



**GEORGIA**  
STATE ASSOCIATION

Region Competition 2023  
Culinary Arts Menu

## Chicken Piccata

Food Item #1 on Rubric

**2 servings**

<u>Amount</u>	<u>Ingredient</u>
2	Boneless, Skinless Chicken Breasts
1/4 cup	All Purpose Flour and additional flour as needed
1 tablespoon	Olive Oil
1/8 cup	Fresh Lemon Juice
1/8 - 1/4 cup	Chicken Stock
3 Tablespoons	Capers, drained
1/8 cup	Fresh Parsley, chopped
To Taste	Salt and Pepper

1. Use a mallet or rolling pin to lightly pound chicken to 1/4" thickness.
2. Sprinkle chicken with salt and pepper.
3. Dip chicken into flour and dredge evenly, shaking off excess.
4. Heat 1 Tablespoon oil in a 10-12" sauté pan.
5. Add chicken breasts to the pan and cook on medium heat until golden and cooked through, about 3 minutes per side.
6. Remove chicken and reserve.
7. Bring lemon juice and broth to boil in a pan over medium-high heat.
8. Deglaze the pan with lemon juice and stock, and bring to a boil over medium heat. Reduce.
9. Stir in capers and parsley.
10. Reintroduce chicken into the sauce to finish cooking the dish, and season to taste.
11. Serve chicken with nappe consistency sauce (adjust sauce to desired consistency.)



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## Glazed Carrots

Food Item #2 on Rubric

**2 servings**

<u>Amount</u>	<u>Ingredient</u>
1-2	Whole Carrots, peeled and cut into rondelle
2 Tablespoons	Butter
1 Tablespoon	Granulated Sugar
1/2 cup	Water
To Taste	Salt and Pepper

1. Place the carrots in butter and sugar in a sauté pan and add enough water to barely cover.
2. Boil the carrot, allowing the water to evaporate. As the water evaporates, the butter-and-sugar mixture will begin to coat the carrots. When the water is nearly gone, test the doneness. If still firm, add a small amount of water and continue to boil until tender.
3. Sauté in the butter-and-sugar mixture until shiny and glazed.
4. Season to taste with salt and pepper.



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## Orzo with Basil

Food Item #3 on Rubric

**2 servings**

<u>Amount</u>	<u>Ingredient</u>
1/2 cup	Orzo Pasta, uncooked
1 quart	Water
As needed	Olive Oil
2-4	Fresh Basil Leaves, chiffonade
1/4 cup	Parmesan cheese, grated
To Taste	Salt and Pepper

1. Bring water to a boil and cook orzo until al dente, and strain like pasta.
2. Add oil as needed, mix in basil, Parmesan cheese, and cook until done.
3. Season to taste with salt and pepper.



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