

MS FCCLA
2020
Culinary Arts
Star Event
Menu

Puree of Cauliflower Soup with Curry

Ran Roasted Pork tenderloin with Whole Grain Mustard Sauce

Rice and Red Pepper Pilaf

Sautéed Cabbage

PUREE OF CAULIFLOWER SOUP WITH CURRY

Culinary Skill Component: Puree Soup

Yield: 4 servings

Ingredient	Amount
Olive oil	1 Tbsp
Onion, diced	½ cup
Parsnip, diced	¼ cup
Celery stalk, diced	¼ cup
Fresh ginger, minced	1 Tbsp
Curry powder	2 tsp.
Garlic clove, minced	1 ea
Cauliflower, florets	1 ½ cups
Chicken or vegetable broth	1 quart
Salt	as needed
Fresh ground black pepper	as needed
Chives, sliced fine	1 Tbsp.
Orange zest, grated	1 teaspoon

Method:

1. Heat the olive oil in a soup pot over medium heat. Add the onion, parsnip, celery, ginger, curry powder and garlic. Cook, stirring frequently, until the vegetables soften and the onion is translucent, 5-6 minutes.
2. Add the broth and cauliflower. Bring the broth to a simmer and cook until the cauliflower is tender enough to mash easily with a fork, about 20 minutes.
3. Strain the soup through a sieve, reserving the liquid. Puree the solids and return them to the pot. Add enough of the reserved liquid to achieve a soup consistency. Blend well. Return to a simmer.
4. Season with the salt and pepper. Garnish with the chives and orange zest. Serve in heated bowls.

PAN ROASTED PORK TENDERLOIN WITH WHOLE GRAIN MUSTARD SAUCE

Culinary Skill Component: Pan roasting/pan sauce

Yield: 2 portions

Ingredients	Amount
Olive or Vegetable Oil	1 Tbsp.
Pork tenderloin, trimmed	10 oz.
Salt	to taste
Pepper	to taste
Shallots, minced	1 tsp.
Dry sherry, madeira wine, or chicken stock/broth	1 oz.
Whole grain mustard	2 tsp.
Demi-glacé	4 oz.
Whole butter, diced	½ oz.
Salt	to taste
Pepper	to taste

Method:

1. Season pork with salt and pepper. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145 d. internal. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds.
3. Add wine to deglaze.
4. Add mustard and the demi-glacé and bring to a simmer. Reduce the heat again to low and swirl in the butter.
5. Check the seasoning on the sauce.
6. Slice the pork into six slices and plate accordingly. Ladle some sauce over the slices and serve with the appropriate accompaniments.

JASMINE OR BASMATI RICE AND RED PEPPER PILAF

Culinary Skill Component: Pilaf method for grain

Yield: 2-3 portions

Ingredient	Amount
Fat (butter, oil)	1 Tsp.
Onion, minced	¼ cup
Red pepper, med. diced	¼ cup
Jasmine or Basmati rice	1 cup
Chicken stock or broth	2 - 2 ½ cup
Butter	1 tsp.
Salt and pepper	TT

Method:

- 1- Heat a heavy gauge pot on medium heat and add the fat.
- 2- Sweat onion and red pepper in the fat until translucent.
- 3- Add rice; toast the rice lightly in the onion mixture.
- 4- Add stock or broth. Bring to a boil. Reduce to a very slow simmer and cook covered for approx. 20-25 minutes. Allow pot to remain at room temperature for 5 minutes.
- 5- Add butter and seasoning. Fluff with a fork and serve.

SAUTÉED SAVOY OR GREEN CABBAGE

Culinary Skill Component: Sautéed Vegetables

Yield: 2-3 portions

Ingredient	Amount
Olive or vegetable oil	2 tsp.
Onions, minced	1 Tbsp.
Savoy or green cabbage, cleaned and chiffonade	2 cups.
Chopped parsley	1 tsp.
Salt and pepper	TT

Method:

- 1- Heat oil in a small sauté pan. Add onions and sweat over moderate heat; cook until transparent.
- 2- Add cabbage and cook until tender, approximately 7-10 minutes.
- 3- Finish with parsley and seasoning.