



NEBRASKA
STATE ASSOCIATION

2024 State Competition
Culinary Arts Meu

Chicken Piccata

2	large skinless, boneless chicken breasts
TT	Kosher salt
½ cup	all-purpose flour
3 Tbsp.	extra-virgin olive oil, divided
4	garlic cloves, smashed
½ cup	chicken stock
1 ½ Tbsp.	drained capers, coarsely chopped
6 Tbsp.	unsalted butter, cut into pieces
3 Tbsp.	fresh lemon juice
2 Tbsp.	parsley, minced

Butterfly chicken breasts into 4 cutlets and lightly pound each piece between sheets of plastic wrap until an even thickness (about ½" thick or less). Season lightly with salt. Place flour in a medium shallow bowl. Working one at a time, place cutlets in bowl and toss to coat in flour. Knock off excess flour and transfer to a sheet pan.

Heat 2 Tbsp. oil in a large sauté pan over medium-high. Working in batches if needed to avoid overcrowding the pan, cook cutlets, without moving them, until browned, about 2 minutes. Turn over and cook on the other side just until chicken is nearly cooked through, about 1 minute. Transfer to a clean sheet pan.

Add garlic and remaining 1 Tbsp. oil to the sauté pan and cook, stirring often and reducing heat if needed to keep garlic from scorching, until golden brown, about 2 minutes. Deglaze with chicken stock releasing fond. Add lemon juice and capers and cook until liquid is reduced by half, about 3 minutes. Return chicken to sauce and simmer until chicken is cooked through, about 2 minutes. Remove from heat and add the butter, swirl the pan vigorously to melt the butter to emulsify. Finish with parsley.

Remove the chicken to a clean plate and cover loosely with foil. Allow to sit for 5 minutes, then slice and enjoy.

Roasted Potatoes

½ lb fingerling potatoes, halved lengthwise

2T extra-virgin olive oil

TT Kosher salt

TT Fresh ground pepper

Arrange racks in upper and lower thirds of oven; preheat to 450°. In a bowl, toss potatoes with 2 Tbsp. oil, season with salt and pepper and place on a rimmed baking sheet. Arrange cut side down and roast on lower rack until tender and cut sides are browned, 20–30 minutes.

Sauteed Broccolini

½ lb Broccolini, ends trimmed

2T unsalted butter

2 clove garlic, minced

1tsp. crushed red pepper

TT salt

TT pepper

Juice of half a lemon

Cook Broccolini in a 6- to 8-quart pot of boiling salted water until stems are crisp-tender, about 5 minutes, then remove and shock in an ice bath. Drain and set aside.

Heat 2 tablespoons butter in a 12-inch sauté pan over medium heat, then sauté the garlic and crushed red pepper, stirring, until pale golden, about 30 seconds. Add the Broccolini, salt, pepper and cook, stirring, until heated through, about 2 minutes. Finish with lemon juice.