



NEVADA
STATE ASSOCIATION

State Leadership Conference

Culinary Arts STAR Event

Salad

Classic Caesar Salad

Entrée

Seared Chicken Breast

Lemon Pan Sauce

Confetti Rice Pilaf

Garlic Green Beans

Dessert

Sweet Crepes

Bananas Foster

Crème Chantilly



Classic Caesar Salad

Ingredients

Dressing

- 1 anchovy fillet packed in oil, drained
- 1 small garlic clove
- Kosher salt
- 1 large egg yolk
- 1 tablespoon fresh lemon juice, plus 1 whole lemon
- ¼ teaspoon Dijon mustard
- 4 tablespoon olive oil
- ¼ cup vegetable oil
- 8 tablespoons shredded Parmesan
- Freshly ground black pepper

Croutons

- 1 cup 1" cut pieces country bread, with crusts
- 1 tablespoon olive oil

Lettuce

- 2 romaine hearts, leaves separated

Other

- Parmesan, for serving
- 10 Grape Tomatoes

Preparation

- **Dressing**

Chop together anchovy fillet, garlic, and pinch of salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk in egg yolk, 1 Tbsp. lemon juice, and mustard. Adding drop by drop to start, gradually whisk in olive oil, then vegetable oil; whisk until dressing is thick and glossy. Whisk in Parmesan. Season and adjust with salt, pepper, and more lemon juice, until desired taste and consistency is achieved.

- **Croutons**

Toss bread with olive oil in a mixing bowl; season with salt and pepper. Pan fry, tossing occasionally, until golden, 5-6 minutes. Let cool and dry out.



Seared Chicken Breast with a Lemon Pan Sauce

Ingredients

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 whole lemons
- 1 pint double strength chicken stock, plus extra as needed
- 4 oz. unsalted butter, chilled and cut into small cubes
- 6 oz. heavy cream
- Salt and black pepper to taste

Preparation

- **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. Continue to sauté chicken until the internal temperature of 165° is reached for 15 seconds. Allow chicken to rest while 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 half of the double stock then reduce to au sec. Add any accumulated juices from the resting chicken as well as the glaze, reduce by half and season with salt and pepper. Finish with fresh herbs, heavy cream, and butter.



Confetti Rice Pilaf

Ingredients

- 2 tbsps. unsalted butter
- ¼ cup onion, small dice
- ¼ cup carrot, small dice
- ¼ cup red bell pepper, small dice
- 1 bay leaf
- 6 sprigs fresh parsley
- 1 cup long grain white rice
- 1 ½ cup chicken stock
- 4 oz. cheddar cheese
- Salt
- Pepper

Preparation

In a medium saucepan, melt 2 tbsps. 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 1 ½ 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. Then cover the pot ¾ of the way with the lid until ready to plate.



Garlic Green Beans

Ingredients

- ½ pound green beans, trimmed
- 2 small garlic cloves
- 1 small red pepper
- 2 tbsps. unsalted butter
- Salt
- Pepper

Preparation

Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6-7 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 sauté pan, add garlic paste, red pepper, and green beans, sauté until hot. Season with salt and pepper.



Sweet Crepes

Ingredients

- 3 eggs
- 1 cup all-purpose flour
- 1 tbsp. butter, melted
- 1 cup milk
- ¼ tsp. salt
- 1 tbsp. sugar
- ½ tsp. vanilla extract

Preparation

Using the muffin method, in a large bowl, whisk together eggs, ½ the milk, vanilla, and melted butter. In another bowl add the flour, sugar, and salt. Add wet ingredients gradually to the flour while whisking. Mix well.

Add the second ½ of milk. Heat a medium-sized skillet over medium heat. Grease the non-stick pan with a small amount of oil. Pour some batter into hat pan tilting the pan so the bottom is evenly coated. Cook 1-2 minutes on each side.



Bananas Foster

Ingredients

- 2 tbsps. butter
- 2 bananas, sliced
- 1 cup brown sugar
- 1 pinch salt
- 1 tsp. vanilla extract
- ½ tsp. cinnamon
- 2 oz. whole pecans (optional)

Preparation

Melt butter in a saucepan over medium heat. Add sliced bananas and stir for 2 minutes. Add brown sugar, vanilla, cinnamon, and salt. Lower heat and continue cooking, stirring constantly for 2 more minutes. Serve.



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Crème Chantilly

Ingredients

- 1 cup heavy cream
- ½ cup powdered sugar
- 1 tsp. vanilla extract

Preparation

Place everything together in a bowl and hand whip using a whisk until thick.