

REGION MENU #1

Please make sure that you look closely at the amounts and measures on each recipe as some of these do not match up

Waldorf Salad

Judges will only be looking to see that the julienne cut is mastered in some of the apple. We will use shorter cuts of apple but the same width as julienne so as not to waste product.

STATE MENU #2

Sauteed Breast of Chicken in Mustard Cream Sauce

Please do not count on the chicken breast being boneless skinless. Your team may have to fabricate and weigh the chicken breast. Last year the breasts at state were HUGE! So one would have been adequate but the kids just saw two and used two which was way too much chicken and in many instances the chicken was not thoroughly cooked.

Make sure that your students know how to clarify butter.

Fresh Broccoli Saute

3/4 lbs of broccoli is untrimmed, not serving size

Classic Rice Pilaf

1 cup of rice is too much for 2 servings. Cut recipe in half.