



2012-13 Culinary Arts STAR Event

Menu Outline
Menus
Time Management Plan – Plate Presentation Template

Revised 1/15/13 to reflect 2 servings when applicable, and with additional instructions in the case of no access to ovens for the event competition

		Menu I	Menu II	Menu III
Salad	Dish Name	Spinach Salad	Field Greens Salad	Garden Salad
	Greens	Spinach	Field Greens	Iceberg
	Garnish I	Sliced Red Onion	Sliced Red Onion	Cucumber Slices
	Garnish II	Orange Segment	Refreshed Dried Cranberries	Tomatoes Concassés
	Dressing	Mustard Vinaigrette	Raspberry Vinaigrette	Balsamic Vinaigrette
	Crisp	Crouton	Toasted Almonds	Crouton
Main	Dish Name	Chicken Suprême	Chicken Velouté	Chicken Alfredo
	Protein	Sautéed Chicken Breast	Sautéed Chicken Breast	Sautéed Chicken Breast
	Sauce	Suprême	Velouté	Alfredo
	Vegetable I	Oblique Carrots	Sliced Squash Medley	Sautéed Sliced Mushrooms
	Vegetable II	Broccoli Florets	Green Beans	Blanched Asparagus
	Starch	Rice Pilaf	Mashed Potatoes	Fettuccini
	Crisp	Fried Shallot Rings	Fried Shallot Rings	Crostini

SPINACH SALAD

With red onions and orange segments; tossed with mustard vinaigrette

YIELD: 2 SALADS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Spinach	Cleaned, stems removed	½	Pound
Red onion	Sliced	½	Medium
Orange	Navel	1	Each
Bread slice	Diced, crust removed	2	Each
Butter	Melted	2	Ounces
Salt & Pepper		To taste	
Mustard Vinaigrette	Follow included recipe	3	Ounces

METHOD

1. Clean spinach and wash thoroughly ensuring that stems are removed
2. Dry spinach and reserve in cold area
3. Peel onion
4. Slice onion from blossom to stem into thin slices; reserve
5. Peel navel orange
6. Segment orange; reserve segments and juice
7. Dice sliced bread into even cubes
8. Tossed cubed bread lightly with the melted butter
9. Season lightly with salt and pepper
10. Make croutons by toasting cubed bread to “golden brown and delicious;” reserve
11. Lightly coat spinach with the mustard vinaigrette by tossing in a mixing bowl
12. Plate spinach on a chilled salad plate
13. Garnish with sliced onions, orange segments, and croutons
14. Season to taste; if needed

Notes:

MUSTARD VINAIGRETTE

YIELD: 1 CUP

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Vinegar, white		2	Ounces
Mustard		1	Ounce
Oil, vegetable		5	Ounces
Salt & Pepper		To taste	

METHOD

1. Dissolve mustard with vinegar using a whisk
2. Slowly incorporate oil into the vinegar-mustard mixture using a whisk
3. Season to taste
4. Reserve cold

Notes: Mustard is used for flavor and as a stabilizer. The choice of mustard will affect the flavor of the resulting vinaigrette

CHICKEN SUPRÊME

With carrots, broccoli, and rice pilaf – topped with fried shallot rings

YIELD: 2 MAIN COURSES

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Chicken breast	5 ounce, trimmed	2	Each
Carrot, horse	Cut oblique	1/3	Pound
Broccoli	Floret	1/3	Pound
Shallot	Sliced into rings, thinly	2	Ounces
Oil, vegetable		As needed	
Flour		As needed	
Salt & Pepper		To taste	
Rice pilaf	See attached recipe	6	Ounces
Sauce suprême	See attached recipe	3	Ounces

