



2024 Culinary Arts STAR Event and Menu Requirements



February 2-3, 2024

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 are provided in this document. Competitors should use the recipe as a guide but may make slight alterations to make it their own.
- 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 National STAR Events in Seattle, WA. The National FCCLA may require an exam from the American Culinary Federation to qualify for participation in the National event if space is limited.

How the event will run:

- The event is scheduled for two days if needed to accommodate the number of participants. We will fill Friday first, then move to Saturday if needed. 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. All registrations for Culinary Arts are due by January 19, 2024. The final schedule will be available no later than 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.

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Entrée Marinated Skirt Steak

- 340-450 grams skirt steak (3/4-1 pound)
- 30 milliliters (2 tablespoons) soy sauce
- 30 milliliters (2 tablespoons) olive oil
- 1 clove garlic, minced
- 7 grams (about 1/2 tablespoon) brown sugar
- 1 gram (about 1/2 teaspoon) paprika
- Salt and black pepper to taste

1. Preheat your grill to medium-high heat.
2. In a bowl, whisk together the soy sauce, olive oil, minced garlic, brown sugar, paprika, a pinch of salt, and black pepper to create the marinade.
3. Place the skirt steak in a shallow dish or resealable plastic bag. Pour the marinade over the steak, ensuring it's fully coated. Let it marinate at room temperature for 20-30 minutes while the grill heats up.
4. Remove the steak from the marinade and discard the excess marinade.
5. Grill the skirt steak for approximately 3-5 minutes per side, depending on desired doneness (aim for medium-rare).
6. Once cooked to your preference, remove the steak from the grill and let it rest for a few minutes before slicing.

Starch

Alabama Spinach and Mushroom Risotto

- 1/2 cup Arborio rice ≈ 100 grams
- 1.5 cups chicken or vegetable broth ≈ 355 grams
- 1/4 cup white wine ≈ 60 grams
- 1/2 cup fresh mushrooms, sliced ≈ 50 grams
- 1/2 cup fresh spinach ≈ 30 grams
- 1/4 cup diced onion ≈ 40 grams
- 1 clove garlic, minced ≈ 3-4 grams
- 1 tablespoon olive oil ≈ 14 grams
- 1 tablespoon butter ≈ 14 grams
- 2 tablespoons grated Parmesan cheese ≈ 10-12 grams
- Salt and freshly ground black pepper to taste (varies)
- Chopped fresh parsley for garnish (as desired)

1. In a large saucepan, bring the chicken or vegetable broth to a simmer and keep it warm.
2. In a separate pan, heat the olive oil and melt 1 tablespoon of butter over medium heat. Add the diced onion and sauté until translucent.
3. Add the sliced mushrooms and minced garlic to the pan. Sauté until the mushrooms are browned and the liquid is mostly evaporated.
4. Stir in the Arborio rice and cook for a couple of minutes until it becomes translucent.
5. Pour in the white wine and cook until it's mostly absorbed by the rice.
6. Begin adding the warm broth, one ladle at a time, stirring constantly and allowing the liquid to be absorbed before adding more. Continue this process until the rice is creamy and al dente.
7. Stir in the fresh spinach and cook until it's wilted.
8. Add the remaining tablespoon of butter and the grated Parmesan cheese to the risotto. Stir until the cheese and butter are melted and the risotto is creamy.
9. Season the risotto with salt and freshly ground black pepper to taste.
10. Garnish with chopped fresh parsley and serve your Alabama Spinach and Mushroom Risotto as a delicious side dish.

Vegetable Pan Seared Asparagus with Lemon and Parmesan

- 225 grams fresh asparagus (1/2 lb)
- 15 milliliters (1 tablespoon) olive oil
- Zest of 1/2 lemon
- 15 milliliters (1 tablespoon) freshly squeezed lemon juice
- 15-20 grams grated Parmesan cheese (adjust to preference)
- Salt and freshly ground black pepper to taste

1. Trim the tough ends off the asparagus spears.
2. Heat a large skillet over medium-high heat and add the olive oil.
3. Add the trimmed asparagus to the skillet, spreading it out in a single layer.
4. Sauté the asparagus for about 5-7 minutes, turning occasionally, until it's tender and slightly crispy. You can cover the skillet with a lid for a few minutes to help the asparagus cook through.
5. In the last minute of cooking, add the lemon zest and lemon juice to the skillet, and toss the asparagus to coat it evenly with the lemony flavors.
6. Remove the skillet from the heat, and immediately sprinkle the grated Parmesan cheese over the hot asparagus.
7. Season with salt and freshly ground black pepper to taste.