



FCCLA 2019 Regional Menu

Winter White Vegetable Soup

Hungarian Chicken Rice Pilaf

Anjou Pear Galette
Chantilly Cream

Winter White Vegetable Soup

Serves 4

Ingredients

- 6 oz. Turnip, ½ inch dice
- 6 oz. Celery root, peeled and chopped ½ inch diced
- 8 oz. Waxy potatoes, peeled, ½ inch dice
- 1 tablespoon Butter, unsalted
- 4 oz. Onion, small dice
- 8 oz. Leek, white and light green parts, thinly sliced lengthwise, sliced thinly into half-moons
- 2 cup Water
- 1 1/2 cup Whole milk

Garnish

- 8 each Baguette slices, ¼ inch thick
- 4 tablespoons Butter, unsalted
- 3 oz. Gruyere cheese, shaved thin

Seasoning

- To Taste Kosher salt
- To Taste Black pepper, freshly ground

Method

1. Heat a pot over medium heat. Melt butter and sauté onion until soft, about 5-7 minutes. Add turnips, celery root, and leeks. Season with salt and pepper, cover the pan and reduce heat to low and cook the vegetables for 20 minutes.
2. While soup is cooking, melt additional 4 tablespoons of butter in a pan and brown baguette slices. When golden brown, remove from pan and set aside until ready to serve.
3. Add potatoes and water to the pot, cover and cook another 20 minutes.
4. Scald the milk in a small pot, add to the soup and recover pot and cook until the vegetables are tender, do not boil or the milk will curdle. Taste and adjust for seasoning.
5. Serve soup in hot bowls, garnished with two toasted baguette slices and shaved gruyere cheese.

Hungarian Chicken

Serves 4

Ingredients

- 1 each Chicken, 4-5 lbs. Fryer (Each cut into eight serving pieces)
2 drumsticks, 2 thighs, 2 bone-in breast halves,
2 boneless breast halves (Size bone of chicken Fryer 4-5lb.)
- 2 tablespoons Butter, unsalted
- 2 tablespoons Grapeseed oil
- 2 tablespoons Onion, minced
- Pinch Paprika
- 3 cups Canned, Crushed tomatoes
- ½ cup Heavy cream

Seasoning

- To taste Kosher salt
- To taste Black pepper, (whole peppercorns) freshly ground

Method

1. Heat 1 tablespoon butter and 1 tablespoon grapeseed oil in a large pan, cook chicken pieces in pan until meat begins to stiffen, add onions and paprika and cook until onions begin to brown. Add tomato to pan, cover and finish cooking in oven.
2. When chicken has finished cooking, remove chicken from pan, add heavy cream to pan, season with salt and pepper, and reduce until the sauce coats the back of a spoon.
3. Serve finished sauce with chicken pieces. Plate one dark meat portion with one light meat portion.
4. Plating: One Bone-in breast piece / One boneless thigh
One Bone-in breast piece / one boneless thigh
One Boneless breast piece / one bone-in drumstick
One Boneless breast piece / one bone-in drumstick

Tomato Rice Pilaf

Ingredients

- 2 oz. Butter, unsalted
- 2 tablespoons Onion, minced
- 1 pint Long-grain rice (Volume)
- 1 pint Chicken stock
- 1 ½ lb. Small diced tomato, canned (with juice)
- To taste Freshly ground black pepper
- To taste Kosher salt

Method

1. Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften, but not brown.
2. Add the rice, stir just until the rice is coated in the butter.
3. Pour in the stock and tomatoes, bring to a boil and season with salt and pepper. Cover tightly.
4. Place in a 350 degree oven and bake 18-20 minutes or until all the liquid is absorbed and the rice is dry and fluffy. Taste the rice, if not done return to the oven 3-5 minutes.

Anjou Pear Galette

Ingredients

- 2 cups AP flour
- ½ tsp Kosher salt
- 1 Tablespoon Granulated sugar
- 6 oz Cold unsalted butter, cut into small pieces
- 1/3 to ½ cup Water as needed

FRANGIPANE

- 5 ½ oz Almonds
- 5 ½ oz Unsalted butter
- 5 ½ oz Granulated sugar
- 1 each Egg yolk
- 1 each Whole egg
- ½ tsp Vanilla
- pinch Kosher salt

TOPPING

- 3-4 each Anjou pears sliced
- Dash Nutmeg
- Eggwash
- 2 tablespoons Granulated sugar
- ¼ cup Apricot jam
- 4 Lemons

Method

1. Mix flour, salt and sugar together in a bowl. Cut butter by hand or with fork until mixture resembles coarse meal. Sprinkle in ice water, one tablespoon at a time, and toss with flour mixture until you can bring the dough together into a ball by hand. Press it into 2 disks, saran, and refrigerate for 15 minutes.
2. FRANGIPANE
Toast almonds. Grind sugar and almonds in food processor. Add remaining ingredients and mix until blended.
3. TOPPING
Slice pears (rub with lemon to prevent browning.)
4. ASSEMBLY & BAKE
Lightly sprinkle surface with flour to prevent sticking. Roll out one disk of dough into a circular shape. Spread the apricot preserve onto the dough leaving a 1" border. Spread the frangipane over the preserves arrange the pears in a decorative fashion. Next, fold the edge of the dough over itself. Brush with egg wash on the rims; sprinkle wet dough with sugar and grate fresh nutmeg over the pears. Bake the galette in a 350 degree oven for 40-45 minutes or until done. Rotate the baking sheet halfway through until the crusts are browned. Right when it comes out of the oven, brush a bit more apricot preserve on the pears.

Chantilly Cream

Ingredients

- 2 cups Heavy cream
- 2 tablespoons Granulated sugar
- 1 teaspoon Vanilla extract

Method

In a large mixing bowl, beat the heavy cream, sugar, and vanilla extract together on high speed until soft peaks form.