

**Illinois FCCLA
2020 Culinary Competitions
State Recipes**



Waldorf Salad

**Pan Roasted Pork Medallions
with Pears and Blue Cheese**

**Mashed Potatoes and Butternut Squash
with Brown Butter**

**Grilled Pound Cake
with Pineapple Salsa and Whipped Cream**

Waldorf Salad

2 servings

Apples, unpeeled or peeled, cored, julienned	1 ½ cups
Lemon Juice	½ Tablespoon
Celery, julienned	½ cup
Walnuts, chopped	¼ cup
Mayonnaise	2 Tablespoons
Lettuce leaves, for garnish	

Procedure:

1. Combine the apples and lemon juice, make certain the apples are well coated so they will not turn dark.
2. Add the celery and walnuts.
3. Add mayonnaise; use just enough to bind the ingredients together.
4. Arrange salad on lettuce and serve immediately.

Pan Roasted Pork Medallions with Pears and Bleu Cheese

2 servings

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

Procedure:

1. Season the pork with salt and pepper.
2. Heat a 10 to 12 inch 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 the pears from pan.
5. Deglaze the pan with the apple juice. Add the cream and reduce until thick (nappe'). Whisk in the mustard and bleu 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.

Mashed Potatoes and Butternut Squash with Brown Butter

2 servings

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

Procedure:

1. Bring squash and potatoes to 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 milk, remaining butter, and salt and pepper to taste.
6. Once plated for service, drizzle browned butter over top of potato mixture.

Grilled Pound Cake with Pineapple Salsa and Whipped Cream

4 servings

Heavy Whipping Cream	¾ cup
Confectioner's Sugar	3 Tablespoons
Ground Cinnamon	¼ teaspoon
Prepared Pound Cake, sliced ½ " thick	8 slices
Unsalted Butter, melted	2-3 Tablespoons
Fresh Pineapple, cut into ½ " cubes	2 cups
Fresh Mint, thinly slivered	3 Tablespoons
Jalapeno Peppers, seeded and minced	1 – 2
Fresh Lime Juice	2 Tablespoons, or more to taste
Light Brown Sugar	1 Tablespoon, or more to taste
Fresh Mint, for garnish	4 sprigs

Pineapple Salsa

Place the pineapple, mint, jalapeno(s), lime juice, and brown sugar in a nonreactive bowl, but don't mix them until 5 minutes before you are ready to serve. Taste for seasoning, adding more lime juice or brown sugar as necessary.

Procedure:

1. Beat the cream until soft peaks form. Add confectioner's sugar and cinnamon. Continue beating until stiff peaks form. Don't overbeat. (A hand or stand mixer maybe used). Keep cool and covered until ready to serve.
2. Lightly brush each slice of pound cake with butter on both sides. Cook the pound cake until lightly toasted, on a contact grill or using a grill pan.
3. Place the pound cake slices on plates. Top each serving with a spoonful of pineapple salsa and a dollop of whipped cream, garnish with a sprig of mint, and serve at once.