1. Lightly dredge chicken breast with flour; season to taste
2. In a hot pan with a small amount of oil, sear chicken breast – presentation side down
3. Turn chicken breast and allow to finish cooking in oven
4. Rest chicken and hold warm for service
5. Blanche oblique cut carrots until al dente; reserve
6. Blanche broccoli florets in salted water until bright green and al dente; reserve
7. Dredge thinly sliced shallots with flour
8. Shallow fry shallots in hot oil until crispy, golden brown and delicious; reserve
9. To plate: arrange carrots, broccoli, and rice per your design on a hot plate
10. Slice chicken and arrange per your design on the sauce suprême
11. Top with fried shallot rings

Notes: If no oven is available for step #3, lower the temperature and cover tightly and allow chicken to fully cook

RICE PILAF

YIELD: 3 CUPS

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Rice, converted	Rinsed	1	Cup
Stock, chicken		2	Cups
Onion	Small dice	4	Ounces
Butter	Softened	2	Ounces
Oil		As needed	
Salt & Pepper		To taste	

1. Render onions with oil and butter until translucent
2. Add rice to onions
3. Fully coat rice with oil and butter by stirring rice in the onions
4. Add chicken stock
5. Bring to a boil
6. Quickly give rice a brisk stir
7. Cover and allow to cook until al dente in the oven; approximately 20 minutes
8. Reserve hot for service

Notes: If no oven is available for step #7, allow the rice to cook at very low temperature and tightly covered

SAUCE SUPRÊME

YIELD: 2½ CUPS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Stock, chicken		2	Cups
Roux, white		2	Ounces
Cream, heavy		2	Ounces
Salt & Pepper		To taste	

METHOD

1. Bring stock to a boil
2. In a separate pan, add one-third of stock to roux
3. Whisk thoroughly working out all lumps – should have a very thick consistency
4. Add another third of the stock
5. Whisk thoroughly working out all lumps – should have a thick-thin consistency
6. Allow to come to a bubble
7. Add the last third of stock
8. Whisk thoroughly – should have a nappé consistency
9. Finish sauce with heavy cream
10. Season to taste
11. Reserve warm for service

Notes:

FIELD GREENS SALAD

With red onions and cranberries; tossed with raspberry vinaigrette

YIELD: 2 SALADS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Field Greens		1/3	Pound
Red onion	Sliced	1/2	Medium
Cranberries, dried	Refreshed	4	Ounces
Almond, slivers		3	Ounces
Butter	Melted	1	Ounces
Salt & Pepper		To taste	
Raspberry Vinaigrette	Follow included recipe	2	Ounces

METHOD

1. Pick through greens removing any wilted greens and wash thoroughly
2. Dry greens and reserve in cold area
3. Peel onion
4. Slice onion from blossom to stem into thin slices; reserve
5. Refresh dried cranberries in hot water until cranberries are plump
6. Strain and reserve in cool area
7. Toss almond slivers lightly with the melted butter
8. Spread thinly on cookie sheet
9. Season lightly with salt and pepper
10. Toast almonds in oven until "golden brown and delicious;" reserve
11. Lightly coat greens with the raspberry vinaigrette by tossing in a mixing bowl
12. Plate field greens on a chilled salad plate
13. Garnish with sliced onions, plumped cranberries, and toasted almonds
14. Season to taste; if needed

Notes: If greens are pre-washed, do not rewash; simply remove any wilted greens

RASPBERRY VINAIGRETTE

YIELD: 1 CUP

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Vinegar, white		2	Ounces
Jam, raspberry		1	Ounce
Shallot	Minced	1	Tablespoon
Oil, vegetable		5	Ounces
Salt & Pepper		To taste	

METHOD

1. Dissolve raspberry jam with vinegar using a whisk
2. Slowly incorporate oil into the vinegar-raspberry mixture with a whisk
3. Add shallots to taste
4. Season to taste
5. Reserve cold

Notes: Jam is used for flavor and as a stabilizer. The choice of jam will affect the flavor of the resulting vinaigrette

