2027 Culinary Arts STAR Event and Menu Requirements

February 12-13, 2027

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. Recipes include Alabama produced products when possible and recipes by Alabama chefs. As much as you can, please use products produced or grown in Alabama.
    - 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 menu but must keep the concept/idea/spirit of the original recipe.
- 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 Washington D.C. The National FCCLA may require an exam from the American Culinary Federation to qualify for participation in the National event if space is limited.
- Thanks to Coastal Community College Culinary Arts for developing and testing the recipes.

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 15, 2026. The final schedule will be available no later than one week prior to the scheduled event.
- Each chapter may submit 3 individual entries, 2 spots guaranteed until all spots are full, 3rd will be put on a waiting list for remaining spots if there are any left on January 15. If the third person is not able to be scheduled to participate, their registration may be changed to conference attendee without STAR Event (no STAR Event charge) or canceled or and not incur a fee.
- 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
Stuffed Chicken Breast

2 servings

4 oz spinach, stems removed
1 oz sundried tomatoes, chopped fine
1 oz goat cheese
1 egg white, beaten
Salt and pepper
2 airline chicken breasts
1 oz clarified butter

Method:

- Heat oven to 350°F.
- Blanch spinach, squeeze all juice out, then chop fine.
- Mix spinach with goat cheese, sundried tomato, a little salt and pepper, and egg white.
- Place stuffing under the skin of each chicken breast.
- Season the chicken with salt and pepper.
- Heat butter in a sauté pan and sear chicken breast until browned on both sides.
- Remove from the pan, place onto an oven safe pan, and finish in oven.

Starch
Mashed Yukon Gold Potatoes

2 servings

1 lb Yukon potatoes, peeled
2 oz butter
2 T heavy cream
2 oz cream cheese
1 ½ tsp kosher salt
¼ tsp white pepper
¼ c parmesan cheese, grated

Method:

- Boil potatoes in salted water until done.
- Drain water from the potatoes and add the butter and cream cheese to the potatoes.
- Mash until well incorporated, then stir in remaining ingredients. Adjust seasoning as needed.

Vegetable
Stewed Green Beans

2 servings

1 T clarified butter
8 oz green beans, trimmed
1 c cherry tomatoes, split in half
1 garlic clove, minced
1 shallot, fine julienne
1 T all-purpose flour
¼ tsp dry thyme
½ tsp paprika
2 c chicken stock
2 T whole Butter
Salt and pepper as needed

Method:

- In the pan that you seared the chicken in, add the clarified butter and heat over medium heat.
- Add green beans, shallot, and cherry tomatoes and sauté until the shallots are translucent.
- Add garlic and heat until fragrant.
- Stir in flour, thyme, and paprika and cook until the flour smells nutty.
- Add chicken stock and simmer until thickened.
- Take off the heat, stir in butter, and adjust seasoning. Serve with chicken and mashed potatoes.