



2010 FCCLA American Favorites



Menu #1

Cobb Salad

Pesto Stuffed Chicken Breast

Confetti Pasta

Lemon Tart with Chantilly Cream

Menu #2

Tomato and Asparagus Salad with Mozzarella Cheese

Maxwell Street-Style Pork Chops

Roesti Potatoes

Fresh Fruit Tart

Menu #3

Corn Chowder with Ham

Beef Stir-Fry

Rice Pilaf

Strawberry Napoleon Triangles

All complete recipes yield two servings, with the exception of the Lemon and Fresh Fruit Tarts. Some secondary recipes (pastry cream, Chantilly cream, etc.) may produce more than is needed for use in the primary recipe.



Menu #1

Cobb Salad

Pesto Stuffed Chicken Breast

Confetti Pasta

Lemon Tart with Chantilly Cream



Cobb Salad



Ingredients:

- 3 oz Romaine Lettuce, washed & torn – bite size
- 2 oz Red Leaf Lettuce, washed & torn – bite size
- 1 oz Watercress, picked over, washed & cut – bite size
- 1/2 Avocado
- 2 slices Bacon, diced
- 2 oz Blue Cheese, crumbled
- 2 oz Cooked Turkey Breast, julienned
- 2 oz Tomato Concasses
- 1 Whole Eggs
- 6 oz Dijon Mustard Vinaigrette*

Method:

1. Pit the avocado, remove it from the shell and cut it into wedges. Toss them in a small amount of the dressing to prevent browning.
2. Cook the egg in the shell, in simmering salted water until fully cooked, drain well. Allow to cool under cold running water – or ice water. When cold, peel and chop.
3. Cook the bacon until crisp, drain well and allow to cool.
4. Toss the greens together and plate on chilled plates.
5. Arrange the avocado slices on each plate.
6. Put the crumbled Blue cheese on.
7. Arrange the turkey breast around the plate.
8. Sprinkle the tomato and then the bacon over each plate.
9. Chill the plated salads before serving.

Serve the dressing on the side.



*Vinaigrette



Participants will be required to make their own vinaigrette from the ingredients provided. These ingredients will include:

- Oils: Extra Virgin Olive oil, soy, corn, walnut, and grape seed oils.
- Acids: Apple cider, rice, raspberry and malt vinegars also lemon and lime juice.
- Dijon Mustard

Please keep in mind two things in preparing your vinaigrette:

- A vinaigrette is composed of acid and oil or fat (that is liquid – i.e. hot bacon dressing) and sometimes some flavoring or seasoning agent i.e. mustard
- The concept of a 3:1 ratio of fat to acid depends on the ingredients. Commercial vinegars run from 3.5 – 7% acid. So the vinegar you use can change the amount of oil needed.



Sautéed Chicken Breast Stuffed with Pesto



Ingredients: (2 servings)

Pesto for Stuffing:

- ½ cup of washed, stemmed, packed fresh basil leaves, finely minced
- 2T Roasted Pine Nuts, finely minced
- ½ Garlic Clove, finely minced
- 2T grated fresh parmesan cheese
- 2 oz extra virgin olive oil
- 1 tsp balsamic vinegar
- salt and white pepper to taste

Combine all ingredients in a food processor and mix until smooth. Taste for seasoning and adjust accordingly.

Chicken Preparation:

- 2 boneless and skinless chicken breasts or breast pieces
- 2T olive oil
- salt and white pepper to taste
- ½ cup canned tomato sauce
- ¼ cup chicken stock

Method:

1. Place chicken breasts on a cutting board. With a very sharp knife, cut a pocket in the breasts by inserting the knife horizontally. Try to make as small an opening as possible on the outside of the breast while at the same time cutting a deep pocket inside the chicken. With a small spoon, put 1-2 heaping tablespoons of pesto inside each breast. Season the chicken breasts with salt and white pepper.
2. To cook the chicken, heat a large sauté pan over high heat until very hot. Add oil and put the breasts in the pan with the nicest side of the chicken in the pan first. Brown the chicken breasts on one side, turn over and place pan in a 400°F oven until cooked through (about 6 minutes). Remove the chicken from the oven and from the sauté pan. Keep it warm. Put the sauté pan on a burner over medium heat, add chicken stock and tomato sauce, and bring to a boil. Taste sauce and adjust seasoning accordingly. Spoon the sauce around, not on top of the breasts.



