

Nevada FCCLA Culinary Arts Menu 2023

Garden Salad with a Dijon Vinaigrette
Creamy Tuscan Chicken with Orzo
Pan Fried Asparagus

Creamy Tuscan Chicken Orzo

Serves 2

Ingredients

- 2 tablespoon **olive oil**
- 1 large **chicken breasts**
- 1 tablespoons **unsalted butter**
- 1 large **shallot** finely chopped
- 1.5 cloves **garlic** Minced
- 1/8 teaspoon **red pepper flakes** optional
- 1/4 cup **sundried tomatoes**
- 3/4 cups **orzo**
- 2 oz **white wine vinegar**
- 1 teaspoons **Dijon mustard**
- 1 teaspoons **fresh thyme**
- 12 oz cups **chicken broth**
- 0.5 cup **heavy cream**
- 1.5 cups **fresh spinach**
- 0.25 cup **parmesan cheese**
- 0.13 cup **fresh basil** chiffonade
- 1 teaspoons **lemon juice**

Instructions

1. Slice chicken breasts in half lengthwise so that they're thinner and cook more quickly. Season lightly with salt and pepper.
2. In a large skillet, heat the olive oil over medium-high heat. Sear the chicken breasts for 1-2 minutes on each side. Then remove and set aside.
3. Add in the butter, shallot, garlic, and red pepper flakes and cook for about 5 minutes, until soft and aromatic.
4. Then add in the sun dried tomatoes and dry orzo and toast for 1-2 minutes, stirring frequently.
5. Then add in the white wine vinegar to de-glaze the pan and make sure to scrape up any browned bits on the bottom of the pot.
6. Stir in the Dijon mustard, fresh thyme, and chicken broth. Bring to a boil and then reduce the heat to a simmer.
7. Place the chicken breasts back in the pan. Then cover and let simmer for 10-15 minutes (stirring occasionally so that the orzo doesn't stick to the bottom of the pan) until both the orzo and chicken are fully cooked and most of the liquid is absorbed.
8. Remove the chicken breasts.
9. Then stir in the heavy cream, parmesan, spinach, basil, and lemon juice. Taste and add more salt and pepper if needed.
10. Top with the chicken breasts and garnish with fresh basil!

Pan-Fried Asparagus

Serves 2

Ingredients

Ingredient Checklist

- 2 Tablespoons butter
- 1 tablespoons olive oil
- 1/2 teaspoon coarse salt
- Pinch ground black pepper
- 1 cloves garlic, minced
- 1/2 pound fresh asparagus spears, trimmed

Directions

- **Step 1**
- Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter till aromatic, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

Garden Salad

Serves 2

Ingredients

Salad:

- ½ a head of leafy greens
- ½ cup cherry or grape tomatoes
- 1 cucumber sliced diagonal
- 1 carrot julienned
- 1 tsp chives

DRESSING:

- 1 tbsp cider vinegar
- 3 tbsp extra virgin olive oil
- 1/2 tsp Dijon Mustard
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- ¼ tsp sugar

Directions:

Dressing:

1. Whisk all dressing ingredients in a small bowl.
2. Taste and adjust

Salad

1. Chop Lettuce
2. Quarter cherry tomatoes
3. Diagonally slice cucumbers
4. Julienne carrots
5. Chop chives

Combine all ingredients toss with dressing and serve

List of Equipment:

Chef Knife

Cutting Board

Large Skillet with Lid

Measuring cups

Liquid Measuring Cup

Measuring Spoons

Med Skillet

Spatula

Rubber Spatula

Whisk

Small Bowl

Tongs

Sanitation Buckets and Plates will be provided

Small Plate for Salad

9in dinner Plate for Chicken Orzo and Asparagus