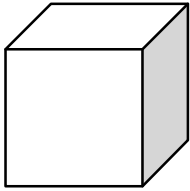
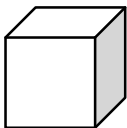


2009-2010 C-CAP FINAL COMPETITION RECIPES

Knife Cuts – Competitors should know the following knife cuts for the Final Competition in addition to knowing how to properly cut herbs, slice mushrooms and concasse tomatoes.



Large Dice – $3/4'' \times 3/4'' \times 3/4''$



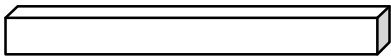
Medium Dice – $1/2'' \times 1/2'' \times 1/2''$



Small Dice – $1/4'' \times 1/4'' \times 1/4''$

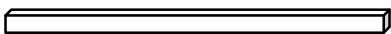


Brunoise – $1/8'' \times 1/8'' \times 1/8''$



Bâtonnet – $1/4'' \times 1/4'' \times 2''$

From Bâtonnet we get Small Dice



Julienne – $1/8'' \times 1/8'' \times 2''$

From Julienne we get Brunoise



Fine Julienne – $1/16'' \times 1/16'' \times 2''$ From Fine Julienne we get Fine Brunoise * not pictured



Tourné (turned) – 7 Sides – $3/4''$ width x $2''$ length

FINAL COMPETITION RECIPE #1

Sûpreme Poulet Chasseur avec Pommes Château (Hunter's Chicken with Turned, Sautéed Potatoes)

Chicken Breast

Yield: 2 portions

INGREDIENTS

2 each (6 to 7 oz.) chicken breasts, skin on, frenched wing bone attached
tt salt and black pepper
1 oz. olive oil

PROCEDURE

1. Pat chicken breast down with a clean paper towel to make sure the skin is dry.
2. Season chicken breast lightly with salt and black pepper on both sides.
3. Sauté breasts, skin side down, in hot olive oil until the skin is golden to caramel brown.
4. Remove the breasts from sauté pan and place skin side up in a metal oven-proof pan (such as a pie tin or a sizzler platter) and bake in a 375°F oven until done. (Do not overcook.) This should take approximately 12 minutes. Please use an instant read thermometer, if unsure.
5. When chicken breasts come out of the oven pour the pan juices in the Sauce Chasseur – recipe to follow.
6. Serve immediately. Do not cover – it will ruin the crispiness of the skin. Serve with sauce and potatoes from the following recipes.



FINAL COMPETITION RECIPE #1

Sauce Chasseur for Chicken

Yield: Sauce for 2 portions

INGREDIENTS

1 medium shallot, finely minced
1 clove garlic, finely minced
5 large cleaned white button mushrooms, sliced
1 Tbs olive oil
1 plum tomato concasse (peeled, seeded, and rough chopped)
1 tsp fresh tarragon, chopped
2 tsp of flat leaf parsley, chopped
6 oz. double strength chicken stock, plus extra as needed
4 oz. glace de volaille (chicken glace)

1-2 Tbs unsalted butter, chilled and cut into small cubes
tt salt and black pepper

PROCEDURE

1. Drain the fat from the pan in which the chicken was sautéed, then add the olive oil.
2. Add sliced mushrooms and cook until brown.
3. Add shallots and sauté for about 30 seconds on medium-low heat. Add garlic, sauté for 30 seconds more. Do not brown garlic.
4. Add 2 oz. (1/4 cup) of the double strength chicken stock, and reduce a sec (until the liquid is gone) without burning. *Students must bring their own homemade chicken stock and glace to the competition. All commercial stocks, even low sodium ones are not allowed.
5. Add the glace and another 2 oz. (1/4 cup) of the stock, and cook until sauce lightly coats the back of a spoon (add more stock if sauce is too thick).
6. Add the concasse of tomato.
7. Bring to boil and simmer 5 minutes.
8. Add the tarragon and parsley.
9. Finish by adding the chilled cubed butter a bit at a time, stirring or shaking pan constantly. Be careful not to break the sauce. Do not boil.
10. Taste and adjust seasoning.
11. Serve sauce with the sliced chicken breast.

