



2025 Kansas FCCLA Culinary Arts STAR Event



Kansas FCCLA has adopted its own recipes that will be used to qualify for the Culinary Arts STAR Event, at the National Leadership Conference (NLC). This menu will be used for the 2025 State Leadership Conference. The rubric found in the 2024-2025 National Competitive Events Guide for the Culinary Arts STAR Event will be used for evaluation

The Culinary Arts STAR Event is an **individual event** and not a team event. Chapters will be able to submit **up to three (3) individuals** to compete in this event during the 2025 State Leadership Conference. As a reminder, members **must be Level 3** – see the National Competitive Events Guide for a full list of qualifications for this event.

NATIONAL QUALIFIERS

The top three (3) participants at the 2025 State Leadership Conference will qualify for the National Leadership Conference if they receive a score of 85 or higher.

DATES AND DEADLINES

All competitors must be registered by **February 22, 2025, on the Kansas registration system.**

Culinary Arts Competition – Skillathon is scheduled for **Sunday, April 6** at the Wichita Marriott beginning at 2 PM.

- This portion of the competition will **ONLY** be utilized **IF** the number of entries in the event exceeds the number of spaces available for the competition on Monday, April 7.
- If entry numbers exceed the time slots available for Monday, April 7, Culinary Arts - Skillathon will become the qualification round to move on and participate in the Competition scheduled for Monday, April 7.
- Participants will have 45 for this portion of the competition. Time allows for Round 1 at 2 PM and Round 2 at 3 PM; dependent upon number of entries.
- Culinary Arts – Skillathon will include stations with possible topics of: ingredients, equipment, safety & sanitation, kitchen management, cooking methods and terms, food preparation, knife cuts.

Culinary Arts Competition - recipes listed below is scheduled for **Monday, April 7**, Campus High School.

- Competition time will be from 7:30 am – 5:00 pm
- Participants will be assigned to a round once the final entry deadline has been met. Rounds will begin approximately every two hours.

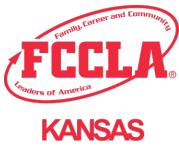
REQUIRED CULINARY ARTS FORMS

Parental consent form due via email to State Adviser, Shandi Andres sdandres@ksu.edu, by **March 1.**

2025 Culinary Arts Recipes

Two Steppin' Tenderloin with Rice
Steakhouse Chopped Salad

Thanks to our 2025 Culinary Arts Sponsor – Kansas Beef Council!



2025 Kansas FCCLA Culinary Arts STAR Event



PARENTAL CONSENT FORM
Kansas Family, Career and Community Leaders of America 1324
Lovers Lane
Manhattan, KS 66506

All Culinary Arts STAR participants must email this completed parental consent form to the State Adviser (sdandres@ksu.edu) by March 1. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Baking & Pastry STAR event on April 8, 2024 with Kansas FCCLA. The following information may be helpful if such a situation arises:

Family Physician: _____ Phone: _____

Physician's Address: _____

Known Allergies: _____

Special medical medications or conditions that should be noted:

Contact in case of an emergency:

Parent Name: _____ Cell Phone: _____

Adviser Name: _____ Cell Phone: _____

Comments: _____

Insurance Company: _____

ID # _____

Group #: _____

Insurance Company Phone: _____

I have read and consent to the above.

Signature of Parent (Date)

Signature of Participant (Date)



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Two Steppin' Tenderloin

[Courtesy of the Kansas Beef Council](#)

Makes 2 servings

Ingredients

Beef Tenderloin Steaks	2, cut 1 ½ inches thick, approx 5 oz. each
Baby Spinach, fresh	3 cups
Sliced almonds, toasted	2 Tbsp
Parmesan Cheese, Shredded	2 Tbsp
Garlic, chopped	1 clove
Water	1 cup and 2 Tbsp, divided
Olive Oil	1 Tbsp
Brown Rice	½ cup
Salt	½ tsp, to taste
Dried cherries, chopped	2 Tbsp

Procedures

1. Place 2 cups spinach, almonds, cheese and garlic in a food processor container. Cover; process until coarse paste forms. With the motor running, slowly add 2 tablespoons of water and oil until smooth. Season with salt, as desired. Set aside.
2. Preheat the oven to 350°F. Heat ovenproof, nonstick skillet over medium heat. Place beef Tenderloin Steaks in skillet and brown for 2 minutes. Turn steaks over and place skillet into preheated oven; cook 13 to 18 minutes for medium rare to medium doneness, turning once.
3. Combine rice, remaining 1 cup water and salt, if desired, in a medium saucepan; cook according to package directions. Chop remaining 1 cup spinach. During the last 5 minutes of cooking, add chopped spinach to the pan and continue to cook. Remove from heat, add cherries and 1 tablespoon pesto to rice; stir to combine.
4. Remove steaks from the oven when the internal temperature reaches 135°F for medium rare; 150°F for medium doneness. Remove steaks from pan; tent loosely with aluminum foil. Let stand for 5 to 10 minutes. Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium doneness.
5. Serve steaks over brown rice with remaining pesto. Garnish rice with additional almonds, if desired.

Steakhouse Chopped Salad

Adapted from: [Love and Lemons](#)

Makes 1 Salad

Ingredients

Lemon Vinaigrette	
Extra Virgin Olive Oil	¼ cup
Lemon Juice	1 ½ Tbsp
Red Wine Vinegar	1 Tbsp
Shallot, minced	½ Tbsp
Garlic, minced	1 tsp
Oregano, dried	1 Tbsp
Sea salt	½ tsp
Black pepper	To taste
Salad	
Romaine Hearts, 1" chiffonade	½ of heart of romaine
Cucumber, medium dice	¼ of a cucumber
Carrot, julienne	⅓ of a carrot
Grape tomatoes, quartered lengthwise	3 grape tomatoes
Bell pepper, medium dice	¼ of the pepper
Chickpeas, drained	2 Tbsp
Extra Virgin Olive Oil	1 Tbsp

Procedures

1. Combine lemon vinaigrette ingredients - olive oil, lemon juice, red wine vinegar, shallot, garlic, oregano, salt, and pepper - in a mixing bowl and whisk until uniformly combined. Chill until ready to serve.
2. In a skillet over medium heat, toast the drained chickpeas in 1 Tbsp of extra virgin olive oil until crispy. Allow to cool before incorporating into the salad
3. Combine the romaine, cucumber, carrot, tomatoes, and bell pepper in a mixing bowl. Toss to combine
4. Dress with lemon vinaigrette and top with crispy chickpeas before serving.