount	Ingredient
<i>Crepes</i>	
2-3	Strawberries, thinly sliced
1/3 cup	Whole Milk
3 Tablespoons	All Purpose Flour
1	Egg
	Powdered Sugar, for garnish
<i>Berries and Cream</i>	
1 cup	Heavy Cream
1 pinch	Granulated Sugar
1 cup	Assorted Fresh Berries
Procedure: <ol style="list-style-type: none"> 1. Mix milk, flour and egg together until well blended. 2. Pour batter onto lightly greased frying pan. Tilt pan to spread evenly. 3. Flip over to cook other side. Remove from pan. 4. Fill with berries and garnish with berries and powdered sugar. 5. Whip cream, add sugar, and garnish with berries and piped cream. 	