



## 2021 IDAHO STATE CULINARY ARTS STAR EVENTS MENU

Sautéed Chicken Breast with Mushroom Sauce  
Braised Zucchini  
Mashed Potatoes

*Recipes provided by The Culinary Institute of America, 2013*



## Sautéed Chicken Breast with Mushroom Sauce

2 Portions

Ingredient	Amount
Olive or Vegetable Oil	1 Tablespoon
Chicken Breast – Boneless/Skinless	2 Each
Salt	To Taste
Pepper	To Taste
Shallots – Minced	1 Teaspoon
Mushrooms (White, Cremini, or Shiitake) – Sliced	½ Cup
Chicken Stock / Broth	1 Ounce
Demi-Glace	4 Ounces
Whole Butter – Diced	½ Ounce
Salt	To Taste
Pepper	To Taste

### Method:

1. Season chicken breast with salt and pepper. Sauté in a medium pan on medium heat. Flip over to other side, and continue to cook until 165 degrees Fahrenheit internal temperature. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds then add mushrooms and increase the heat to high. Cook until mushrooms are soft and slightly browned.
3. Add chicken stock or broth to deglaze. Quickly add the demi-glace and bring to a simmer. Reduce the heat again to low and swirl in the butter.
4. Check the seasoning on the sauce and place the chicken breasts back in the pan to re-warm. Serve with the appropriate accompaniments.

Revised from 2013-2014 FCCLA Culinary Arts STAR Events Menus and Recipes  
FCCLA, Inc. 1910 Association Drive, Reston, VA 20191 [www.fcclainc.org](http://www.fcclainc.org)

Recipes provided by The Culinary Institute of America

## **Mashed Potatoes**

**2-3 Portions**

<b>Ingredient</b>	<b>Amount</b>
Potatoes, russet, 100 CT.	2 Each
Salt	1 Teaspoon
Butter – Cold	1 Tablespoon
Cream – Hot	½ Cup
Chives – Minced	1 Teaspoon
White Pepper – Ground	Pinch

### **Method:**

1. Quarter potatoes and place in cold water with salt.
2. When potatoes are cooked, pat dry, then pass through a food mill into a fresh pot.
3. On extremely low heat, add cold butter and hot cream until proper texture is achieved and potatoes are hot; stir often.
4. Fold in chives and pepper.
5. Keep warm until service.

Revised from 2013-2014 FCCLA Culinary Arts STAR Events Menus and Recipes  
FCCLA, Inc. 1910 Association Drive, Reston, VA 20191 [www.fcclainc.org](http://www.fcclainc.org)

Recipes provided by The Culinary Institute of America

## **Braised Zucchini**

**2 Servings**

<b>Ingredient</b>	<b>Amount</b>
Clarified Butter or Olive Oil	1 Tablespoon
Garlic – Crushed	1 Clove
Onions – Sliced or Diced	½ Each
Zucchini – Cut as Desired	1 Each (Medium)
Tomato – Chopped	¼ Cup
Chicken or Vegetable Stock	1-2 Ounces
Salt	To Taste
Pepper	To Taste

### **Method:**

1. In a medium sauté pan, sauté onions and garlic until lightly caramelized and tender.
2. Add zucchini and sauté until lightly colored. Add stock and simmer until squash is almost tender, approximately 2-3 minutes.
3. Add tomato and cook for approximately two additional minutes or until all vegetables are tender.
4. Adjust seasoning as necessary.

Revised from 2013-2014 FCCLA Culinary Arts STAR Events Menus and Recipes  
FCCLA, Inc. 1910 Association Drive, Reston, VA 20191 [www.fcclainc.org](http://www.fcclainc.org)

Recipes provided by The Culinary Institute of America

## 2021 State STAR Event

### Baking and Pastry Suggested Equipment List

#### Per Team

- 2 NSF approved cutting boards (no larger than 15x20 inches)
- 2 timers
- 2 wire whisks (can be silicone coated)
- Small cheese grater
- 2 heat resistant (silicone spatula)
- 1 rubber spatula
- 1 wooden spoon
- 1 slotted spoon
- 1 set of dry measuring cups (up to 1 cup)
- 2 2-cup plastic liquid measuring cups
- 1 heat resistant (glass) measuring cup
- 1 set measuring spoons
- 3 mixing bowls (8 to 15-inch diameter)
- 1 heat resistant bowl (glass or stainless steel)
- 1 pair of scissors
- Piping tips and bags of choice
- 1 pastry brush
- 1 metal bench scraper
- 1 plastic bowl scraper
- 1 portion scoop for cookies/spoons
- 4 cooling racks
- 4 half sheet pans or cookie sheets
- 1 round pizza pan (14 inch diameter)
- 1 loaf pan
- 1 square baking pan (8 inch)
- 1 large pot (8 to 12 qt)
- 1 round baking pan (9 inch diameter)
- 1 roll or 6 half sheets of parchment paper
- 1 silicone baking mat
- 1 small sauté pan (6 to 8-inch diameter)
- 2 sauce pan (1 to 2 qt)
- 1 chef's knife
- 1 serrated knife
- 1 paring knife
- 1 table knife
- 1 roll plastic wrap
- 1 roll of foil
- 1 roll paper towels
- 1 small sanitizing bucket/pail (max 6 qt.)
- 6 side towels
- 1 can of non-stick cooking spray
- 1 thermometer
- 1 pair of oven mitts
- 5 regular plastic spoons
- 10 toothpicks
- Latex free disposable food handler gloves
- 1 Stand mixer
- 1 Handheld mixer
- 1 Food processor

#### 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 by the district or chapter.