



GEORGIA
STATE ASSOCIATION

**2020 Georgia FCCLA
State Culinary Arts STAR Event Menu**

Mashed Potatoes and Butternut Squash with Brown Butter
Herbed Apple Glaze Chicken
Spinach and Arugula Salad with Almond Coated Goat Cheese and
Vinaigrette

Mashed Potatoes and Butternut Squash with Brown Butter

2 Servings

Amount	Ingredient
½ pound	Yukon Gold potatoes, cut into 1" cubes
½ pound	Butternut squash, cut into 1" cubes
½ teaspoon	Kosher salt
2 Tablespoons	Butter, divided
½ Tablespoons	Fresh sage, thinly sliced
¼ cup	Cream
To taste	Salt and Pepper

Procedure:

1. Bring squash and potatoes to a boil and simmer until tender.
2. In a small sauté pan, heat butter and sage until it is foamy and medium brown in color. Reserve, and keep warm.
3. Drain potatoes and squash thoroughly in a colander
4. Return to pot and mash.
5. Add cream, remaining butter, and salt and pepper to taste.
6. Once plated for service, drizzle browned butter over top of potato mixture.

Herbed Apple Glazed Chicken

2 Servings

Amount	Ingredient
2 teaspoons	Oil
1	Granny Smith apple, peeled, cored, and julienned
½ medium	Onion, sliced thin
½ teaspoons	Fresh thyme, no stems
2	Skinless, boneless chicken breast halves
¾ cup	Apple juice
½ Tablespoon	Cider vinegar
1 ½ teaspoons	Cornstarch
To taste	Salt and Pepper

Procedure:

1. Break down chicken into 2 boneless breasts.
2. In heavy sauté pan, heat 1 teaspoon oil over medium-high heat; cook apples, onion and thyme until just tender but still a bit crisp. Remove and set aside.
3. Add remaining 1 teaspoon of oil to sauté pan; cook chicken, turning once, until golden brown on both sides. Reduce heat to medium low.
4. Set 1 tablespoon apple juice aside and pour remaining juice into sauté pan along with the cider vinegar. Cover and simmer for 6 to 8 minutes, or until chicken is cooked through and juices run clear. Remove chicken to plate; keep warm.
5. Combine cornstarch with reserved tablespoon apple juice; stir into pan juices and cook over high heat, scraping up any browned bits, for 2 minutes or until thickened.
6. Return apple mixture to pan and heat through, season with salt and pepper. Spoon the apple mixture around, under or on top of cooked chicken.

** Teams will be provided a whole chicken. They must fabricate the chicken breast, leaving the carcass in tact for presentation to judges.

Spinach and Arugula Salad with Almond Coated Goat Cheese and Vinaigrette

2 Servings

Amount	Ingredient
2 cups	Baby Spinach and arugula leaves, combined
1/8 cup	Sun-dried tomatoes in extra virgin olive oil
1/8 cup	Pine nuts, toasted
3 ounces	Goat cheese, separated and rolled, into balls or cut into discs
½ cup	Sliced Almonds lightly toasted
2 Tablespoons	Extra virgin olive oil
1 Tablespoon	Balsamic vinegar
½ teaspoon	Dijon mustard
1 teaspoon	Lime juice, freshly squeezed
To taste	Kosher salt
To taste	Ground pepper

Procedure:

1. Roll goat cheese in toasted almonds.
2. In a small bowl, whisk together the olive oil, balsamic vinegar, mustard, lime juice, salt and pepper.
3. Plate salad as desired.