



2019 Georgia FCCLA
State Culinary Arts STAR Event Menu

Spicy Holy Trinity on Cheese Grits
Creole/Cajun Chicken Breast, Sautéed Kale, and Sweet
Potato Rosti
Crepes Suzette

Spicy Holy Trinity on Cheese Grits

2 Servings

Amount	Ingredient
1 ¼ cups	Chicken stock
½ teaspoon	Salt
¼ teaspoon	Pepper
¼ teaspoon	Red pepper flakes
¼ cup	Grits
½ cup + 1 Tablespoon	Cheddar cheese, shredded
1 Tablespoon	Vegetable oil
3 Tablespoons	Onion, small dice (1/4")
3 Tablespoons	Celery, small dice (1/4")
3 Tablespoons	Bell pepper, small dice (1/4")
1 Tablespoon	Garlic, minced
1 each	Roma tomato, concasse (1 Tablespoon for garnish)
¼ teaspoon	Red pepper flakes
¼ teaspoon	Tabasco
¼ teaspoon	Oregano, dried
½ cup	Chicken stock
To taste	Salt and pepper
1 teaspoon	Parsley, minced

Procedure:

1. In a small pot, bring stock, salt, pepper, and red pepper flakes to a boil; then stir in grits.
2. Cook until tender and creamy consistency.
3. Remove from heat, stir in ½ cup of cheese. Hold warm.
4. Over medium heat add vegetable oil to a sauté pan. Add onion, celery, pepper, and garlic. Cook until tender.
5. Add tomato, red pepper flakes, Tabasco, and oregano. Cook for 1-2 minutes.
6. Add chicken stock and reduce by half.
7. Season to taste with salt and pepper.
8. Plate up: Place grits in bowl and surround with Trinity sauce. Garnish with cheese, tomato and parsley.

Creole/Cajun Chicken Breast

2 Servings

Amount	Ingredient
2 each	Skin on boneless chicken breast
2 teaspoons	Creole seasoning
2 Tablespoons	Flour seasoned with salt and pepper
3 Tablespoons	Clarified butter or vegetable oil
1 Tablespoon	Onions, ¼ inch slices
1 Tablespoon	Celery, julienne
1 Tablespoon	Bell pepper, julienne
1 Tablespoon	Tomato concasse
2 teaspoons	White wine vinegar
1 Tablespoon	All-purpose flour
1 cup + ¼ cup reserved	Chicken stock
1 Tablespoon	Cold whole butter
1 teaspoon	Fresh parsley, chopped
½ teaspoon	Fresh garlic, chopped
½ teaspoon	Fresh thyme, chopped
To taste	Salt and pepper

Procedure:

1. Season chicken with Creole seasoning, dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to ensure chicken does not stick, turn down heat if the chicken starts to brown too quickly.
3. Once skin side is golden brown, turn the breasts over and brown other side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built.
5. Add onions, celery and peppers, sauté until the vegetables just begin to soften (1-2 minutes).
6. Add garlic and cook briefly without browning, deglaze with white wine vinegar and cook until vinegar is completely reduced.
7. Ensure that there is 1 tablespoon of oil or clarified butter left in pan (add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a blond roux.
8. Whisk in 1 cup of chicken stock to make the pan gravy, turn heat down and simmer gently.
9. Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 165 degrees.
10. Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently - maintaining the chicken at 165 degrees internal temp for at least three minutes for food safety.
11. Carefully push the breasts to one side of the pan and stir in the parsley and thyme without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter. Taste and adjust seasoning with salt and pepper. Use reserved ¼ cup of stock to adjust consistency if needed.
12. Serve with sautéed kale, fried sweet potato and sauce.

Sautéed Kale

2 Servings

Amount	Ingredient
10 each	Leaves of kale
¼ cup	Onion, julienned
2 Tablespoons	Clarified butter or oil
To taste	Salt and white pepper

Procedure:

1. Remove stems from leaves and chiffonade.
2. Heat sauté pan. Add oil or clarified butter and add onions. Shake pan to prevent from sticking. Season sparingly with salt and white pepper.
3. Add kale and shake pan while on heat to cook until softened gently and hot. Sprinkle a small amount of salt and white pepper while being careful not to over season.

Sweet Potato Rosti

2 Servings

Amount	Ingredient
1 ½ cup	Sweet potato, coarse grated
¼ cup	Onion, coarse grated
1 each	Garlic clove, minced
1 each	Egg
½ teaspoon	Salt
Pinch	Black pepper
2 Tablespoons	Vegetable oil

Procedure:

1. Mix together grated sweet potato, onion, garlic, egg, salt and pepper.
2. Heat oil in a pan over medium heat.
3. Divide sweet potato mix in half and spoon in pan, flattening slightly like a pancake.
4. Cook until golden brown then flip and heat until golden brown on other side.
5. Test doneness by inserting a fork or knife in center and if it feels soft with little to no resistance, it is finished. If still firm, lower heat and cook until soft.
6. Drain any excess oil on paper towel if necessary.

Crepes Suzette

2 Servings

Amount	Ingredient
¼ cup	All-purpose flour
1 teaspoon	Sugar
Pinch	Salt
6 Tablespoons	Whole milk
1 each	Large egg
1 Tablespoon	Melted butter or oil
½ cup	Sugar
4 Tablespoons	Water
1 Tablespoon	Corn syrup
¼ cup	Orange juice
1 Tablespoon	Butter
8 julienne strips	Orange zest
8 each	Orange Supremes
	Garnish

Procedure:

1. Whisk together flour, sugar, and salt. Gradually add milk while mixing to avoid lumps then whisk in eggs until smooth. Whisk in melted butter.
2. Rest batter 15-30 minutes.
3. Heat a 8-10 inch nonstick skillet over medium heat. Spray with nonstick spray. Add about 1/3 cup of batter and swirl until bottom of pan is completely covered. Cook until golden brown.
4. With rubber spatula, loosen then flip crepe. Slide out of skillet and repeat with remaining batter. Hold.
5. In a small saucepan, gently mix together sugar, water, and corn syrup making sure no sugar crystals get on the side of the pan.
6. Boil mixture until it becomes amber-caramel color. Remove from heat and immediately whisk in orange juice, then butter and orange zest.
7. Plate up 2-3 crepes with sauce, orange supremes, and garnish.