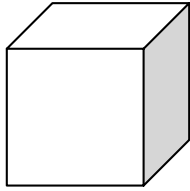
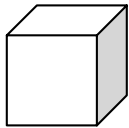


2010-2011 C-CAP FINAL COMPETITION RECIPES

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" x 3/4" x 3/4"



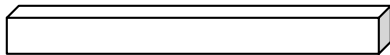
Medium Dice – 1/2" x 1/2" x 1/2"



Small Dice – 1/4" x 1/4" x 1/4"

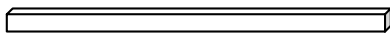


Brunoise – 1/8" x 1/8" x 1/8"



Bâtonnet – 1/4" x 1/4" x 2"

From Bâtonnet we get Small Dice

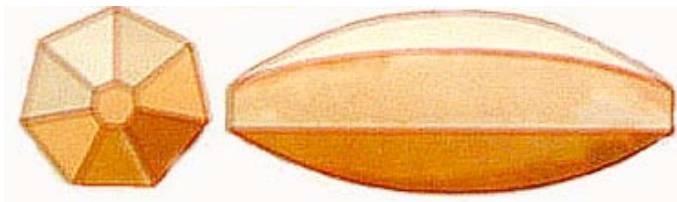


Julienne – 1/8" x 1/8" x 2"

From Julienne we get Brunoise



Fine Julienne – 1/16" x 1/16" x 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 ensure 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 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, let the chicken rest. Pour any pan juices into the Sauce Chasseur that you have prepared – recipe to follow.
6. Serve sliced chicken immediately. Don't cover – it will ruin the crispiness of the skin.
7. 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 excess fat from the pan in which the chicken was seared, 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 *au sec* (until most of the liquid has evaporated) 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. Do not boil. Be careful not to break the sauce.
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.

Glace de Volaille (Chicken Glaze):

1. Two quarts of stock will reduce to yield approximately ¾ cup glace 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 tourné) on each plate with the chicken and the sauce.



FINAL COMPETITION RECIPE #2

Crêpes Sucrées (see p. 319-322 in *At Home With The French Classics*)

Yield: 8-10 six-inch crêpes

INGREDIENTS

1/3 cup plus 1 tsp all-purpose flour
1 egg
1 Tbs sugar
1/4 tsp vanilla extract
1/2 cup milk
1 Tbs melted butter

PROCEDURE

1. Put the flour into a bowl and add the egg, sugar, vanilla, and half of the milk. Whisk slowly until a smooth batter is formed.
2. Add the remaining milk and whisk well. If time permits, allow the batter to rest 30 minutes. (As the batter rests, the granules of flour absorb the milk and swell, creating a smoother batter and a slightly stronger crêpe than if used right away.)
3. Whisk in the butter just before using the batter.
4. Heat a 6-inch sauté pan with a nonstick surface, over medium-heat. The pan is ready when a drop of water dances on the hot surface. If necessary, you can use clarified butter to grease the pan.
5. Hold the pan in one hand, tilting it slightly. Using a small ladle pour about 2 tablespoons of batter into the pan where the sides and bottom meet.
6. Now turn the pan in a circular motion to spread the batter evenly. The amount of batter used should just coat the bottom of the pan. Any excess should be poured back.
7. Cook the crêpe until the edge begins to brown. Turn the crêpe with a spatula or flip it. The surface of the crêpe should be lacey medium brown in color. Cook the second side for only 10 to 15 seconds and slide the crêpe onto a plate.
8. If after making two crêpes you find the color either too dark or too light, adjust your heat accordingly. If you find the crêpe too thick, thin the batter with a little more milk.
9. Repeat until all the crêpes are made, stacking them one on top of the other, and allow them to cool. Select your best crepes for presentation. Be careful to present the right side.

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 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. You should whisk briskly before using to make sure pastry cream is the right texture and consistency. Taste your pastry cream before serving.
9. Serve inside the crêpes.

Safe food handling practice recommends that the pastry cream be cooled quickly and then properly stored in the refrigerator. During the competition, when made within one hour of serving, it is recommended that you let it cool at room temperature. Check for the correct consistency. Always taste.

FINAL COMPETITION RECIPE #2

Sauce au Chocolat (Chocolate Sauce)

Yield: 2.5 oz.

INGREDIENTS

2 oz. dark chocolate
2 Tbs water

PROCEDURE

1. In a small saucepan, melt the chocolate together with the water over medium heat, about 2 minutes.
2. When the water and chocolate come to a boil, stir gently with a whisk until smooth.
3. If the sauce is too thin, cook it longer. If it is too thick, add more liquid and return to the boil.
4. Remove the sauce from the heat and allow it to cool to room temperature for use with the dessert crêpes. The chocolate sauce is a garnish and should be used sparingly.

* If you use Baker's Semi-Sweet Chocolate, it will make a thicker sauce than most of the other chocolates on the market. You may need to add as much as another 1/4 cup of liquid to reach the desired consistency.

