



**NEBRASKA**  
STATE ASSOCIATION

**2023 State Competition**  
**Culinary Arts Menu**

## **Pan Seared Chicken with Fines Herbes Sauce**

2 skin on, airline chicken breast  
kosher salt, as needed  
black pepper, as needed  
1/2 cup all-purpose flour, as needed  
2 tablespoons vegetable oil  
2 teaspoons minced shallots  
1 cup chicken stock, divided  
1/4 cup heavy cream  
1 teaspoon finely chopped tarragon  
1 teaspoon finely chopped flat-leaf parsley  
1 teaspoon finely chopped chives

Season the chicken breasts with salt and pepper and dredge in the flour, shaking off any excess.

Heat the oil in a large sauté pan over medium-high heat. Add the chicken breasts and sauté on the first side until light golden. Turn the chicken over and continue to sauté until opaque and cooked through. Transfer to plate and cover loosely with aluminum foil to keep warm while preparing the sauce.

Add the shallots to pan and sauté until translucent, 1 to 2 minutes.

Add half of the chicken stock and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Continue cooking over medium-high heat until the liquid has nearly cooked away. Add the remaining broth, bring to a simmer, then add the cream and simmer until the mixture is flavorful and has reduced to a sauce-like consistency, about 5 minutes.

In a small bowl, combine the tarragon, parsley, chives, and chervil (the fines herbes). Add them to the sauce, and season with salt and pepper. Pour the sauce over the chicken and serve immediately.

## 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 (*we will be providing Converted Parboiled Long Grain Rice*)

1 pint 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 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.

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 small garlic cloves

2 Tbs. unsalted butter

salt

pepper

Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until crisp-tender.

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