

State Culinary Arts Event Kansas FCCLA

New this Year

New this year, the Culinary Arts STAR Event will be an **individual event** and not a team event. Chapters will be able to submit up to three (3) individuals to compete in this event during the 2021 State Leadership Conference. As a reminder, members must be Level 3 – see the National Competitive Events Guide for a full list of qualifications for this event.

National Qualifiers

The top three (3) participants during the finals round of the 2021 State Leadership Conference will qualify for the National Leadership Conference.

Procedures for Virtual Competition

This event will consist of a preliminary round and finals round. All members registered for this event will compete in the preliminary round. The preliminary round will consist of a culinary arts general knowledge exam. This exam will be administered on March 3, 2021.

On March 8, 2021, Kansas FCCLA will notify the twenty (20) members with the highest exam scores who will move on to the finals round and will be responsible for preparing the provided menu. These individuals will be responsible for recording a video, not to exceed seventy (70) minutes in length, of themselves preparing the provided menu using the recipes listed. Kansas FCCLA will not provide any ingredients to execute the provided menu. It is the responsibility of the adviser and/or participant to secure the ingredients and tools necessary to successfully execute the provided recipes.

Sixty (60) minutes will be provided for food production and ten (10) minutes will be provided for food presentation. Participants must present two plates for evaluation. Participants must be present in the video at all times – this allows for two options (1) set up a camera with the entire workspace visible, or (2) have a designated camera person who will follow the participant around the work area, ensuring the participant is visible at all times. Participants will also be required to provide a PDF copy of their completed timeline for evaluation. Participants must also supply the following pictures: one (1) overview shot containing both completed plates, and one (1) close up shot of each completed plated – three (3) photos total.

Videos will need to be sent electronically to plamb@ksde.org by April 2. A notification will be sent if we have trouble viewing the link. Please allow access to the link for anyone to view.

Procedures for a Tie on the Exam

In the event of a tie that hinders the determination of the top twenty (20) scoring participants on the baking and pastry knowledge exam, the participants with the highest score with the shortest time will qualify to compete in the finals round. In the event there is still a tie, an FCCLA knowledge exam will be administered. Only those students who have the tied score and are subject to the cut-off mark of 20th place will have to take the FCCLA knowledge exam. The FCCLA knowledge exam will be comprised of ten (10) questions based on FCCLA knowledge. The participant (or participants, if more than one place is at stake) with the highest exam score will qualify for the finals round. In the event of a tie on the FCCLA knowledge exam that still hinders the determination of the top twenty (20) participants to move on to the finals round,

Chicken Piccata

2	large skinless, boneless chicken breasts
TT	Kosher salt
½ cup	all-purpose flour
3 Tbsp	extra-virgin olive oil, divided
4	garlic cloves, smashed
½ cup	chicken stock
1 ½ Tbsp	drained capers, coarsely chopped
6 Tbsp	unsalted butter, cut into pieces
3 Tbsp	fresh lemon juice
2 Tbsp	parsley, minced

Butterfly chicken breasts into 4 cutlets and lightly pound each piece between sheets of plastic wrap until an even thickness (about ½" thick or less). Season lightly with salt. Place flour in a medium shallow bowl. Working one at a time, place cutlets in bowl and toss to coat in flour. Knock off excess flour and transfer to a sheetpan.

Heat 2 Tbsp. oil in a large skillet over medium-high. Working in batches if needed to avoid overcrowding the pan, cook cutlets, without moving them, until browned, about 2 minutes. Turnover and cook on the other side just until chicken is nearly cooked through, about 1 minute. Transfer to a clean sheet pan.

Add garlic and remaining 1 Tbsp. oil to the skillet and cook, stirring often and reducing heat if needed to keep garlic from scorching, until golden brown, about 2 minutes. Deglaze with chicken stock. Add lemon juice and capers and cook, until liquid is reduced by half, about 3 minutes. Return chicken to skillet and simmer until chicken is cooked through, about 2 minutes. Remove from heat and add the butter, swirl the pan vigorously to melt the butter and emulsify the sauce. Finish with parsley.

Roasted Potatoes

½ lb	fingerling potatoes, halved lengthwise
2 Tbsp	extra-virgin olive oil
TT	Kosher salt
TT	fresh ground pepper

Arrange racks in upper and lower thirds of oven; preheat to 450°. In a bowl, toss potatoes with 2 Tbsp. oil, season with salt and pepper and place on a rimmed baking sheet. Arrange cut side down and roast on lower rack until tender and cut sides are browned, 20–30 minutes.

Sautéed Broccolini

½ lb Broccolini, ends trimmed
2 Tbsp unsalted butter
2 garlic cloves, minced
1 tsp crushed red pepper
TT salt
TT pepper
Juice of half a lemon

Cook Broccolini in a 6- to 8-quart pot of boiling salted water until stems are crisp-tender, about 5 minutes, then remove and shock in an ice bath. Drain and set aside.

Heat 2 tablespoons butter in a 12-inch heavy skillet over medium heat, then sauté the garlic and crushed red pepper, stirring, until pale golden, about 30 seconds. Add the Broccolini, salt, pepper and cook, stirring, until heated through, about 2 minutes. Finish with lemon juice.