



CALIFORNIA FCCLA

2022-2023 Competitive Recognition Events

Culinary Arts STAR Events

Region Qualifying Competition Menu and Recipes

Menu

Asian Pan Roasted Chicken Breast

Edamame Succotash

Napa Cabbage Slaw

Asian Pan Roasted Chicken Breast

Asian Pan Roasted Chicken Breast on a bed of Edamame Succotash topped with a Napa Cabbage Slaw

Marinating Ingredients

¼ c. soy sauce
2 t. rice vinegar
¼ c. pineapple juice
2 T. sesame oil
2 T. minced garlic
2 T. minced ginger
¼ c. sugar

2-4 oz. chicken breasts
2 T. oil for cooking

Combine all marinating ingredients, add chicken and marinate for 15 minutes.

Heat sauté pan to medium. Add and heat oil. Add the chicken breasts. Cook for three to five minutes. Turn. Reduce heat. Cook to an internal temperature of 160°F.

Edamame Succotash

2 T. oil for cooking
2 oz. red pepper, diced
2 oz. red onion, diced
2 t. minced jalapeño pepper
2 t. minced garlic
4 oz. frozen corn kernels, thawed
2 t. minced ginger
6 oz. shelled edamame
2 t. chopped cilantro
⅛ t. salt

Heat sauté pan to medium high. Add oil, add peppers onion and garlic. Sauté two to three minutes. Add corn, ginger, and edamame. Sauté another two minutes. Add cilantro and salt.

Napa Cabbage Slaw

2 leaves of Napa cabbage

½ oz. carrots

½ oz. red pepper

½ oz. red onion

1 T. cilantro, chopped

1 T. sweet soy sauce

1 ½ t. rice vinegar

1 ½ t. sesame oil

1 T. sweet chili sauce

Fine julienne the Napa cabbage, carrots, red pepper and red onion.

Combine the sweet soy sauce, rice vinegar, sesame oil, and sweet chili sauce.

Toss the vegetables and cilantro with the slaw dressing. Keep chilled until served.

Asian Pan Roasted Chicken Breast Menu Equipment List

3 cutting boards
3 chef knives
paring knife
vegetable peeler
measuring spoons
1 cup liquid measuring cup
¼ cup dry measuring cup
portion cups
supply tray
2 sauté pans
2 tongs
wooden spoon
spoon
pot holders
instant read thermometer
timer
food service gloves
2 mixing bowls
scrap bucket or bin
sanitation bucket
towels
tasting spoons
2 plates for service