



2019 MENU

CULINARY ARTS STAR EVENT





MENU 3

SHAVED FENNEL AND PEAR SALAD

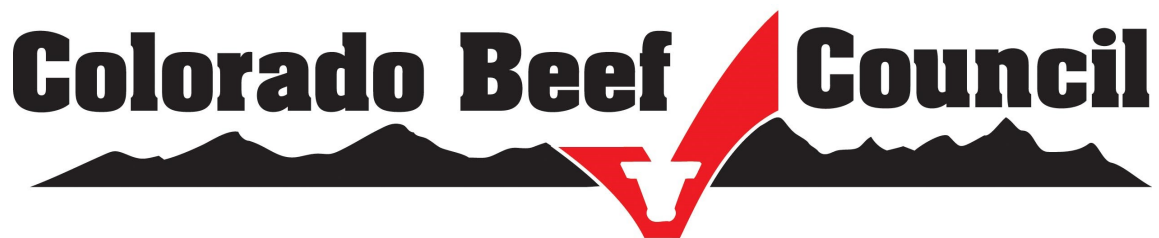
PAN ROASTED BEEF TENDERLOIN WITH WHOLE GRAIN MUSTARD
SAUCE

MASHED POTATOES

SPICED BRUSSEL SPROUTS

FRESH FRUIT TART

MENU SPONSORED BY



SHOPPING LIST

DAIRY

1 cup	Butter
6 ea.	Egg
3/4 cup	Heavy cream
3 Tbsp.	Parmesan cheese
1 pt.	Whole milk

HERBS & SPICES

1/2 tsp.	Allspice
	Black pepper
1/4 tsp.	Cinnamon
	Salt
1 ea.	Vanilla bean
	White pepper

MEATS

10 oz.	Beef tenderloin
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MISCELLANEOUS

4 oz.	Demi-glaze
1 oz.	Dry sherry, Madeira
12 oz.	Graham Crackers
2 tsp.	Whole grain mustard

PRODUCE

1 pts.	Brussel sprouts
1 tsp.	Chives
1 bulb	Fennel
3 ea.	Kiwis
1 ea.	Lemon
1 ea.	Onion
1 ea.	Pear
1 bunch	Red grapes
2 ea.	Russet potatoes
1 ea.	Shallot
6-8 ea.	Strawberries

STAPLES

4 Tbsp.	All-purpose flour
1 1/2 cup	Granulated sugar
1/4 Tbsp.	Olive oil
3 Tbsp.	Pecans
1 cup	Stock or broth

INGREDIENTS MAY NOT BE SOLD IN THE QUANTITIES REQUIRED.

QUANTITIES MAY VARY.

THIS LIST IS PROVIDED FOR CONVENIENCE. OMISSIONS ARE UNINTENTIONAL.



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
- 1 Whisk
- 1 Vegetable Peeler
- 3 Towels
- 1 Hot Pad

Each TEAM May Bring:

- 3 Baking Sheets
- 3 Sauté Pans (any size)
- 1 Skillet
- 1 Potato Masher/ Ricer
- 1 Strainer
- 1 Tart Pan (10 – 12")
- 2 Two-Quart Sauce Pans
- 3 Set of Bowls (any size)
- Hotel Pans (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 the host facilities are not responsible for any lost or stolen items



SHAVED FENNEL AND PEAR SALAD

INGREDIENTS

1/2 ea.	Fennel bulb
1/2 ea.	Pear, <i>thinly sliced</i>
2 Tbsp.	Pecans, <i>chopped and toasted</i>
1 ea.	Lemon
1 Tbsp.	Olive oil
To taste	Salt
To taste	Black pepper
3 Tbsp.	Parmesan cheese, <i>grated</i>

PROCEDURE

1. Trim base from fennel bulb and shave very thinly.
2. Mix fennel, pear, pecans, 1 Tbsp. lemon juice, oil, and seasoning together.
3. Plate and garnish with Parmesan cheese.