Confetti Pasta



Ingredients:

- 2 oz Olive Oil
- 1 clove Garlic, minced
- 2 oz Onion, finely diced
- 2 oz Carrot, finely diced
- 2 oz Celery, finely diced
- 2 oz Red bell pepper, finely diced
- 2 oz Green bell pepper, finely diced
- 3 oz Angel Hair Pasta
- Salt and White Pepper to taste

Method:

1. Cook the pasta in boiling salted water until just done. Shock in cold water and toss in a small amount of olive oil to keep it from sticking together.
2. Heat the oil in a sauté pan, do not let it brown. Add the garlic and sauté for 30 sec. to a minute, do not let it brown.
3. Add the vegetables; sweat them until all are tender. Do not give them any color.
4. Add the pasta and toss well to mix all vegetables in with the pasta as well as reheat the pasta.

Hold warm for service.

Lemon Tart with Graham Cracker Crust

Crust Ingredients:

- 1 ½ cups (5 oz) finely ground graham crackers
- 5T unsalted butter, melted
- 1/3 cup sugar
- 3/4 teaspoon salt

Method:

1. Stir together all the ingredients and press into bottom and 1-inch up side of a tart pan.
2. Bake the tart shell at 325°F for 5 - 7 minutes to help "set it."
3. Fill the cooled tart shell with lemon curd*.
4. Decorate with piped Chantilly cream*.

*Lemon Curd

Ingredients:

- ½ cup sugar
- ½ cup fresh lemon juice
- 6T unsalted butter, cut into ½ inch pieces
- 3 large eggs, beaten

Method:

1. In the top of a double boiler over simmering water, cook the sugar, lemon juice, butter, zest, and eggs, whisking frequently, until a custard forms and bubbles appear on surface, 10-15 minutes.
2. Remove from the heat and strain through a fine mesh sieve into a bowl.

*Chantilly Cream

Ingredients:

- 1 pt Cold Heavy Cream
- 1.5 oz Powdered Sugar
- 1 t. Vanilla Extract

Method:

1. Whip the cream until it becomes thick and add the vanilla and sugar.
2. Whip to soft peaks.



Menu #2

Tomato and Asparagus Salad with Mozzarella Cheese

Maxwell Street-Style Pork Chops

Roesti Potatoes

Fresh Fruit Tart



Tomato and Asparagus Salad with Mozzarella Cheese

Ingredients: (2 servings)

- 4 oz asparagus
- 2 – 3 oz vinaigrette dressing*
- 1 ea tomato
- ½ head leaf lettuce
- 2 oz mozzarella
- 2 basil leaves

Method:

1. Trim and blanch the asparagus in salted water. Refresh, drain and marinate in the vinaigrette dressing for approximately 15 minutes.
2. Remove the core and cut each tomato into 6 wedges.
3. Clean the lettuce and separate the leaves.
4. Slice the mozzarella.
5. Cut the basil leaves into chiffonade. Drain the asparagus, reserve the dressing.

Arrange the tomatoes, cheese and asparagus on plates using the lettuce as a base. Pour on the reserved dressing and garnish with the basil.



*Vinaigrette



Participants will be required to make their own vinaigrette from the ingredients provided. These ingredients will include:

- Oils: Extra Virgin Olive oil, soy, corn, walnut, and grape seed oils.
- Acids: Apple cider, rice, raspberry and malt vinegars also lemon and lime juice.

Please keep in mind two things in preparing your vinaigrette:

- A vinaigrette is composed of acid and oil or fat (that is liquid – i.e. hot bacon dressing) and sometimes some flavoring or seasoning agent i.e. mustard
- The concept of a 3:1 ratio of fat to acid depends on the ingredients. Commercial vinegars run from 3.5 – 7% acid. So the vinegar you use can change the amount of oil needed.