FINAL COMPETITION RECIPE #1

Fond de Volaille (Chicken Stock)

(see p.351 in *At Home With The French Classics*)

Yield: 3½ qt.

INGREDIENTS

1 chicken (4 pounds) or 4 pounds chicken parts, bones are preferred
4 qt. cold water
1 leek (white part only), washed
2 onions, peeled
3 carrots, peeled
3 stalks celery, cut in half
Bouquet Garni (4 sprigs of parsley, 2 sprigs of thyme, 1 bay leaf, and 4-6 black peppercorns) wrapped in a sachet (cheese cloth)

PROCEDURE

1. Place all ingredients in a large stockpot and bring to a simmer, uncovered, for about 2 hours. Do not boil the stock it will become cloudy.
2. Occasionally, skim the foam from the surface.
3. Strain the stock and allow it to cool uncovered before refrigerating.
4. Remove the fat from the surface when it is cold or before using.
5. Freeze the unused portion or reduce to Glace de Volaille (see below or p.353 in *At Home With The French Classics*), which can be stored in the refrigerator or freezer.

Double Strength Chicken Stock: Make chicken stock and reduce by half.

Glaze de Volaille (Chicken Glaze):

1. Two quarts of stock will reduce to yield approximately ½ cup glaze de volaille.
2. Remember, when hot, the glaze will be dark brown and syrupy.
3. When cold, it will be firm to the touch. If it is like jelly, it has not been reduced enough.

FINAL COMPETITION RECIPE #1

Tournés Potatoes

Yield: 2 portions

INGREDIENTS

3 large russet potatoes – you should be able to get 4 tournés out of each potato
1-2 tsp olive oil
tt salt and pepper

PROCEDURE

1. Tourné the potatoes.
2. Par-boil in salted water just to the point of doneness – fork tender. Remove from water and dry.
3. Heat olive oil in a small sauté pan.
4. Add the potatoes to the pan.
5. Toss potatoes until evenly browned. Season with salt and pepper. Potatoes can be held in the oven.
6. Taste your extra potatoes – season and adjust if necessary.
7. Place three to five potatoes (depending on the size of your tourne) on each plate with the chicken and the sauce.



FINAL COMPETITION RECIPE #2

Tarte de Baie Fraîche avec le Crème de Pâtisserie (Fresh Berry Tart w/Pastry Creme)

From "At Home With The French Classics", pages 241-242

NOTE: makes enough for 2 5- tarts

Pâté Sucrée (Sweet Tart Pastry)

Ingredients

1 1/3 cups (190 g) all-purpose flour (or pastry flour)
1 stick (115 g) cold, unsalted butter cut into ½ cubes
1 egg
1/3 cup (25 g) sugar
2 to 3 tablespoons cold water

Procedure

1. Place flour on a work surface, or in a large bowl, and form a well in the center. Add the butter, egg, sugar, and 1 tablespoon of water to the well and mix with a pastry blender. The pastry should have a coarse, granular texture and be moist enough to begin to stick together. If it is too dry, add up to 2 tablespoons more water.
2. Turn the pastry out onto a lightly floured work surface, dust the pastry lightly with flour, and begin the blending or kneading process known as *fraisage*: With the heel of your hand, push the pastry away from you a little at a time and repeat this process three or four times or until the pastry is smooth and does not stick to the work surface.
3. Lightly dust the pastry with flour and shape into two flat rounds, much like a thick hamburger. Wrap dough in plastic wrap and put in freezer for 10 to 20 minutes. Pre-heat convection oven to 300 degrees with fan set to low (conventional oven should be set at 350 degrees).
4. Turn the pastry out onto a lightly floured work surface, dust the pastry and rolling pin lightly with flour and begin roll out dough (one at a time). Line tart pans with rolled dough, making sure that pastry fills the pan completely (make sure the dough goes up the sides of the tart pan and that a border is formed). Put dough lined tart pan(s) back in the freezer for another 10 to 15 minutes.
5. When you are ready to bake the tarts, prick the bottom of the pastry several times with the point of a sharp knife to prevent it from puffing during baking. Line pans with parchment paper, fill with beans and bake "blind".

