



## Garden Salad with Vinaigrette Dressing

**Culinary Skill Component:** Demonstrate a proper vinaigrette.

**2 Servings**

### **Amount**

*Vinaigrette*

4 Tbs.

2 Tbs.

½ tsp.

To Taste

### **Ingredient**

Olive Oil

Red Wine Vinegar

Minced Garlic

Salt and Pepper

### *Salad*

1 Cup

½ Cup

½ Cup

½ Cup

½ Cup

To Taste

Romaine and/or Summer Lettuces, bite sized pieces

Roma Tomatoes, medium diced

Cucumber, sliced

Carrot, julienned

Red Bell Pepper, medium diced

Optional, Cheese and Fresh or Dried Herbs

### **Method:**

1. Create the vinaigrette and add salt and pepper to taste.
2. Toss salad ingredients with vinaigrette.
3. Arrange salad and serve immediately.



## Rice Pilaf

**Culinary Skill Component:** Demonstrate a proper cooking method to prepare a rice or grain.

**2 Servings**

**Amount**

1-2 tsp.

1 cup

1/2

1 stalk

2 cups

To taste

¼ Cup

**Ingredient**

Extra virgin olive oil

Long-grain white rice

Small diced yellow onion

Celery, diced

Chicken Stock

Salt

Chopped flat leaf parsley

Method:

1. In a medium saucepan over medium-high heat, add oil. When the oil is hot, add rice and stir to coat. Brown the rice slightly.
2. Add onion and celery. Sauté until softened.
3. Add chicken stock and salt to season. Bring to a boil, then reduce to a simmer. Cover and cook for approximately 20 minutes, or until the stock has been absorbed. Remove from heat and let stand for a few minutes.
4. Remove cover, fluff with a fork, stir in chopped parsley and serve.



## Sautéed Breast of Chicken in Mustard Cream Sauce

**Culinary Skill Component:** Demonstrate proper sauté using a protein.

**2 Servings**

**Amount**

2 – four ounces each  
As needed  
2 ounces  
¼ Cup  
½ Cup  
2 Tbs.  
1 tsp.  
As needed

**Ingredient**

Skinless and boneless chicken breast  
All-purpose flour  
Vegetable Oil  
Chicken Broth  
Heavy Cream  
Dijon Mustard  
Dried Tarragon  
Salt and Pepper

**Method:**

1. Preheat a sauté pan on medium heat on top of the range.
2. Season the chicken breast and dredge in flour. Shake off excess chicken.
3. Add approximately 1 – 2 ounces of oil or clarified butter and allow it to heat until it simmers.
4. Sauté the chicken breast on each side until golden brown.
5. Remove from the sauté pan and keep warm.
6. Pour off the excess fat from the pan and return the pan to the range.
7. Pour chicken broth into hot skillet; cook, stirring until reduced by half, about 1 minute. Whisk in cream, mustard, and tarragon. Cook, whisking, until thickened, about 2 minutes.
8. Return the chicken breast to sauce and heat thoroughly. Adjust seasoning with salt and