Maxwell Street-Style Pork Chops



Ingredients:

- 1 ea Julienne onions
- 1 ea Julienne green peppers
- 1 ea Julienne red peppers
- ½ cup Low sodium chicken broth
- 2 ea Pork chops
- 2T Olive Oil
- Salt and black pepper to taste

Method:

1. Brown the onions and peppers in olive oil and remove from the pan, keep warm.
2. Season and brown the pork chops in the same olive oil in the same pan. Cook until just done, remove them, and keep warm.
3. Add the onions and peppers back to the pan and sweat them, scraping any brown bits off the bottom of the pan.
4. Add the chicken broth and bring it to a boil, continue to scrape any brown bits off the bottom of the pan.
5. Reduce the broth so it glazes the vegetables.
6. Plate the Pork Chops, top with the onion mixture.



Roesti Potatoes



Ingredients:

- Idaho potatoes, peeled, and quartered.
- Butter, oil or butter substitute as needed
- 1T Fresh chives, minced
- Salt and White Pepper to taste

Method:

1. Cook potatoes in boiling salted water until almost done, peel & cool.
2. Using a grater, shred the potatoes, add chives and season.
3. Heat oil or butter in a non-stick pan. Press half of the potatoes in the pan to make a flat “pancake.”
4. Sauté in the pan for 6 – 8 minutes or until golden brown. Press the pancake flat with a spatula to encourage bonding and even browning.
5. Turn the pancake over and brown on the other side (5 – 6 minutes).
6. Turn out on a plate; hold warm for service. Repeat the process for more pancakes.



Fresh Fruit Tart



Ingredients:

Filling:

- App. ½ - 1 cups Pastry Cream*
- Various fruit - i.e:
 - 6 – 8 Strawberries
 - 1 large bunch Red seedless grapes
 - 2 – 3 Kiwi fruit

Crust:

- 12 oz Graham Cracker Crumbs
- ¾ cup Granulated Sugar
- ¼ tsp Cinnamon
- ¾ cup Melted whole butter
- 1T Heavy Cream

Method:

1. Combine the crust ingredients 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.

Note: The tart may be served as is or glazed.



*Pastry Cream (Vanilla Pudding)



Ingredients:

- 4T Flour
- 6 oz Granulated Sugar
- ½ ea Vanilla bean, split
- 1 pt Whole milk
- 6 ea Egg yolks
- 1 oz Unsalted butter

Method:

1. Sift the flour and sugar together.
2. Mix ¼ of the milk with the yolks to make them more liquid.
3. Heat the remaining milk with the vanilla bean in a saucepan until it scalds. You will know when it is scalded when a skin forms on top of the milk. **DO NOT LET THE MILK BOIL.**
4. Add the dry ingredients to the egg yolk mixture and whisk until smooth.
5. Stir the milk, a small amount at a time, to the yolk mixture to bring the temperature up slowly so the eggs don't scramble.
6. Allow the pastry cream to cook over medium heat (even boil **slightly**) until there is no more taste of flour. During this time the mixture can become lumpy, so stir enough to prevent this but not enough to cool it off. The mixture will be very thick.
7. Add the butter and stir it in.
8. Remove the pastry cream from the pan and remove the vanilla bean.
9. 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.

This pastry cream may be used as is, to fill a cake, as a component for another filling or as the base for a fruit tart.



Menu #3

Corn Chowder with Ham

Beef Stir-Fry

Rice Pilaf

Strawberry Napoleon Triangles



Corn Chowder with Ham



Ingredients: (8 oz serving size)

- 3 oz ham cut in small dice
- 1 oz butter or margarine
- 2T cup flour
- 1/8 teaspoon salt or to taste
- 1 pinch ground white pepper or to taste
- 8 oz chicken stock or canned chicken broth
- 1 ea potato, peeled and cut in medium dice
- 1/4 cup red bell pepper cut in small dice
- 1 ea sliced green onions
- ½ cup frozen whole kernel corn
- ½ cup half and half

Method:

1. Melt butter in large saucepan over medium heat. Stir in flour.
2. Add seasonings and chicken stock.
3. Cook and stir until mixture thickens and boils.
4. Stir in potatoes, peppers and onions.
5. Bring to a boil; reduce to a simmer.
6. Cook 10 - 15 minutes or until vegetables are tender. Stir frequently to prevent burning.
7. Stir in corn and ham.
8. Scald the half and half and strain into the soup.
9. Continue to cook until very hot but not boiling. Adjust seasoning and serve.

