

**FCCLA Culinary Arts 2024 Culinary Arts Menu**  
**Street Tacos with fresh Pico De Gallo & Spanish Rice**

**Pico De Gallo**

**INGREDIENTS**

- 2 roma tomatoes blanched and peeled
- 1 clove garlic minced
- 1 tbsp cilantro minced
- ¼ cup red onion small diced
- ½ jalapeno seeded and brunoise
- ½ lime juiced
- ½ tsp cumin
- To taste salt and pepper

**INSTRUCTIONS**

1. Fill pot with water and bring to boil
  2. Score the tomatoes with a knife by cutting an X on the bottom side.
  3. Place the tomato on a slotted spoon, and place into boiling water for 60 seconds.
  4. Remove tomato from water and place onto cutting board.
  5. Use a knife to pull back the skin from the X marked earlier.
  6. Once peeled, remove guts and seeds and then chop.
  7. Add chopped tomatoes and the rest of the listed ingredients to the bowl.
- Enjoy!

## Spanish Rice

### INGREDIENTS

- 1 1/2 tsp extra-virgin olive oil
- 1 1/2 tsp butter
- 1/2 cup white rice
- 1/2 cup chicken stock
- 1/2 cup tomato sauce or puree
- 1/5 teaspoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon garlic salt
- 1/4 teaspoon dried oregano
- 1 roma tomato blanched and peeled

### INSTRUCTIONS

1. In a small saucepan set over medium heat, melt together olive oil and butter. Add rice and stir to coat with oil/butter. Cook, stirring frequently, for about 2 to 3 minutes, until rice is toasted.
2. Stir in chicken broth, tomato sauce, chili powder, cumin, garlic salt, oregano, and diced tomatoes. Increase heat to high and bring to a boil, stirring occasionally. Stir well, reduce heat to low, place lid on pot, and cook at a gentle simmer for 20 minutes. If rice is not quite tender or liquid is not absorbed after 20 minutes, replace the lid and cook for 2 to 4 minutes longer. Remove from heat, leave covered, and allow to rest for a few minutes. Fluff rice with a fork and serve.

## Street Tacos

### Ingredients

1/2 pound flank steak or skirt steak  
1/4 cup soy sauce  
1 1/2 tsp Worcestershire sauce  
juice from half a lime  
2 cloves garlic minced  
1 Tablespoon cilantro chopped  
1/4 teaspoon chili powder  
1/4 teaspoon cumin  
salt and pepper to taste  
6 small corn tortillas

Top with Pico de gallo

### Instructions

1. Cut the flank steak into one-inch pieces. In a medium-sized bowl add the soy sauce, Worcestershire, juice from one lime, garlic, cilantro, chili powder, cumin, and salt and pepper.
2. Add the steak and let marinate in an ice bath for 25 mins
3. Heat a medium sized skillet to medium high heat. Add the steak and marinade and cook for about 5-7 minutes or until no longer pink.
4. Heat tortillas.
5. Put the steak in the center of your tortilla with desired toppings.

## EQUIPMENT

- Small Saucepan
- Slotted spoon
- Chef Knife
- Paring Knife
- Small Mixing Bowl
- Medium Mixing bowl (3)
- Large Bowl or Hotel pan for Ice Bath for Marinated meat
- Wooden Spoon
- Med skillet
- Tasting Spoons
- Gloves
- Measuring Cups
- Measuring Spoons
- Fork
- Cutting Board (2)
- Rubber Spatula
- Tongs
- Small Skillet
- Foil

This is not an all inclusive list. This is the suggested list of equipment needed. Please feel free to add or subtract items as needed.