



2024 Culinary Arts STAR Event and Menu Requirements

February 7-8, 2025

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.
 - **Competitors may add or substitute up to 5 ingredients** for the entire plate but must keep the concept/idea/spirit of the original recipe.
- All ingredients, except the catfish, will be provided by the competitor.
- The catfish will be supplied by the Alabama Farmers Federation.
- 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.
- Competitor may bring their own plates, ramekins, etc. if desired.
- 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 Orlando, FL. 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 20, 2025. 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.

Blackened Catfish with Seafood Etouffee

Yield: 2 servings

Ingredients

- 1/4 cup (1/2 stick) unsalted butter, melted
- 2 catfish fillets (about 1/4 pound)

Blackening Seasoning:

- 1 tablespoon paprika
- 1 teaspoons Creole or Cajun seasoning
- 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano

For the Etouffee:

- 1/8 cup (1/4 stick) unsalted butter
- 1/8 cup all-purpose flour
- 1/2 cup diced onion
- 1/4 cup diced green bell pepper
- 1/8 cup diced celery
- 1 teaspoon minced garlic
- 1 cup seafood or chicken stock/broth
- 1/8 teaspoon freshly cracked black pepper
- 1/8 teaspoon Creole or Cajun seasoning
- 1/8-pound crawfish tails or shrimp
- 1/4 tablespoon chopped fresh parsley
- 1 T sliced green onion

Instructions

1. Combine the blackening seasonings; set aside. (This can be done prior to competition and brought with you)
2. Prepare the etouffee first by melting 1/2 stick of butter in a large skillet over medium heat and stir in the flour; cook and stir for about 4 minutes or until caramel colored.
3. Add the onion, bell pepper and celery; cook another 3-4 minutes or until tender, add the garlic and cook another minute.

4. Slowly stir in the stock or broth until fully incorporated. Add the pepper and Cajun seasoning. Bring mixture to a boil; reduce heat to a medium low simmer, cover and simmer for 15 minutes, stirring occasionally.
5. Add the crawfish tails, cook and stir until crawfish is heated through; stir in the parsley and green onion, reserving a bit for garnish. Hold over a very low simmer.
6. Meanwhile, preheat grill and cast-iron skillet over the highest setting, until skillet appears ashy, about 10 minutes.
7. Brush catfish fillets with melted butter on both sides and coat with blackening seasoning, pressing seasoning into fish.
8. Place 2 fillets presentation side down and cover top of fillet with melted butter, allow to cook for about 4 minutes, or until charred on the underside.
9. With a wide fish spatula, carefully turn fish, and top with additional melted butter, cooking until the underside is nicely charred. Finish in the oven (around 350°) until the fish is flakey (time will vary depending on the thickness of the fillet).

Based on a recipe from [Deep South Dish: Recipe Finder](#).

Creamy Parmesan Grits

2 servings

Ingredients:

1 teaspoon kosher salt
½ c. stone-ground grits
1/8 c. freshly grated Parmesan Cheese
4 teaspoons butter
1 tablespoon heavy cream

Directions:

1. Bring salt and 2 c. water (or to package directions) to a boil in a medium saucepan over high heat.
2. Whisk in grits, and cook, whisking constantly, 45 seconds.
3. Return mixture to a boil. Cover, reduce heat to medium-low, and cook 20 minutes or until grits are tender and liquid is absorbed.
4. Stir in cheese and butter.
5. Stir in cream and serve immediately.

You may substitute polenta or rice, but you are responsible for figuring cooking time differences.

Recipe from [Creamy Parmesan Grits Recipe \(southernliving.com\)](https://southernliving.com/recipes/creamy-parmesan-grits-recipe).

Apple Coleslaw

2 servings

Ingredients

- 1/8 cup slivered almonds
- 1/4 small head of green cabbage, shredded (about 2 cups)
- 1/2 large carrots, julienned
- 1/2 large apples, julienned (choice of apple variety)
- 1/8 cup green onion, sliced
- 1/8 cup raisins
- 1 T parsley, very finely minced

For the dressing:

- 2 T fat-free plain Greek yogurt
- 2 T mayonnaise
- 3/4 T Dijon mustard
- 2 1/2 t. apple cider vinegar
- 1 1/2 t honey
- 2 T tsp poppy seeds
- dash salt

Instructions

1. Heat your oven to 350 degrees F. Spread the almonds in a small pan and cook until lightly browned and toasted, about 5-7 minutes. This must be completed at competition. You may not bring toasted almonds.
2. In a large bowl, stir together all the salad ingredients.
3. In a medium bowl, whisk all the dressing ingredients together.
4. Pour the dressing over the salad and toss to coat.

Recipe from [Apple Coleslaw - Food Faith Fitness](#)