



SkillsUSA

I L L I N O I S

2017 Culinary Arts Menu

Menu

Caesar Salad with Lemon Pepper Shrimp

Garlic & Herb Roasted Chicken

Potato & Parsnip Puree

**Braised Broccoli with Onions
Carrot Battonet**

Cheesecake Mousse with Berries

Caesar Salad with Lemon Pepper Shrimp (page 1 of 2)

Ingredients:

¼ cup pasteurized egg product
1 clove garlic, minced
1 ½ teaspoons anchovy paste
1 teaspoon Dijon mustard
¼ teaspoon Worcestershire sauce
2 tablespoons lemon juice
3 tablespoons olive oil
¼ cup finely grated Parmesan cheese
Salt and pepper
8 cups coarsely chopped romaine lettuce
2 cups croutons, recipe follows
10 to 12 Lemon Pepper Shrimp

Method:

- In a small bowl, whisk together the egg product, garlic, anchovy paste, mustard, Worcestershire sauce and lemon juice, allow to sit for 2 minutes. Slowly add the olive oil in a steady stream, whisking the whole time. Stir in the Parmesan and season with salt and pepper.
- In a large bowl, toss the dressing with the lettuce until well coated. Garnish with croutons and shrimp.

Caesar Salad with Lemon Pepper Shrimp (page 2of2)

Croutons:

8 slices white bread, crust removed
1 teaspoon olive oil
1 clove garlic
salt

Method:

- Preheat oven to 325°F. Using a pastry brush, lightly brush both sides of the bread with oil.
- Cut the garlic in half and rub it on both sides of the bread and sprinkle with salt.
- Cut the bread into cubes and spread onto a baking sheet. Bake until bread is crispy and golden brown, turning once or twice, about 10 minutes.

Lemon Pepper Shrimp:

½# Shrimp (size 21/25), peeled and deveined
1 teaspoon olive oil
¼ teaspoon salt
½ teaspoon ground black pepper
2 tablespoons lemon juice

Method:

- Toss shrimp in oil, salt and black pepper.
- Heat a sauté pan with 1 tablespoon olive oil and sauté shrimp until cooked through out.
- Drizzle with lemon juice.

Assemble: Toss lettuce with dressing right before serving and garnish with croutons and 5 shrimp.

Garlic & Herb Roasted Chicken with Juice

Ingredients:

- 2 tablespoons butter, softened
- 5 garlic cloves, 1 minced
- ½ teaspoon minced rosemary
- 2 sprigs rosemary
- ½ teaspoon minced thyme
- 2 sprigs thyme
- Salt and pepper
- One 2 ½# pound chicken
- 1 large onion, large dice
- 1-2 cup chicken stock or broth

Method:

- Preheat oven to 425°F. In a bowl combine the butter and minced garlic and herbs and season with salt and pepper.
- Wash and pat the chicken dry. Rub half of the herb butter between the skin and breast, and the rest all over the outside of the chicken.
- Scatter the onions, garlic cloves and herb sprigs in an appropriate metal size pan for one chicken. Set the chicken breast-side up on top of the vegetables.
- Once vegetables and chicken are nicely browned but not burned, add ½ cup of chicken stock. Using tongs, turn the chicken breast-side down and roast for 10 minutes longer.
- Using tongs, turn the chicken breast-side up.
- Add another ½ cup of chicken stock. Onions and chicken should be moist at all times. If they start to dry out add water, just to moisten. Do not let the vegetables burn!
- Cook until thermometer reads 165°F by inserting in the inner thigh. Once done, tilt the chicken to drain the cavity juices into the pan and set aside covered in foil to keep warm.
- Place pan on top of stovetop on medium heat. If necessary add enough water to just cover the bottom of the pan. Bring to a simmer for 10 minutes scrapping the bits off the bottom of the pan. Strain.
- Cut the chicken into 8 pieces and serve one appropriate portion with juice and sides.

Potato and Parsnip Puree

Ingredients:

- 2 pounds Idaho potatoes
- 1 pounds parsnips
- 1/2 cup cream, or as needed
- 2 tablespoons butter
- Salt and white pepper

Method:

- Peel and cut the potatoes and parsnips into even sized pieces. Put them into a large pot, cover them with cold salted water.
- Bring to a boil and simmer until the vegetables are fork tender.
- Heat the cream and butter in a separate pan over low heat.
- When the vegetables are done, drain. Put the vegetables back into the pot and mash them with a potato masher while still warm.
- Add the warm cream a little at a time and beat until fluffy.
- Season with salt and white pepper.

Braised Broccoli with Onions and Carrot Batonnet

Hash:

- 1 hd broccoli
- 2 tablespoons olive oil
- 1 c onion, cut into ½ inch dice
- 3 cloves garlic, minced
- Salt and pepper
- 1 tablespoon butter, softened

Method:

- Cut stalks off the broccoli and peel the skin off. Chop stalks into ½ inch pieces, and set aside in a small bowl. Chop florets into ½ inch pieces, and set aside in another small bowl.
- Heat olive oil in a sauté pan. Add onion and garlic, and cook until softened. Add chopped broccoli stalks and ¼ cup water. Cook until stalks soften, about 3 minutes, adding more water if pan gets dry. Add chopped florets and cook, stirring, until tender and bright green.
- Drain off water and toss with butter. Season with salt and pepper.

Carrot Batonnet:

- 1 pound carrots
- 2 T olive oil
- Salt and pepper

Method:

- Cut carrots into batonnet size.
- Cook in boiling water until al dente
- Chill in ice bath
- Sauté in olive oil and season with salt and pepper at time of service. Serve with braised broccoli.

Cheesecake Mousse with Berries

Ingredients:

8oz Cream Cheese, softened
1 tablespoon lemon juice
1/3 cup Sugar
8oz Heavy Cream

Method:

- Mix cream cheese, lemon juice and sugar together until smooth.
- Whip cream in separate bowl with a whisk until stiff peaks.
- Fold cream into the cream cheese mixture until well combined. Refrigerate.

Berries

Combine blueberries and cut up strawberries, sprinkle with sugar and let set for 10 minutes.

Pipe or spoon mousse into cocktail glasses or onto a dessert dish and top with berry mixture.