CHICKEN VELOUTÉ

With squash medley, green beans, and mashed potatoes – topped with shallot rings

YIELD: 2 MAIN COURSES

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Chicken breast	5 ounce, trimmed	2	Each
Squash, summer, zucchini or blend	Cut half moon	1/3	Pound
Beans, green	Snipped	1/3	Pound
Shallot	Sliced into rings, thinly	3	Ounces
Butter	Soft	As needed	
Oil, vegetable		As needed	
Flour		As needed	
Salt & Pepper		To taste	
Mashed potatoes	See attached recipe	6	Ounces
Sauce velouté	See attached recipe	3	Ounces

1. Lightly dredge chicken breast with flour; season to taste
2. In a hot pan with a small amount of oil, sear chicken breast – presentation side down
3. Turn chicken breast and allow to finish cooking in oven
4. Rest chicken and hold warm for service
5. Sauté squash in butter and oil – seasoning to taste; reserve
6. Blanche green beans in salted water until bright green and al dente; reserve
7. Dredge thinly sliced shallots with flour
8. Shallow fry shallots in hot oil until crispy, golden brown and delicious; reserve
9. To plate: arrange squash, beans, and mashed potatoes per your design on a hot plate
10. Slice chicken and arrange per your design on the sauce velouté
11. Top with fried shallot rings

Notes: If no oven is available for step #3, lower the temperature and cover tightly and allow chicken to fully cook

MASHED POTATOES

YIELD: 3 CUPS

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Potatoes, mealy	Washed	1	Pound
Milk	Heated	½	Cup
Butter	Melted	2	Ounces
Salt & Pepper		To taste	

1. Cube potatoes to consistent sizes – remove skin if desired
2. Cover potatoes with cold, salted water
3. Bring to a boil and immediately lower temperature to a simmer
4. Cook potatoes until very tender – check doneness with the tip of a paring knife
5. Drain potatoes
6. Return to pot and allow to dry
7. Mash potatoes – food mill, potato ricer, or other tool may be used – while the potatoes are very hot
8. Add butter then milk to the mash
9. Whip until smooth and light– attention to not overworking the potatoes
10. Season to taste
11. Reserve hot for service

Notes: Roasted garlic or sautéed garlic are optional. If using, add no more than one head per pound of potatoes. Ensure that the garlic is cooked to very tender and mash-able.

SAUCE VELOUTÉ

YIELD: 2½ CUPS

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Stock, chicken		2	Cups
Roux, white		2	Ounces
Salt & Pepper		To taste	

1. Bring stock to a boil
2. In a separate pan, add one-third of stock to roux
3. Whisk thoroughly working out all lumps – should have a very thick consistency
4. Add another third of the stock
5. Whisk thoroughly working out all lumps – should have a thick-thin consistency
6. Allow to come to a bubble
7. Add the last third of stock
8. Whisk thoroughly – should have a nappé consistency
9. Season to taste
10. Reserve warm for service

Notes:

GARDEN SALAD

With cucumbers and tomatoes; tossed with balsamic vinaigrette

YIELD: 2 SALADS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Lettuce, ice burg	Torn	1/3	Head
Cucumber	Sliced, seeded	1/2	Medium
Tomato, roma	Concassé	1	Each
Bread slice	Diced, crust removed	2	Each
Butter	Melted	1	Ounces
Salt & Pepper		To taste	
Balsamic Vinaigrette	Follow included recipe	2	Ounces

METHOD

1. Tear lettuce to bite-sized pieces and wash thoroughly
2. Dry lettuce and reserve in cold area
3. Peel cucumber (in a pattern is optional); cut in half stem to blossom; seed
4. Slice cucumber to half moon; reserve
5. Concassé tomatoes; reserve cold
6. Strain and reserve in cool area
7. Dice sliced bread into even cubes
8. Tossed cubed bread lightly with the melted butter
9. Season lightly with salt and pepper
10. Make croutons by toasting cubed bread to golden brown and delicious; reserve
11. Lightly coat lettuce with the balsamic vinaigrette by tossing in a mixing bowl
12. Plate lettuce on a chilled salad plate
13. Garnish with cucumber, tomatoes, and croutons
14. Season to taste; if needed

Notes:

