



**2018 Culinary Arts STAR Event Menu**  
*Colorado FCCLA*

We have selected a variety of recipes through the three given menus. The menu that you will be creating is as follows:

**Salad:**

Asian Chicken Noodle Soup

**Entrée:**

South-Asian Curried Beef  
Peas and Carrots Rice Pilaf

**Dessert:**

Lemon Curd and Warm Fruit Compote

*Menu Presented by*



## Colorado Culinary Arts STAR Event 2018 Equipment List

### **Each PARTICIPANT May Bring:**

- 1 Paring Knife
- 1 Chef Knife
- 1 Serrated-edge Knife
- 1 Cutting Board
- 1 set Measuring Spoon
- 1 set Dry Measuring Cup
- 1 Liquid Measuring Cup
- 1 Thermometer
- 3 Towels
- 1 Hot Pad

### **Each TEAM May Bring:**

- 1 Baking Sheet
- 3 Sauté Pans (any size)
- 1 Potato Masher
- 1 Strainer
- 2 Two-Quart Sauce Pans
- 3 Set of Bowls (any size)
  - Ceramic or Stainless Steel
- Hotel Pan (any size)
- 25 Custard Cups (any size)
- 1 Sharpening Steel
- 1 Piping Bag with Tips

**ALL EQUIPMENT** needs to be carried with the participants while at the State Conference

Please mark all your equipment (i.e. colorful tape around handle)

Colorado FCCLA and Metropolitan State University of Denver are not responsible for any lost or stolen items

## Asian Chicken Noodle Soup

### 2 Servings

Amount	Ingredient
1 quart	Chicken stock
2 Tablespoon	Soy sauce
1 teaspoon	Sesame oil
1 teaspoon	Sriracha (or other hot sauce)
1 teaspoon	Garlic, minced
½ teaspoon	Minced fresh ginger
1/2 each	Chicken breast or thigh, boneless
To taste	Salt and pepper
2 ounce	Asian vermicelli bean noodles (or other Asian noodles, or regular thin pasta)
¼ each	Red pepper, julienne
1 leaf	Small to medium red cabbage, chiffonade (approx. ¼ cup)
1 each	Green onion, bias cut
2 Tablespoon	Carrot, shredded
6 ringlets	Serrano or jalapeno, seeded and sliced
1 teaspoon	Black sesame seeds
1 each	Lime wedge

### Procedure:

1. Place chicken stock, soy sauce, sesame oil, sriracha, garlic, ginger powder, and chicken in small pot and simmer until chicken is cooked.
2. Remove chicken and shred or slice. Hold warm.
3. Season broth with salt & pepper to taste
4. Add noodles to stock and cook until tender.
5. Divide noodles and stock between two bowls and garnish with red pepper, red cabbage, green onion, carrot, pepper rings, and cooked chicken.
6. Garnish with black sesame seeds.

## South-Asian Curried Beef (Peas and Carrots Rice Pilaf)

### 2 Servings

Amount	Ingredient
2 Tablespoons	Vegetable oil
8 ounces	Beef Top Loin, cut into strips
3 ounces	Green bell pepper, julienned
3 ounces	Red bell pepper, julienned
3 ounce s	Red onion, julienned
3 ounces	Shiitake or button mushroom, sliced
1 Tablespoon	Ginger, minced
1 Tablespoon	Garlic, minced
1 each	Roma or plum tomato, concasse
½ teaspoon	Asian Five Spice
1 Tablespoon	Curry powder
8 ounces	Coconut milk
1 Tablespoon	Brown sugar
To taste	Salt & pepper
1 each	Lime wedge

### Procedure:

1. In 1 Tablespoon of vegetable oil, pan sear beef until golden brown on both sides. Remove from pan and reserve warm.
2. Heat second Tablespoon of vegetable oil over high heat and add peppers, onion, and mushrooms. Cook until softened, about 3-4 minutes then add ginger, garlic, tomato, five spice, and curry powder and sauté and additional 1-3 minutes until fragrant.
3. Add coconut milk and brown sugar. Reduce.
4. Season with salt and pepper and a squeeze of lime juice. Taste and adjust seasoning.
5. Add beef back to pan to reheat if necessary and serve with peas and carrot pilaf.
6. Garnish with lime wedge.

## Peas and Carrot Rice Pilaf

2 Servings

Amount	Ingredient
1 Tablespoon	Olive oil
2 Tablespoon	Carrot, small dice (1/4")
2 Tablespoon	Onion, small dice (1/4")
½ cup	Long grain rice
1 cup	Water
¼ cup	Peas
To taste	Salt & pepper

Procedure:

1. In a small pot, heat oil over medium heat. Add carrot and onion and sweat until tender and onions are translucent.
2. Add rice and stir until rice is coated in oil.
3. Add water, salt and pepper. Taste liquid for seasoning.
4. Bring to a simmer.
5. Cover and simmer 15-20 minutes.
6. Stir in peas, remove from heat and hold until plating.

## Lemon Curd and Fruit Compote

2 Servings

Amount	Ingredient
2 each	Egg yolks
1 each	Egg
¼ cup	Lemon juice
¼ cup	Sugar
3 Tablespoons	Butter, chilled
1 cup	Mixed berries, fresh or frozen
¼ cup	Sugar
1 teaspoon	Lemon juice
½ cup	Heavy whipping cream
1 Tablespoon	Sugar
¼ teaspoon	Vanilla extract

Procedure:

1. In a small pot mix together egg yolks, egg, lemon juice, and sugar. Cook over medium heat whisking constantly, until thick and starts to bubble. Cook for several minutes.
2. Remove from heat then whisk in butter until completely incorporated.
3. Strain and chill.
4. In another small pot heat mixed berries, sugar, and lemon juice until syrupy. Chill.
5. Whip heavy cream, sugar, and vanilla extract until medium peaks. Divide in half.
6. Fold ¼ of the whipped cream into the lemon curd until completely incorporated. Fold another ¼ of whipped cream in.
7. In a clear glass, layer lemon cured, berries (watch for excess syrup), lemon curd, berries, and top with remaining whipped cream. Garnish.