6. Bake tarts for 20 to 30 minutes. The tarts should be completely done and the crust should be golden brown.
7. Unmold the tarts as soon as possible and allow to cool on a pastry rack (see “Unmolding a Tart or Quiche”, page 246)
8. Once tarts are completely cooled, fill with cooled pastry cream (see attached recipe) and garnish with fresh berries.

To Serve: Glaze berries with hot glacage a l'abricot or clacage a'la gellee de groseille.

*the more sugar that's added to the Pâté Sucrée the more fragile the pastry will be. Please refer to “*At Home With the French Classics*” pages 242-243 for decoration tips for your Pâté Sucrée.

FINAL COMPETITION RECIPE #2

Crème Pâtissière (Pastry Cream)

Yield: 1 ¼ cups

INGREDIENTS

1 cup milk
3 egg yolks
3 Tbs sugar
2 Tbs cornstarch
1 tsp vanilla extract

PROCEDURE

1. In a small saucepan, bring the milk and half the sugar (prevents milk from scalding) to a boil over medium heat.
2. Meanwhile, whisk the egg yolks and the other half of the sugar together in a small bowl. Add the cornstarch to the egg yolks and mix well until smooth and free of lumps.
3. Temper the egg yolk mixture with approximately 1/4 cup of the warm milk.
4. Return the mixture to the saucepan and whisk rapidly over high heat, whisking the bottom and the sides of the pan until the pastry cream thickens and boils, about 1 minute. Turning the pan as you whisk helps to easily reach all areas of the pan.
5. Reduce the heat to medium and cook an additional 2 minutes, whisking as the pastry cream gently boils. It will become shiny and easier to stir.
6. Pour the pastry cream into a clean bowl and stir in the vanilla.
7. Place plastic-wrap directly on the surface of the pastry cream (this prevents a skin from forming on the surface) and let it cool. Remember to taste.
8. If you make the pastry cream ahead of time you must refrigerate it and bring it back to room temp and the right consistency. To avoid this make the pastry cream no more than one hour ahead of service.
9. You should whisk briskly before using to make sure pastry cream is the right texture. Always taste your pastry cream before serving.
10. Serve inside the ~~cup~~

FINAL COMPETITION RECIPE #2 cont.

Glaçage à l'Abricot, Glaçage a 'la Gellée de Groseille (Apricot and Currant Jelly Glazes)

From "At Home With The French Classics", pages 396-397

Ingredients

8- to 10-ounce jar of apricot jam or red currant jelly*

Procedure

1. In a small saucepan, melt the jam or jelly slowly over low heat.
2. If you are making apricot glaze, it is usually strained at this point. Most of the time this an unnecessary step since the pastry brush used to apply the glaze picks up the liquefied jam but leaves the heavier fruit in the pan, in effect, straining the glaze. If necessary, thin the jam with a little water to make it flow more easily through the strainer.
3. For either glaze, once melted, dip a spoon (or a piece of fruit for the tart to be glazed) into the hot glaze. If the spoon or fruit comes out nicely coated, then it is not necessary to add water. On the other hand, if the glaze runs off the fruit or spoon, increase the heat and boil the jam or jelly until it thickens sufficiently to coat. If the coating seems very thick, add enough water to thin it and make sure to boil it and recheck its consistency before using.
4. To apply the glaze- using a pastry brush, do not make strokes across the fruit with the end of the brush as you would with a paint brush. Instead, dip the pastry brush into the glaze and then dab it onto the tart with the side of the brush. This is a softer motion than ordinary brush strokes; it doesn't disturb the delicate fruit, and allows the glaze to be applied gently.

*You will have a small amount of glaze left over, which can be kept, refrigerated, for future use.