BALSAMIC VINAIGRETTE

YIELD: 1 CUP

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
Vinegar, balsamic		2	Ounces
Mustard		1	Teaspoon
Honey		4	Teaspoon
Garlic	Chopped	1	Tablespoon
Italian seasoning		As needed	
Oil, vegetable		5	Ounces
Salt & Pepper		To taste	

METHOD

1. Dissolve mustard and honey with vinegar using a whisk
2. Slowly incorporate oil into the vinegar-mustard mixture using a whisk
3. Add Italian seasoning and garlic to taste
4. Season to taste
5. Reserve cold

Notes: Mustard is used for flavor and as a stabilizer. The choice of mustard will affect the flavor of the resulting vinaigrette

CHICKEN ALFREDO

Over fettuccini with alfredo sauce, mushrooms, and mushrooms

YIELD: 2 MAIN COURSES

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Chicken breast	5 ounce, trimmed	2	Each
Mushrooms	Sliced	⅓	Pound
Asparagus	Peeled, trimmed	½	Pound
Bread, French	Thinly sliced	⅙	Loaf
Butter	Soft	As needed	
Oil, vegetable		As needed	
Flour		As needed	
Salt & Pepper		To taste	
Fettuccini	See attached recipe	6	Ounces
Alfredo Sauce	See attached recipe	3	Ounces

1. Lightly dredge chicken breast with flour; season to taste
2. In a hot pan with a small amount of oil, sear chicken breast – presentation side down
3. Turn chicken breast and allow to finish cooking in oven
4. Rest chicken and hold warm for service
5. Sauté mushrooms in butter and oil – seasoning to taste; drain; reserve
6. Blanche asparagus in salted water until bright green and al dente; reserve
7. Brush French bread slices with butter; season to taste, if desired
8. Toast French bread slices in sauté pan until golden brown and delicious; reserve
9. To plate: toss Alfredo sauce with noodles. Add mushrooms and asparagus if desired; season to taste; serve on a hot plate
10. Slice chicken and arrange per your design on the tossed pasta
11. Serve with crostini on the side

Notes: If no oven is available for step #3, lower the temperature and cover tightly and allow chicken to fully cook

Notes: After peeling and trimming asparagus, less than one half pound of edible portion of asparagus will remain.

Asparagus and mushrooms may be added to noodle and sauce; either may be served as a separate garnish. If being added to the sauce, be sure the garnish is bite-size.

FETTUCCINI

YIELD: 3 CUPS

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Pasta noodles, fettuccini		½	Pound
Water, salted	Rapidly boiling	1	Quart
Oil, vegetable		As needed	

1. Plunge the noodles into the rapidly boiling, salted water
2. Cook noodles for time indicated on package – usually about 7 minutes – to al dente
3. Strain pasta and rinse with cold water
4. Toss with oil
5. Reserve in cool area
6. Reheat for service in hot sauce

Notes:

ALFREDO SAUCE

YIELD: 2½ CUPS

INGREDIENT LIST

METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Stock, chicken		1	Cup
Cream, heavy		1	Cup
Cheese, parmesan	Shredded	1	Cup
Garlic	Chopped	2	Ounces
Butter	Soft	4	Ounces
Roux, white		1	Ounces
Salt & Pepper		To taste	

1. Render garlic in butter until soft; reserve
2. Bring stock to a boil
3. In a separate pan, add stock to roux
4. Whisk thoroughly working out all lumps – should have a very thick consistency
5. Add the cream
6. Whisk thoroughly working out all lumps – should have a thick-thin consistency
7. Allow to come to a bubble
8. Add the reserved garlic-butter mixture
9. Add cheese slowly allowing to melt cheese before adding more
10. Cheese will thicken sauce more
11. Whisk thoroughly – should have a nappé consistency
12. Season to taste
13. Reserve warm for service

