



FCCLA®
ARIZONA



Arizona Culinary Arts STAR Event

Arizona FCCLA has adopted its own menu that will be used for the Culinary Arts STAR Event, a National Leadership Conference (NLC) qualifying event. This menu will be used for the 2026 State Leadership Conference. The rubric found in STAR Events Guidelines for the Culinary Arts STAR Event will be used for evaluating the preparation of the provided recipes.

Event Capacity and Eligibility The Culinary Arts STAR Event is an individual event. Chapters will be able to submit up to two (2) individuals to compete in this event during the 2026 State Leadership Conference. Members must be Level 3 – see the STAR Event Guidelines for a full list of qualifications for this event.

National Qualifiers The top three (3) participants scoring an 80% or higher at the State Leadership Conference will qualify to compete at the National Leadership Conference.

Arizona Culinary STAR Event Menu

***Seared Chicken Breast with Lemon Pan Sauce
Confetti Rice Pilaf
Garlic Green Beans***

Suggested Equipment List for Culinary Arts This is a *suggested* list and not an *exclusive* list. Students should be prepared to bring any reasonable small piece of equipment they would need to produce the given menu. Items students should bring include, but are not limited to:

- Side towels
- Hot pad(s) / pot holder(s)
- Measuring utensils (dry / liquid / spoons)
- Standard knives (French, paring, utility/boning)
- 1/2 sheet pan for mise en place
- 2 Medium (10") sauté pans
- 1/4 sheet pan or pie pan – if sauté pan is not oven safe
- Tongs
- Solid kitchen / serving spoon
- Medium saucepan with lid
- Medium/Large saucepan for blanching
- Medium bowl
- Colander / Strainer
- Assorted prep / deli containers

Plain white round plates will be provided for presenting finished entrees.

Seared Chicken Breast with Lemon Pan Sauce

Chicken

2 Skin on airline breasts (frenched)
canola oil salt pepper

Sauce

1 small shallot, finely minced
1 clove garlic, finely minced
1 tsp. chopped fresh thyme
1 tsp. chopped fresh tarragon
2 tsp. chopped parsley
2 tbs. fresh lemon juice
6 oz. double strength chicken stock, plus extra as needed
4 tbs. (or 2 oz.) glace de volaille (chicken glace)
2 tbs. unsalted butter, chilled and cut into small cubes Salt and
black pepper to taste

Chicken

French both wing bones and season both sides of both breasts with salt and pepper. Preheat sauté pan, add oil, and sear both breasts skin side down. Turn chicken over and finish in the oven. Allow chicken to rest while the sauce is prepared.

Sauce

In the sauté pan used for the chicken sweat the shallot and garlic until aromatic. Deglaze the pan with lemon juice and 3 oz of the double stock then reduce to au sec. Add the remaining 3 oz of stock, any accumulated juices from the resting chicken as well as the glace, reduce by half and season with salt and pepper. Finish with fresh herbs and butter.

Confetti Rice Pilaf

2 Tbs. unsalted butter
¼ cup onion, small dice
¼ cup carrot, small dice
¼ cup red bell pepper, small dice
1 bay leaf
1 cup long grain white rice
1 ½ - 2 cups chicken stock
salt/pepper

In a medium saucepan, melt 2 Tbsp. of unsalted butter and begin cooking the onion, carrot and bell pepper over medium-high heat until soft and onion is translucent. Season with salt and pepper. Add 1 cup long-grain white rice, cook, stirring, until the grains are well-coated and some look translucent and the whole mixture smells toasty, about 3 minutes. Add 1½ cups chicken stock, bay leaf and season with salt and pepper. Bring to a boil and reduce to a bare simmer. Cover and cook until liquid has been absorbed, 12–15 minutes. Let it rest, remove from heat and fluff the rice with a fork. Keep warm until ready to plate.

Garlic Green Beans

½ pound green beans, trimmed
2 garlic cloves
2 tbs. unsalted butter salt pepper

Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6 to 7 minutes. Drain in a colander, then shock in an ice bath. Drain beans and pat dry. While beans cook, mince and mash garlic to a paste with a pinch of salt. Just before plating, melt butter in a sauté pan, add garlic paste and green beans, sauté until warm. Season with salt and pepper.



CULINARY ARTS

Time Management Plan

(This is is an optional planning tool)

Name of Member _____ State _____

[illegible]

Culinary Arts Time Management Plan (continued)

[illegible]

ARIZONA FAMILY, CAREER AND COMMUNITY LEADERS OF AMERICA

1535 W Jefferson St, Bin 42, Phoenix, AZ 85007

Phone: (602) 542-3040 | azfccla.org

