



Culinary Arts Competition Texas Association Family, Career and Community Leaders of America

1. Sample menus will be posted and sent to each chapter registered to compete in Culinary Arts.
2. Items will be selected from the sample menus on the website and presented as a menu to the teams as a menu at each region. There will be a different menu used at each meeting.
3. On site, trays will be put together for each team. The trays will have supplies that are needed to complete the menus. Teams will not be required to use all items on the tray.
4. All teams will prepare chocolate mousse for their dessert. A sample recipe is provided but will not be given to the teams on-site.
5. A supply table will contain some items that will be accessible to all teams.
6. The final plates will be placed at an assigned location. The final plate presentation is important but evaluators will be focusing on the techniques used.
7. Sanitation will be evaluated during the competition.

Possible Techniques to Know for Texas FCCLA Culinary Arts Competition

Braise

Pan Fry

Sauté

Stew

Simple Pan Sauce

Veloute or Béchamel

Vinaigrette

Basic Knife Cuts (ex: brunoise, julienne, batonet, oblique...)

Emulsification

Pilaf

Toasting (in a pan)

Pan Roast (on burner- no oven)

**TEXAS ASSOCIATION
FAMILY, CAREER AND COMMUNITY LEADERS OF AMERICA**

**2016 FCCLA Sample Menus
CULINARY ARTS COMPETITION**

Menu 1

Caesar Salad, with Caesar Dressing, Croutons, and Fresh Shaved Parmesan Cheese

Sautéed Button Mushrooms with Garlic, Chicken Stock, and Fresh Parsley

Pan Roasted Chicken Breast with Chicken Veloute Sauce, Sautéed Green beans, and Mashed Potatoes

Chocolate Mousse

Menu 2

Mixed Greens Salad, Tomatoes, Shaved Red Onion, Sliced Cucumber, and Balsamic Vinaigrette

Tomato and Mozzarella Bruschetta with Fresh Basil and Olive Oil

Braised Chicken Thigh with Pan Sauce, Rice Pilaf, and Sautéed Zucchini Squash

Chocolate Mousse

Menu 3

Spinach Salad, with Shaved Red Onion, Cherry Tomatoes, Almonds, Feta, and Red Wine Vinaigrette

Pan Toasted Vegetable Quesadillas, with Sautéed Seasonal Vegetables, Monterrey Jack Cheese, and Garnished with Pico de Gallo

Pan Roasted Beef Shoulder Tender with Herb Compound Butter, Whipped Sweet Potatoes, and Sautéed Broccoli

Chocolate Mousse



Texas FCCLA Culinary Arts Equipment and Tool Requirements

For the Texas competition there is NOT a required equipment list. The sample techniques for regional and state competition are listed on the Texas FCCLA website. It is not necessary to bring these items to the Competitive Event Check-In.

The individual teams will be responsible for providing the following additional supplies:

- Two complete place settings using the following:
 - Solid white **round** 7" – 8" salad plates
 - Solid white 1 – 2 cup **round** bowls
 - Solid white **round** 10" – 11" dinner plates
 - Solid white **round** 4 oz – 8 oz dessert dishes
- Cleaning supplies such as sanitizer and detergent
- Hand sanitizer
- 2 double or 4 single portable propane burners
- One speed rack (pan rack) per team, optional

*Points will be taken off if round plates are not used.

FCCLA and the facility will only provide the following for the competition:

- Tablecloth for display
- Ice
- Water
- All food

The team advancing to the national competition will receive a required equipment list for the national competition. This list will be available on the FCCLA national website (www.fcclainc.org).

Sample Chocolate Mousse Recipe
(Recipe will not be provided for competition)*

Ingredients

2.5 oz	Bittersweet Chocolate
7 oz	Heavy Cream
2 ea	Egg Whites
0.5 oz	Sugar

Method

1. Place chocolate in a large bowl set over a double boiler (water should be at a low simmer). Stir chocolate until melted. Set aside.
2. Whip cream until it forms soft peaks. Set aside.
3. Whip egg to soft peaks. Add the sugar and continue whipping until whites reach firm peaks.
4. Remove the chocolate from the double boiler and fold in the egg whites.
5. Once the egg whites are almost completely incorporated, fold in the whipped cream.
6. Portion mousse and refrigerate.

*FYI: Each team will find chocolate mousse on their competition menus at region meetings, however, the recipe will not be provided. Technique and skill used in preparation of a chocolate mousse will be evaluated.