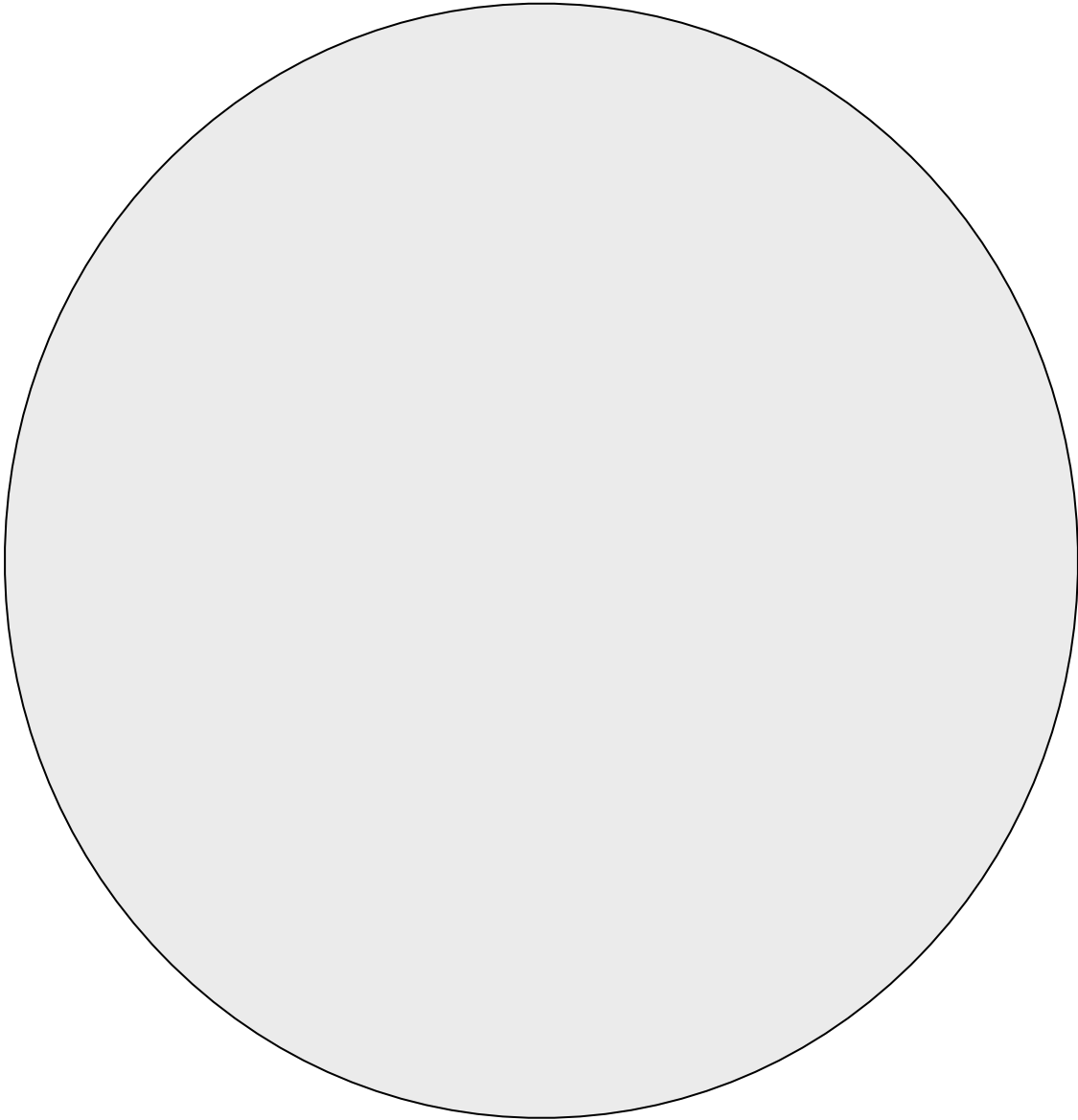
Notes:

PLATE PRESENTATION

Name: _____

Recipe: _____

Directions: Draw the exact layout of the recipe and identify all components on the plate.



Plating Sequence:
