



# 2022 Culinary Arts STAR Event and Menu Requirements



The Alabama Cattlemen's Association will be sponsoring this year's Alabama FCCLA Culinary Arts STAR Event

March 25-26, 2022

Jefferson State Community College Culinary and Hospitality Institute  
4600 Valleydale Rd, Birmingham, AL 35242

Please note the following:

- Each competitor will make two identical entrée plates: one for tasting judges and one for plating judges.
- Entrée will consist of protein, starch, and vegetable.
- Alabama Cattlemen's Association will be providing *petite sirloin* for the event. Competitors can choose how to prepare protein as well as choice of starch and vegetable.
- All other ingredients will be provided by the competitor.
- Each competitor will showcase choice of three cuts from the list below:
  - Mince
  - Chiffonade
  - Bias cut
  - Small dice
  - Slice/thin slice
  - Concasse
  - Julienne
  - Battonet
  - Brunoise
- Each competitor will showcase choice of three cooking techniques from the list below:
  - Simmer
  - Sweating
  - Braising
  - Pan Sear
  - Boiling
  - Pan Sauce
  - Sauté
  - Frying
  - Reduction
- Jefferson State Community College (JSCC) will provide large equipment: gas range/oven, workstation with refrigerator, and plates.
- Competitor is responsible for bringing all equipment not supplied by JSCC. Standard industry equipment only: no glass, wooden spoons or cutting boards, etc.
- Staple ingredients (i.e., dry ingredients, seasonings, oils, etc.) may be pre-measured prior to event.
- All perishable items must be stored at proper temperature.
- The top 3 competitors will advance to National STAR Events in San Diego, CA. National FCCLA may require an exam from the American Culinary Federation to qualify for the skills demonstration event in San Diego, CA.

How the event will run:

- The event is scheduled for two days. Competitors from the same school will be placed on the same day, if possible, to help eliminate the need for overnight stays. Event times will be scheduled as registrations are made through the SLC portal. Final schedule will be available one week prior to the scheduled event.
- Each chapter may submit 3 individual entries.
- At this time, there is not a test scheduled at the state level. The state reserves the right to implement a test to qualify, if needed, to manage the number of registrants.