



Culinary Arts Level 3 (National Event) 2024 State Leadership Conference

Name of Participant: _____

Chapter: _____

Equipment Bin Directions	Equipment List
<ol style="list-style-type: none"> 1. All ingredients for this event will be provided. 1. Each participant must have their own equipment and bins, they cannot be shared between participants. 2. Equipment listed is suggested, not required. Items not listed on this list are not allowed and will be removed by the room consultant at the time of competition. 3. Equipment bins should be labeled on the top and both ends with the participant's name, school, and city. 4. Hair nets, aprons, and chef hats should not be packed in the equipment bin. They should be brought at the time of competition. 5. Ingredients will be collected at a common supply table and should not be combined or mixed until a participant is back to their kitchen station- mise en place. 6. At the conclusion of competition all items from the equipment bins and finished products should be taken with the participant from the competition room. 7. State Leadership Conference: All equipment bins should be dropped off in the Mangrove room at the Kalahari Convention Center on Monday, April 8th prior to the Opening Session. 	<ul style="list-style-type: none"> ● 2 Utility Trays/Sheet pans (approximately 12"x 18") to collect ingredients, mise en place ● NSF approved cutting board (no larger than 15"x20") ● Chef knife in protective sleeve ● Utility knife in protective sleeve ● Parking knife in protective sleeve ● Sharpening steel ● 1-quart mixing bowl ● 8-10" saute pan ● 12-14" saute pan ● 2-quart covered sauce pan ● Instant read meat thermometer ● Set of measuring spoons ● Set of dry measuring cups (1 cup, ½ cup, ⅓ cup, ¼ cup) ● 1 cup liquid measuring cup ● 2 cup liquid measuring cup ● Straight edge metal spatula for leveling ● Wire whisk or whips ● Turner ● Heat resistant rubber spatula/scrapper ● Basing spoon and/or wooden spoon ● 4 dinnerware forks ● 3 dinnerware knives ● 3 white dinner plates (10-12" in diameter) ● 2 4-ounce custard cups/sauce dishes ● 1 set salt and pepper shakers with covers ● Digital or manual timer ● 20 small paper or plastic cups for mise en place (4 ounce or larger) ● 2 pot holders ● 2 dishcloths ● 4 dish towels ● Digital or manual timer ● Spray bottle of food grade sanitizer (sealed in bag for transport) ● Roll parchment paper ● Roll of aluminum foil ● Small compost/waste bucket ● Pencil

Food Item #1
Braised Zucchini
Yield: 2 servings

Ingredients for Pastry

1 Tablespoon olive oil
1 clove garlic, crushed
½ medium onion, sliced
1 medium zucchini, cut as desired
¼ cup tomato, chopped
1-2 ounces vegetable stock
To taste: salt and pepper

Method

1. In a medium saute pan, saute onions and garlic until lightly caramelized and tender.
2. Add zucchini and saute until lightly colored. Add stock and simmer until zucchini is almost tender, approximately 2-3 minutes.
3. Add tomatoes and cook for approximately 2 additional minutes or until all vegetables are tender.
4. Adjust seasoning as necessary.

Food Item #2

Risotto

Yield: 2 servings

Ingredients

¼ cup Arborio rice
2 Tablespoons onion, brunoise
14 ounces chicken stock, seasoned
2 Tablespoons fresh parmesan cheese, grated
1 teaspoon fresh parsley, chopped
2 Tablespoons whole butter, cold
1 ½ Tablespoons olive oil
2 teaspoons white wine vinegar
To taste: salt and pepper

Method

1. Heat olive oil in pan and add onion to sweat until translucent.
2. Add rice and stir to coat with fat, cook for 2 minutes while stirring.
3. Add white wine vinegar and cook until vinegar is completely reduced.
4. Add 6 ounces of the chicken stock and simmer gently while stirring rice.
5. Simmer until rice has absorbed 70%-80% of the stock, stirring frequently.
6. Add 2 more ounces of stock and continue to stir frequently while cooking, being careful not to let the rice scorch or stick to the bottom of the pan.
7. Remove pan from heat and allow to rest for 8-10 minutes prior to serving.
8. Return pan to heat and stir in remaining stock and stir until rice is al dente and hot.
9. Remove from heat and stir in cheese, then parsley, then cold whole butter.
10. Taste and adjust seasoning.

Food Item #3 Italian Style Chicken Breast

Yield: 2 servings

Ingredients

2 skin-on chicken breasts (4-6 ounces each)
3 Tablespoons olive oil
1 Tablespoon onion, julienne
3 Tablespoons baby portabella mushrooms, sliced
1 Tablespoon pitted green olives, sliced
1 Tablespoon tomatoes, finely diced
2 teaspoons fresh lemon juice
2 Tablespoons all-purpose flour
10 ounces chicken stock
1 Tablespoon whole cold butter
1 teaspoon fresh parsley, chopped
½ teaspoon fresh garlic, chopped
½ teaspoon fresh oregano, chopped
¼ teaspoon lemon zest, finely chopped
To taste: salt and pepper
Optional: additional 2 Tablespoons olive oil

Method

1. Season chicken with salt and pepper, dredge in flour.
2. Heat seasoned saute pan, add cooking fat when pan is hot and place chicken breast on oil, skin side down. Shake pan to make sure chicken does not stick, turn down heat if the chicken browns too quickly.
3. Once skin side is golden brown, turn the breast over and brown bone side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built.
5. Add onions and mushrooms to the pan, saute until the vegetables just begin to soften, 1-2 minutes.
6. Add garlic and cook briefly without browning, deglaze with lemon juice and cook until lemon juice is completely reduced.
7. Ensure that there is 1 Tablespoon of olive oil left in pan, sprinkle remaining flour in pan and cook on moderate heat to achieve a white roux.
8. Whisk in chicken stock to make the pan gravy, turn heat down and simmer gently.
9. Return the chicken breasts to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce. Simmer gently until the breasts reach an internal temperature of 165 degrees fahrenheit.
10. Add the tomatoes to the pan, being careful not to get any on the skin side of the chicken. Heat very gently, maintaining the chicken temperature at 165 degrees for at least 3 minutes for food safety.
11. Carefully push the breasts to one side of the pan and stir in the parsley and oregano, without getting any sauce on the chicken breasts. Turn off the heat and stir in the cold butter and lemon zest.
12. For serving: Spoon 2 Tablespoons of sauce on each plate, arrange chicken breast on sauce and spoon 1 Tablespoon of sauce on the lower third of each breast. Plate with Risotto and Braised Zucchini.