



# 2023 Culinary Arts STAR Event and Menu Requirements

February 24-25, 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. Recipes follow information page of this document.
- All ingredients will be provided by the competitor.
- 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 the National STAR Events in Denver, CO. National FCCLA will offer an exam from the American Culinary Federation to qualify to qualify certification through the ACF.

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. Due to space, there is a limit of 36 competitors. To offer the opportunity to the most programs, we will schedule two per school until filled or the deadline. The remaining spots will be filled with students on the waiting list in the following order: first registered, first scheduled. If the 3<sup>rd</sup> student does not get placed in a spot, they can serve as an alternate if one of the other students from their school cannot compete.
- 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.



# 2023 Culinary Arts STAR Event and Menu Requirements

## Alabama White Sauce Grilled Chicken

### **Dry Rub Ingredients:**

- 28 g smoked paprika
- 28 g brown sugar
- 22 g garlic powder
- 27 g salt
- 6 g onion powder
- 18 g ground black pepper
- 1 g dried parsley
- 7 g chipotle powder (optional)

### **For the white sauce Ingredients:**

- 58 g mayonnaise
- 15 g buttermilk
- 14 g vinegar
- 7 g prepared yellow mustard
- 1/4 t ground pepper
- 1/8 t salt
- 1/8 t sugar
- 1/8 t garlic salt

### **For the chicken:**

- 1-pound boneless skinless chicken breasts
- 55 g barbecue dry rub

### METHOD

#### Dry Rub:

1. Combine everything in a small bowl and stir well.
2. Store tightly covered in a container.
3. Apply liberally to pork, chicken, and beef before grilling.

#### White Sauce and Chicken:

1. To prepare the white sauce, combine all the ingredients in a bowl or mason jar. Stir to combine and refrigerate for at least 30 minutes before using.
2. To make the chicken, preheat the grill/griddle to 400 degrees.
3. Coat the chicken in the barbecue dry rub. Place the chicken on the grill and cook for 3 minutes.
4. Turn and brush with the white sauce. Cook for 3 more minutes. Turn and brush with the sauce again.
5. Continue turning and coating every 3 minutes until the chicken is cooked through, about 10 minutes total.
6. Serve as desired.



# 2023 Culinary Arts STAR Event and Menu Requirements

## Rice Pilaf

### INGREDIENTS:

7 g oil, butter, or other fat  
13 g onions, small dice  
112 g long-grain rice  
237 g white stock  
½ bay leaf  
Salt and pepper to taste

### METHOD:

1. Heat oil, butter, or other fat. Add onions and sweat.
2. Add rice, and sauté for 3 to 5 minutes, making sure to coat well.
3. Add stock and bay leaf. Bring to boil, lower heat, and simmer for 15-20 minutes.
4. Remove bay leaf and adjust seasoning with salt and pepper.

Allowable variations: (It is the competitor's responsibility to adjust amount of liquid and/or cooking time if using allowable substitute for rice).

Brown Rice

Wild Rice

Cauliflower Rice

Recipe from Foundations of Restaurant Management and Culinary Arts, 1<sup>st</sup> Edition, Level 1



## 2023 Culinary Arts STAR Event and Menu Requirements

### Green Beans with Bacon, Shallots, and Mushrooms

#### INGREDIENTS:

30 g bacon, julienne

6 g shallots, minced

302 g green beans, fresh, trimmed

55 g mushrooms, fresh, sliced

Salt and pepper to taste

#### METHOD:

1. Sauté the bacon until partially cooked. Add shallots and cook until translucent.
2. Add green beans and sauté until al dente.
3. Add the mushrooms and cook until tender, about 2 to 3 minutes.
4. Adjust seasoning with salt and pepper.

#### Variation:

If you want softer beans, add 30 g white stock to the pan and cover during step 2.

Recipe from Foundations of Restaurant Management and Culinary Arts, 1<sup>st</sup> Edition, Level 1