

**Skills USA National High School
Culinary Arts Competition 2008**

MENU

Salad with Emulsified Dressing of Choice

Split Pea Soup

Sautéed Chicken Breast with Tarragon Cream Sauce

Rice Pilaf with Fresh Herbs

Broccoli

Glazed Batonnet Carrots

Chicken Stew (brown)

CHICKEN STOCK

Skill component: Stock

Yield: 2 Qts

Ingredients:

| | |
|------------------------|------------------------------|
| Chicken bones and trim | From your fabricated chicken |
| Water | 2 ¼ Quarts |
| MirePoix | ½ pound |
| Sachet | 1 |

1. Add cold water to chicken bones and meat. Bring to a boil – reduce to a simmer.
2. Simmer 30 minutes skimming fat and scum.
3. Add mirepoix and Sachet
4. Simmer until desired flavor is reached
5. Strain – use as needed

SALAD WITH EMULSION DRESSING

Contestants choice

Skill Component: Emulsion

Yield: 2 servings

Instructions:

- Each contestant will have a selection of greens for this salad.
- Prepare emulsion dressing of choice using ingredients available – pasteurized egg yolk will be available.
- Prepare appropriate garnish (croutons, nuts, etc.). .
- Immediately prior to the designated plating time for the Salad Course, assemble and plate your salad. Deliver one plate to Tasting Judges and one plate to Presentation area.

SPLIT PEA SOUP

Skill Component: Puree Soup

Yield: 1 Quart (you will only serve 2 6 oz. portions)

You will not be penalized for waste for preparing a full quart of soup

| | |
|-----------------------|-----------|
| Bacon – finely minced | 1 slice |
| Oil | as needed |
| Onions minced | ¼ C |
| Celery chopped | 1 oz |
| Garlic chopped | 1 clove |

| | |
|------------------------------------|-----------|
| Chicken Stock | 1 Qt. |
| Potato (russet) – peeled and diced | 4 oz |
| Split peas | 6 oz |
| Smoked ham hock | 1 piece |
| Bay leaf | ½ each |
| Salt and Pepper | As needed |
| Croutons for garnish | As needed |

1. Render bacon in oil.
2. Add onion, celery, garlic – sauté until onion is translucent.
3. Add remaining ingredients and simmer until peas are very tender and starting to puree.
4. Remove ham hock and bay leaf.
5. Puree Soup in food mill or blender
6. Season to taste. Dice hock meat for garnish
7. Serve with hock meat and croutons as garnish

SAUTEED CHICKEN BREAST WITH TARRAGON CREAM SAUCE

Skill Component: Sauté with pan sauce

Yield: 2 Servings

| | |
|--------------------------------------|-----------|
| Chicken breasts from morning session | 2 ea |
| Salt | as needed |
| Pepper | as needed |
| Flour for dredging | as needed |
| Clarified butter or oil | 1 oz |
| White wine | ¼ C |
| Chicken stock | ¼ C |
| Shallot chopped | 2 t. |
| Heavy Cream | 6 oz. |
| Chopped Tarragon | 1 T |

1. Season chicken and dredge lightly in flour
2. Sauté to correct color and doneness – remove and keep hot.
3. Quickly sauté shallot in hot pan
4. Deglaze pan with wine and reduce almost dry
5. Add stock and reduce almost dry
6. Add tarragon and Cream and reduce to desired consistency. Season to taste
7. Serve chicken with sauce

Instructions:

- Use chicken breasts fabricated during Morning Session
- Execute sauté cooking method
- Prepare pan sauce

- Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment

STARCH ACCOMPANIMENTS FOR SAUTEED ENTRÉE

Skill Component: Pilaf

Yield: 2 servings

Ingredients:

| | |
|--|------|
| Rice | ½ C |
| Onions, fine dice, | 2 T |
| Oil | ½ oz |
| Chicken stock | 1 C |
| Seasonings, herbs – your selection from contest supplies | |
| Follow standard pilaf method | |

VEGETABLE ACCOMPANIMENTS FOR SAUTEED ENTRÉE

Skill Component: Green Vegetable Cookery

Yield: 2 servings

Ingredients:

| | | |
|--|---------|----------------|
| Broccoli | 6-8 oz. | Cut as desired |
| Seasonings – your selection from contest supplies | | as desired |
| Fresh herbs – your selection from contest supplies | | as desired |

Instructions:

- Using proper cooking technique for vegetables, prepare a sufficient amount for two (2) portions.

For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion

Skill Component: Glazed Vegetables

Yield: 2 portions

| | |
|------------------|-----------------|
| Batonnet Carrots | From knife cuts |
| Butter | 1 oz |
| Sugar or honey | 2 T |
| Stock | 2 oz. |
| Salt | to taste |
| Pepper | to taste |

1. Place carrots in pan with butter, sugar, and stock
2. Cover with a parchment paper and bring to a simmer
3. Simmer until vegetables are tender and they are glazed

4. Adjust seasoning

STEWED CHICKEN ENTREE

Skill Component: Braise

Yield: 2 Servings

| | |
|-------------------------------------|----------------------------|
| Chicken | Legs, thighs – Large dice, |
| Salt | to taste |
| Pepper | to taste |
| Flour for dredging | as needed |
| Clarified butter or oil | 1 oz. |
| Garlic crushed | 1 clove |
| Onions | from knife cuts |
| Carrot | from knife cuts |
| Turnip | from knife cuts |
| Celery | from knife cuts |
| Tomato concassee | from knife cuts |
| Tomato Paste | 2 t. |
| White wine | ¼ C |
| Chicken stock | ¾ C |
| Demi glace | 1 – 1 ½ C |
| Aromatics - Seasonings and/or Herbs | as desired |
| Tourne Potatoes | From knife cuts |

1. Season chicken
2. Dredge lightly in flour – brown in hot oil on all sides – remove from pan
3. In same pan sauté onions and carrots to a light brown. Add and sauté celery to aroma
4. Add tomato concassee and paste and cook out 3 minutes
4. Deglaze with wine – add chicken stock and reduce by ½
5. Add demi glace, turnips, and aromatics – bring to a simmer
6. Add chicken back to sauce – cover and cook on stove top or in a 325 degree oven until done – 35-40 minutes
7. During the cooking process, add the potatoes at an appropriate time to assure proper doneness
8. Degrease Sauce and adjust seasoning and consistency as necessary
9. Plate two portions and garnish as desired

For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion