

SOUTH DAKOTA
CULINARY ARTS
STAR EVENT GUIDE
2023—2024





South Dakota Culinary Arts STAR Event

South Dakota FCCLA has adopted a menu that will be used for the Culinary Arts STAR Event, a National Leadership Conference (NLC) qualifying event. This menu will be used for the 2024 State Leadership Conference. The rubric found in the **2023–2024 National STAR Events Guide** for the **Culinary Arts STAR Event** will be used for evaluating the preparation of the provided recipes.

Event Capacity and Eligibility

The Culinary Arts STAR Event is an individual event. Chapters will be able to submit up to two (2) individuals to compete in this event during the 2024 State Leadership Conference. Members must be Level 3 – see the STAR Event Guidelines for a full list of qualifications for this event.

National Qualifiers

The top participant during the State Leadership Conference that scores at least a 90% will qualify for the National Leadership Conference.

South Dakota Culinary STAR Event

*Pan Seared Airline Chicken Breast with Fines Herbes Sauce
Roasted Fingerling Potatoes
Sautéed Broccolini*

PROCEDURES & TIME REQUIREMENTS FOR STATE COMPETITION

COMPETITION: Participant will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan prepared on the published recipes and will be given a menu and all required recipes and ingredients.	
20 Minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check
20 Minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 20 minutes to organize work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. No products may be cut, peeled, sliced, etc.
60 Minutes	Participants will have 60 minutes to prepare required food products according to recipe specifications.
10 Minutes	After 60 minutes, participants will present two plates for evaluation of appearance, taste, and temperature.
15 Minutes	Participants will have 15 minutes to clean up their workstations and return unused food to the central station.
5 Minutes	Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement

SPECIFICATIONS

UNIFORM AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate uniform including professional chef attire (chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neckline. Minimal makeup, no cologne or nail polish. Acceptable graphics on the Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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SAFETY AND SANITATION

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety & Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after event within designated time period.
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FOOD PRODUCTION

Participants will have 60 minutes to prepare food products and garnish. Participants should be proficient in the preparation of a minimum of three food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage.
Timeline	Timeline is used and is accurate.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work efficiently and display organizational skills. Mise en place is well executed.

FOOD TASTE AND PRESENTATION

Each participant will prepare two identical plates that have been attractively garnished. The participant will present all plates for evaluation of appearance, taste, and temperature at the end of the 60-minute period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 60-minute time limit.

Plating and Presentation	Prepare two plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Maillard reaction is properly executed, as required by recipe.

Pan Seared Chicken with Fines Herbes Sauce

Yields 2 Servings

INGREDIENTS

2 skin on, airline chicken breast
kosher salt, as needed
black pepper, as needed
1/2 cup All-purpose flour, as needed
2 tablespoons vegetable oil
2 teaspoons minced shallots
1 cup chicken stock, divided
1/4 cup heavy cream
1 teaspoon finely chopped tarragon
1 teaspoon finely chopped flat-leaf parsley
1 teaspoon finely chopped chives

METHOD:

1. Season the chicken breasts with salt and pepper and dredge in the flour, shaking off any excess.
2. Heat the oil in a large sauté pan over medium-high heat. Add the chicken breasts and sauté on the first side until light golden. Turn the chicken over and continue to sauté until opaque and cooked through. Transfer to plate and cover loosely with aluminum foil to keep warm while preparing the sauce.
3. Add the shallots to pan and sauté until translucent, 1 to 2 minutes.
4. Add half of the chicken stock and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Continue cooking over medium-high heat until the liquid has nearly cooked away. Add the remaining broth, bring to a simmer, then add the cream and simmer until the mixture is flavorful and has reduced to a sauce-like consistency, about 5 minutes.
5. In a small bowl, combine the tarragon, parsley, chives, and chervil (the fines herbes). Add them to the sauce, and season with salt and pepper. Pour the sauce over the chicken and serve immediately.

Roasted Potatoes

Yields 2 Servings

INGREDIENTS

½ lb	fingerling potatoes, halved lengthwise
2 Tbsp	extra-virgin olive oil
TT	Kosher salt
TT	black pepper

METHOD:

Arrange racks in upper and lower thirds of oven; preheat to 425°. In a bowl, toss potatoes with 2 Tbsp. oil, season with salt and pepper and place on a rimmed baking sheet. Arrange cut side down and roast on lower rack until tender and cut sides are browned, 20–30 minutes.

Sautéed Broccolini

Yields 2 Servings

INGREDIENTS

½ lb	Broccolini, ends trimmed
2 Tbsp	unsalted butter
2	garlic cloves, minced
1 tsp	crushed red pepper
TT	salt
TT	black pepper
Juice of half a lemon	

METHOD:

Cook Broccolini in a 6-to-8-quart pot of boiling salted water until stems are crisp-tender, about 5 minutes, then remove and shock in an ice bath. Drain and set aside.

Heat 2 tablespoons butter in a 12-inch heavy skillet over medium heat, then sauté the garlic and crushed red pepper, stirring, until pale golden, about 30 seconds. Add the Broccolini, salt, pepper and cook, stirring, until heated through, about 2 minutes. Finish with lemon juice.

**SOUTH DAKOTA
FAMILY, CAREER AND COMMUNITY
LEADERS OF AMERICA**

103 WENONA HALL, BOX 507, SDSU, BROOKINGS, SD 57007

Phone: (605) 688-5757 SouthDakotaFCCLA@gmail.com

www.sdfccla.org

