



NEBRASKA
STATE ASSOCIATION

2025 State Competition
Culinary Arts

Study Guide Summary

Safety and Sanitation

- Preventing kitchen accidents
- Safe and sanitary use of tools and equipment
- Safe food handling and contamination prevention
- Microorganisms and foodborne illness

Knife Skills and Equipment

- Knife types, sharpening, and safe usage
- Basic knife cuts and techniques
- Proper use and care of large and small kitchen equipment

Cooking Preparation (Mise en Place)

- Planning and organizing ingredients, tools, and tasks
- Cooking methods
- Culinary production and planning

Basic Cooking

- Reading and preparing standard recipes
- Accurate weighing and measuring
- Cooking terms, methods, and techniques
- Preparation of meats, poultry, vegetables, and starches
- Cooking times, temperatures, and ingredient order

All competitors are required to take a qualifying quiz, in the event there are more competitors than can be accommodated in the competition space.

The quiz will be offered virtually (via AnswerWrite) January 20-31, 2025. It must be proctored by the chapter adviser or another adult in the school building. The eight (8) competitors with the highest score will be eligible to participate in the Culinary Arts STAR Event competition on Monday, April 7 at SLC.

Competitors who do not place in the top eight (8) will be invited to participate in the Culinary Food Art Skill Demonstration Event on Tuesday, April 8 at SLC. This Skill Demonstration Event will only be available to Culinary Arts competitors who don't qualify for the in-person competition.

Culinary Arts Equipment List

Some equipment will be provided at the host kitchen.
Competitors may choose to bring all their own equipment if preferred.

All Competitors Must Provide:

- **Required Items:**
 - 2 Plates
 - Thermometer
- **Optional Items to Bring:**
 - Plating tools
 - Deli containers
 - Color-coded cutting boards

Available at the Food Innovation Center:

- Electricity
- Sink for dishwashing during the competition
- Gas Range
 - Participants may bring their own burner if preferred.
- Access to ice
- [Station Inventory](#), including:
 - Chef knife
 - Paring knife
 - Cutting board
 - Spatula
 - Colander
 - Stainless bowls
 - Measuring tools
 - Towels
 - Stockpots
 - Pans
 - Scale
 - Towels

Nebraska FCCLA will Provide: (*limited availability)

- Ingredients
- Non-latex gloves
- Plastic wrap, parchment paper, and tin foil
- Sanitizer and sanitizer bucket
- Thermometer*

Pan Seared Chicken with Herb Pan Sauce

<u>2</u>	<u>chicken breasts, skin-on</u>
	<u>kosher salt, to taste</u>
	<u>black pepper, to taste</u>
<u>65 grams</u>	<u>all-purpose flour, as needed</u>
<u>2 tablespoons</u>	<u>vegetable oil</u>
<u>2 teaspoons</u>	<u>shallots, minced</u>
<u>240 grams</u>	<u>chicken stock, divided</u>
<u>60 grams</u>	<u>heavy cream</u>
<u>1 teaspoon</u>	<u>tarragon, finely chopped</u>
<u>1 teaspoon</u>	<u>flat-leaf parsley, finely chopped</u>
<u>1 teaspoon</u>	<u>chives, finely chopped</u>

Prepare the Chicken: Season the chicken breasts with salt and pepper. Dredge them in flour, shaking off any excess.

Cook the Chicken: Heat vegetable oil in a large sauté pan over medium-high heat. Add the chicken and cook until the first side is light golden brown. Flip and cook the other side until the chicken is fully cooked. Transfer to a plate, cover loosely with foil, and set aside.

Make the Sauce: Add the shallots to the same pan and sauté until translucent, about 1 to 2 minutes.

Pour in half of the chicken stock and deglaze the pan by scraping up browned bits. Cook until most of the liquid evaporates. Add the remaining stock and bring to a simmer. Stir in heavy cream and simmer until the sauce thickens, about 5 minutes.

Finish the Sauce: Mix the tarragon, parsley, and chives in a small bowl. Stir them into the sauce and adjust seasoning with salt and pepper.

Serve: Pour the sauce over the chicken and serve immediately.

Confetti Rice Pilaf

<u>2 tablespoons</u>	<u>unsalted butter</u>
<u>40 grams</u>	<u>onion, small dice</u>
<u>35 grams</u>	<u>carrot, small dice</u>
<u>35 grams</u>	<u>red bell pepper, small dice</u>
<u>1</u>	<u>bay leaf</u>
<u>180 grams</u>	<u>long-grain white rice, parboiled</u>
<u>475 grams</u>	<u>chicken stock</u>
<u></u>	<u>salt, to taste</u>
<u></u>	<u>pepper, to taste</u>

Sauté Vegetables: Melt the butter in a medium saucepan over medium-high heat. Add the onion, carrot, and bell pepper. Cook until softened and the onion is translucent. Season with salt and pepper.

Toast the Rice: Add the rice to the pan. Cook, stirring frequently, until the grains are coated, some look translucent, and the mixture smells nutty, about 3 minutes.

Cook the Pilaf: Add the chicken stock and bay leaf. Season with additional salt and pepper if needed. Bring to a boil, then reduce the heat to low. Cover and simmer until the liquid is absorbed and the rice is tender.

Finish: Remove from heat and let the rice rest for a few minutes. Fluff with a fork and keep warm until serving.

Garlic Green Beans

225 grams green beans, trimmed

2 garlic cloves, small

2 tablespoons unsalted butter

salt, to taste

pepper, to taste

Blanch the Green Beans: Bring a pot of well-salted water to a boil. Cook the green beans until crisp-tender. Drain and immediately transfer to an ice bath. Drain again and pat dry.

Prepare the Garlic: While the beans cook, mash the garlic with a pinch of salt until it forms a paste.

Sauté the Beans: Melt butter in a sauté pan over medium heat. Add the garlic paste and cook briefly until fragrant. Add the green beans and sauté until heated through.

Season and Serve: Adjust seasoning with salt and pepper. Serve warm.