

**Illinois FCCLA
2020 Culinary Competitions
Sectional/Regional Recipes**



Spinach Salad

Sautéed Chicken Breast with Mushroom Sauce

Classic Rice Pilaf

Classic French Crepes with Berries and Cream

Spinach Salad

2 servings

Fresh Spinach	4 ounces
Frisee or Escarole Lettuce	4 ounces
Balsamic Vinegar	1 ½ Tablespoons
Olive Oil	3 Tablespoons
Garlic, minced	1 clove
Niçoise or Black Olives, pitted	10
Grenny Smith Apple, sliced	1
Parmesan Cheese	1 ounce

Procedure:

1. Wash and dry produce. Cut lettuce into bite size pieces.
2. Slice apples.
3. Grate Parmesan cheese.
4. Mince garlic. Mix garlic with vinegar and oil for dressing.
5. Assemble salad, add shredded cheese and dress prior to service.

Sautéed Chicken Breast with Mushroom Sauce

2 portions

Olive or Vegetable Oil	1 Tablespoon
Chicken Breast, skin and wing bone attached	2 each
Salt	to taste
Pepper	to taste
Shallots, minced	1 teaspoon
Mushrooms, sliced (white, cremini or shiitake)	½ cup
Chicken stock/broth	1 ounce
Demi-glaze	4 ounces
Whole butter, diced	½ ounce
Salt	to taste
Pepper	to taste

Procedure:

1. Season chicken breast with salt and pepper. Sauté in a medium pan on medium high heat, skin down to render fat. Flip over to other side, reduce heat to medium and continue to cook until 165 degrees internal. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds then add mushrooms and increase the heat to high. Cook until mushrooms are soft and slightly browned.
3. Add chicken stock/broth to deglaze. Quickly add the demi-glaze and bring to a simmer. Reduce the heat again to low and swirl in butter.
4. Check the seasoning on the sauce and place the chicken breasts back in the pan to re-warm. Serve with appropriate accompaniments.

Classic Rice Pilaf

4 Servings

Butter	1 ounce
Olive Oil	1 ounce
Onion, fine dice	2 ounces
Bay Leaf	1 whole
Long grain white rice	8 ounces
Chicken stock	2 cups
Salt to taste	

Procedure:

1. Heat the butter and olive oil in a heavy sauce pot.
2. Add the onion and bay leaf and sauté until tender, but not brown.
3. Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown.
4. Pour in the boiling chicken stock and season with salt.
5. Cover the pot tightly and place it in a 350 F oven. Bake for 18-20 minutes, until the liquid is absorbed, and the rice is fluffy and tender. You may also cover the pot and simmer for about the same time, if an oven is unavailable.
6. Transfer the cooked rice to the serving dish and remove the bay leaf.

Classic French Crepes with Berries and Cream

2 servings

Crepes

Strawberries, thinly sliced	2-3
Whole Milk	1/3 cup
All Purpose Flour	3 Tablespoons
Egg	1
Powdered Sugar, for garnish	

Berries and Cream

Heavy Cream	1 cup
Granulated Sugar	1 pinch
Assorted Fresh Berries	1 cup

Procedure:

1. Mix milk, flour and egg together until well blended.
2. Pour batter onto lightly greased frying pan. Tilt pan to spread evenly.
3. Flip over to cook other side. Remove from pan.
4. Fill with berries and garnish with berries and powdered sugar.
5. Whip cream, add sugar, and garnish with berries and piped cream.