

2008 FCCLA Regional Menu

Wilted Spinach Salad with Warm Bacon Vinaigrette

Poached Chicken Breast Princess

Glazed Carrots

Roasted Potatoes with Garlic and Rosemary

“Perfectly Chocolate” Chocolate Chip Cookies

Wilted Spinach Salad with Warm Bacon Vinaigrette

Yield: 4 servings

Warm bacon vinaigrette

Bacon, diced	4 ounces
Shallots, minced	¾ ounces
Garlic cloves, mashed	1 each
Brown sugar	2 ounces
Cider vinegar	1 ½ ounces
Vegetable oil	3 fluid ounces
Salt	TT
Black peppercorns, cracked	½ teaspoon
Curly Leaf Spinach, stemmed, torn	12 ounces
Eggs, hard-boiled, chopped	2 each
Mushrooms, sliced	3 ounces
Red onion, sliced into thin rings	As needed
Croutons, prepared from baguette	As needed

** each team will be provided half a baguette

1. To make the vinaigrette: Render the bacon. Remove the diced bacon from the pan and reserve. Add the shallots and garlic to the bacon fat and sweat. Blend in the brown sugar to melt. Whisk the cider vinegar and then oil. Season to taste with salt and pepper. Bring to a simmer.
2. Add the spinach to the hot dressing; toss until just wilted. Transfer to a plate. Top with eggs, mushrooms, onion rings, croutons, and reserved bacon.

Recipe extracted from The New Professional Chef. 6th ed. Culinary Institute of America.

Poached Chicken Breast Princess

Yield: 24 servings

Boneless, skinless 6oz chicken breasts	24
Butter	As needed
Salt	As needed
White pepper	As needed
Lemon juice	¼ cup
Chicken stock, cold	1 ½ qt. approx.
Buerre manié:	
Butter, softened	3 ounces
Flour	3 ounces
Heavy cream, hot	2 ½ cups
Salt	As needed
Asparagus tips, cooked, hot	72

1. Select a baking pan just large enough to hold the chicken breasts in a single layer. Butter the inside of the pan.
2. Season the chicken breasts with salt and pepper. Place them in the pan, presentation side up.
3. Sprinkle with lemon juice and add enough chicken stock to barely cover the chicken.
4. Cover the chicken with a buttered piece of parchment or waxed paper.
5. Bring to a simmer on top of the stove. Finish poaching in a 325°F oven or over low heat on the stove. Cook until properly done.
6. Remove the chicken breasts from the liquid. Place them in a pan, cover, and keep them warm.
7. Reduce the poaching liquid over high heat to about 2 ½ pt.
8. Knead the butter and flour together to make a beurre manié.
9. With a wire whip, beat the beurre manié into the simmering stock to thicken it. Simmer a minute to cook out any starchy taste.
10. Add the hot cream to the sauce. Season to taste.
11. Place each chicken breast, well drained, on a plate and coat with 2 oz sauce. Garnish with 3 asparagus tips. Serve immediately.

Recipe modified from Professional Cooking, 3rd ed. Gisslen, Wayne.

Glazed Carrots

Yield: 25 servings

Carrots	6 ½ lbs
Water	As needed
Butter	5 ounces
Sugar	2 tablespoons
Salt	2 teaspoons
White pepper	As needed
Chopped parsley	As needed

1. Trim, peel, and slice the carrots.
2. Place them in a saucepan. Add water to barely cover the carrots. Add the butter, sugar, and salt.
3. Bring to a boil. Lower heat and simmer until the carrots are tender and the water is nearly evaporated. If done properly, these should happen at the same time. Toss the carrots so that they are well coated with the glaze that is left in the pan.
4. Garnish with chopped parsley.

Recipe extracted from Professional Cooking. 3rd ed. Gisslen, Wayne.

Roasted Potatoes with Garlic and Rosemary

Yield: 10 servings

Potatoes, Red Bliss, medium	2 ¼ lbs
Olive oil	1 fluid ounce
Garlic, minced	1 tablespoon
Fresh Rosemary leaves	1 tablespoon
Salt, to taste	1 teaspoon
Pepper, to taste	½ teaspoon

1. Scrub the potatoes and dry them thoroughly. Cut if necessary.
2. Combine oil, garlic, rosemary, salt, and pepper in a bowl. Roll the potatoes in this mixture until they are evenly coated.
3. Bake the potatoes on an oiled sheet pan until they are tender (can be easily pierced with a paring knife). Serve while very hot.

Recipe extracted from The New Professional Chef, 6th ed. Culinary Institute of America.

HERSHEY'S "Perfectly Chocolate" Chocolate Chip Cookies

Yield: approx. 3 to 5 doz.

All-purpose flour	2 ¼ cups
HERSHEY'S Cocoa	1/3 cup
Baking soda	1 teaspoon
Salt	½ teaspoon
Butter, softened	1 cup (2 sticks)
Granulated sugar	¾ cup
Packed light brown sugar	¾ cup
Vanilla extract	1 teaspoon
Eggs	2
HERSHEY'S Semi-Sweet Chocolate Chips	2 cups
Walnuts, chopped	1 cup

1. Heat oven to 375°F.
2. Stir together flour, cocoa, baking soda, and salt.
3. In electric mixer, beat butter, granulated sugar, brown sugar and vanilla on medium speed until creamy.
4. Add eggs; beat well.
5. Gradually add flour mixture, beating until well blended.
6. Stir in chocolate chips and nuts.
7. Portion the dough to appropriate size.
8. Bake 8 to 10 minutes or until set.
9. Cool slightly; remove from cookie sheet to wire rack.

Recipe modified from HERSHEY'S Bake Shoppe Cookies. Hershey Foods Corporation.