This can be served with garlic croutons, crusty bread, cheesy bread, etc.



Stir-Fry of Beef with Vegetables



Ingredients:

- 4 oz Broccoli
- 4 oz Green Bell Pepper
- 4 oz Fresh shitake mushrooms, stemmed and sliced (throw the stems out)
- 12 oz Flank Steak sliced thinly in 2 inch strips
- Vegetable oil as needed
- Sesame oil to taste
- Minced garlic to taste
- Minced ginger to taste
- 4 oz Oyster sauce or to taste

Method:

1. Cut the broccoli into small florets, peel and slice the stems. Cook it until it is just done. Stop the cooking by “shocking the broccoli in ice water, drain well. Cut the pepper into bite-size pieces about ½” wide and 1” long.
2. Stir-fry the steak in oil in the wok or a HOT sauté pan until it is nearly fully cooked, add the mushrooms, and cook one minute more. Add the peppers cook one minute more.
3. Add the garlic, ginger, sesame oil and oyster sauce. Toss and allow to cook for a minute.
4. Add the cooked Broccoli. Toss the ingredients together until the all is well mixed and hot.

Serve warm, rice is a very good accompaniment.



Rice Pilaf



Ingredients:

- ½ oz Whole butter
- 3 oz Onion, finely diced
- 3 oz (volume) Converted Rice
- 9 oz Hot Broth, Water or stock
- 1 ea Small bay leaf
- Salt and White Pepper to taste

Method:

1. Heat the butter in a saucepan, do not let it brown.
2. Add the onions and the bay leaf; sweat them until all are tender. Do not give them any color.
3. Add the rice and stir all until the rice is coated with the butter. Do not give the mixture any color.
4. Pour in the hot liquid and bring the mixture to a boil, reduce to a simmer. Season it to taste. Cover the pot tightly; foil will do if you do not have a lid. Place the pan in a 350°F oven for 15 – 20 minutes or until the rice is tender and all liquid is absorbed.
5. Remove the bay leaf and hold warm for service.

Note: It is always a good idea to let rice “rest” covered for 10 minutes after removal from the oven and before service and then “fluff it” with forks. Also – this rice can be molded in various ways for presentation.



Strawberry Napoleon Triangles



Ingredients: (2 servings)

- ½ ea Frozen Puff Pastry Sheet
- 2 tsp sugar
- ½ cup prepared pastry cream*
- ½ Chantilly cream *
- 1T strawberry jam or preserves
- ½ tsp water
- 1 cup sliced fresh strawberries

Method:

1. Thaw pastry sheets at room temperature 30 minutes. Preheat oven to 400°F.
2. Unfold pastry on lightly floured surface. Roll the sheet into 1 4- by 12-inch rectangle. Sprinkle the sheet with 1 tablespoon sugar. Place on baking sheet. Place a wire rack on top of pastry. Bake 15 minutes or until golden. Remove wire racks. Remove from baking sheet and cool on wire rack.
3. Cut pastry sheet crosswise diagonally forming an X; then cut in half lengthwise and crosswise, making 8 triangles in all.
4. In medium bowl gently fold pastry cream into whipped cream. Set aside. In a small saucepan over medium-high heat, heat fruit spread and water, stirring constantly; stir in the strawberries. Remove from heat.
5. Spread each of 2 pastry triangles with pastry cream and top with strawberries. Do this again. Then top with pastry triangles. You can decorate the tops as you wish. Serve with remaining strawberries.

***Chantilly Cream**

Ingredients:

- 1 pt Cold Heavy Cream
- 1.5 oz Powdered Sugar
- 1 t. Vanilla Extract

Method:

1. Whip the cream until it becomes thick and add the vanilla and sugar.
2. Whip to soft peaks.

*Pastry Cream (Vanilla Pudding)

Ingredients:

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- 1 pt Whole milk
- 6 ea Egg yolks
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