



**GEORGIA**  
STATE ASSOCIATION

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

**Egg, Cucumber, and Tomato Salad  
Pan Roasted Pork Medallions with Pears and Blue Cheese  
Herbed Couscous**

## Egg, Cucumber, and Tomato Salad

2 Servings

Amount	Ingredient
2	Eggs, soft boiled, quartered lengthwise **6 minutes**
½ cup	Celery, medium diced
½ onion	Red onion, small sliced
½ cucumber	English cucumber, medium diced
1	Boston (Bibb), lettuce
½ pound	Red cherry tomatoes or grape tomatoes, halved
1	Jalapeno, seeded and small diced
¼ cup	Basil, chiffonade
1/3 cup	Olive Oil
2	Juice of 2 large lemons and zest
1 teaspoon	Dijon mustard
½ teaspoon	Honey
1-2	Garlic cloves, minced
To Taste	Salt and pepper

Procedure:

1. For vinaigrette, mix olive oil, lemon juice and zest, Dijon mustard, honey, garlic, salt and pepper
2. Combine all ingredients in a mixing bowl: tomatoes, cucumber, red onion, celery, Jalapeño, and basil.
3. Lightly toss with enough dressing to coat
4. Place an equal amount of salad in lettuce. Then add your 6 minutes soft boiled egg and rest of dressing.
5. Garnish as desired

## Pan Roasted Pork Medallions with Pears and Blue Cheese

2 Servings

Amount	Ingredient
10 ounces	Pork tenderloin
	Salt and Pepper
2 Tablespoons	Vegetable Oil
2 Tablespoons	Butter
½ cup	Pears, ripe, peeled, in ½ inch dice
½ cup	Apple juice
¼ cup	Heavy cream
1 Tablespoon	Dijon mustard
¼ cup	Blue cheese

Procedure:

1. Season the pork with salt and pepper.
2. Heat a 10- to 12- inch (25.4-30.5 cm) sauté pan over medium heat.
3. Heat the oil and add the pork. Sauté 7-9 minutes or until well browned. Turn the tenderloin and cook 5 minutes more or until browned and juices run clear (145 degrees). Set pork aside.
4. Drain fat from pan and add the butter and pears, then cook over medium-high heat until browned. Remove pears from pan.
5. Deglaze the pan with the apple juice. Add the cream and reduce until thick (nappe). Whisk in the mustard and blue cheese.
6. Return pears to the sauce to heat through and correct the seasoning.
7. Slice the pork on a bias into six medallions. Spoon some sauce onto each dish and plate three medallions. Spoon the remainder of the sauce onto pork. Do not hide the pork with your sauce.

## Herbed Couscous

2 Servings

Amount	Ingredient
1 Tablespoon	Vegetable oil
1 cup	pearl couscous
2 cups	Chicken stock
1 Tablespoon	Parsley, chopped
1 teaspoon	Fresh tarragon, chopped
1 Tablespoon	Fresh lemon juice
	Salt and Pepper

Procedure:

1. Heat the oil in a 1- to 2-quart (1 to 2 L) saucepan over medium heat.
2. Add the couscous and sauté, stirring constantly, until slightly browned and aromatic, 2 to 3 minutes.
3. Add the stock and bring to a boil. Reduce the heat and simmer uncovered until tender, 8 to 10 minutes or until liquid has evaporated.
4. Stir in the parsley, tarragon, lemon juice, and salt and pepper.