PAN ROASTED TENDERLION

INGREDIENTS

1 Tbsp.	Olive oil
10 oz.	Beef tenderloin, <i>trimmed</i>
To taste	Salt
To taste	Black pepper
1/2 ea.	Shallots, <i>minced</i>
1 oz.	Dry sherry, Madeira wine, or stock
2 tsp.	Whole grain mustard
4 oz.	Demi-glance
1 Tbsp.	Butter

PROCEDURE

1. Season beef with salt and pepper.
2. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145 degrees. internal.
3. Remove from pan and keep warm on a clean plate.
4. Add shallots to the pan and sauté briefly for about thirty seconds. Add wine to deglaze.
5. Add mustard and the demi-glance and bring to a simmer. Reduce the heat again to low and swirl in the butter.
6. Check the seasoning on the sauce.
7. Slice the beef into six slices and plate accordingly. Ladle some sauce over the slices and serve with the mashed potatoes and Brussel sprouts.

MASHED POTATOES

INGREDIENTS

2 ea.	Russet potatoes
1 tsp.	Salt
1 Tbsp.	Butter
1/2 cup	Heavy cream
1 tsp.	Chives, <i>minced</i>
Pinch	White pepper

PROCEDURE

1. Quarter potatoes and place in cold water with salt.
2. When potatoes are cooked, pat dry, then pass through a food mill into a fresh pot.
3. Add cold butter and hot cream over low heat until proper texture is achieved and potatoes are hot; stir often.
4. Fold in chives and pepper.
5. Keep warm until service.

SPICED BRUSSEL SPROUTS

INGREDIENTS

3/4 Tbsp.	Olive oil
3/4 Tbsp.	Butter
1 ea.	Onion, <i>chopped or sliced thin</i>
1 pt.	Brussel sprouts, <i>sliced</i>
1/2 tsp.	Ground allspice
To taste	Salt
To taste	Black pepper
1 cup	Stock or broth

PROCEDURE

1. Heat oil and butter in a sauté pan over medium high.
2. Add onions to pan, and caramelize.
3. Add the sliced Brussels sprouts, allspice, salt and pepper.
4. Add the stock, bring to a boil.
5. Reduce the heat and simmer until the Brussels sprouts are fully cooked.

FRESH FRUIT TART

INGREDIENTS

12 oz.	Graham crackers, <i>crushed</i>
3/4 cup	Granulated sugar
1/4 tsp.	Cinnamon
3/4 cup	Butter, <i>melted</i>
1 Tbsp.	Heavy cream
1/2– 1 cup	Pastry cream*
Various	Fruits:
	6-8 strawberries
	1 bunch red grapes

PROCEDURE

1. Combine the Graham cracker crumbs, sugar, cinnamon, butter, and cream and press into a 10 – 12” tart shell.
2. Bake the tart shell at 325°F for 5-7 minutes to help "set it."
3. Spread the pastry cream over the cooled crust.
4. Arrange one or more fruit on the top in a decorative fashion.

PASTRY CREAM

INGREDIENTS

4 Tbsp.	All-purpose flour
6 oz.	Granulated sugar
1/2 ea.	Vanilla bean, <i>split</i>
1 pt.	Whole milk
6 ea.	Egg yolks
1 oz.	Butter

PROCEDURE

1. Mix $\frac{1}{4}$ of the milk with the yolks to make them more liquid.
2. Scald remaining milk with the sugar and vanilla bean in a saucepan.
3. Add the flour to the egg yolk mixture and whisk until smooth.
4. Temper the eggs mixture into the milk.
5. Cook over medium heat until there is no more flour taste.
6. Add the butter. Remove the pastry cream from the pan and remove the vanilla bean.
7. Spread the cream on parchment on a tray so it will cool. Cover with parchment so it will not form a skin on the surface, and refrigerate.