



CULINARY COMPETITION

RECIPES

FCCLA.
NORTH CAROLINA

2026

www.northcarolinafccla.org

TABLE OF CONTENTS

2026 CULINARY COMPETITION MENU.....	3
BAKING & PASTRY.....	3
CULINARY ARTS.....	3
BAKING & PASTRY EVENT.....	4
EQUIPMENT LIST.....	4
RECIPES.....	5
CULINARY ARTS EVENT.....	9
EQUIPMENT LIST.....	9
RECIPES.....	10
STATE CONTACTS.....	14

PLEASE NOTE:

The full Culinary Competition Guidebook will be released at a later date. We are sharing the official recipes and equipment list now to support chapters as they begin preparing and practicing for competition. Additional rules, procedures, and scoring details will be provided in the complete guidebook once it is finalized.

We hope this early information helps your teams plan ahead and feel confident as they begin their culinary journey this season!

2026 CULINARY COMPETITION MENU

BAKING & PASTRY

Quick Bread | Lemon Poppy Seed Muffin
Pate A Choux | Paris-Brest Filled with Chantilly Cream
Cookie | Chocolate Chip Cookie
Decorated Cake

CULINARY ARTS

Composed Salad
Sauteed Chicken with Fine Herbes Sauce
Rice Pilaf & Garlic Green Beans

BAKING & PASTRY EVENT

EQUIPMENT LIST

Available for Use	Not Provided
Stand Mixer with Paddle/Whisk Attachment	Prepared White Icing (3 lbs)
Muffin Baking Pan	Gel or Paste Icing Colors
Half Sheet Pans	Grease-Proof Round Cake Board
Full Sheet Pans	Pastry Bags (participants choice)
Parchment Paper	Cake turntable
Medium Saucepan	Spatulas
Sifter for Powder Sugar	Rose Nail
Sanitizer Buckets	Scissors
Plating Dishes	Assorted Mixing Bowls and/or Containers
Soap for Dishwashing	Pastry Tips
	Pastry Couplers
	Paper Muffin Liners
	Whisks
	Measuring Cups (Liquid)
	Measuring Cups (Dry)
	Measuring Spoons
	#24 Portion Scoop
	Writing Utensil
	Cookie Cutters (1 being 3")
	Mixing Spoons
	#824 Star Tip
	Citrus Zester
	Knife Kit (with at least Paring/Chef/Palette)
	Bench Scraper
	Scale
	1-3 Tabletop Timer(s) (not a phone)
	Thermometer
	Disposable Gloves
	Hot Pads/Pot Holders
	Side Towels (4 minimum)
	Cutting Board
	Bus Tub

General Information

- All necessary large equipment will be provided. Only items on the list may be brought to the event. The items in the "Available for Use" column will be provided by the host site, but competitors are still permitted to bring their own.
- No electrical tools are allowed to be brought to the competition. Take care when packaging or packing equipment for travel. If breakage occurs, the participant is responsible for any replacement.
- Any additional additional equipment required will be provided at the time of the event by the host institute, including 9" Styrofoam Cake Round.

RECIPES

Quick Bread | Lemon Poppy Seed Muffins

Culinary Skills Component: Demonstrate proper execution of mixing and baking a quick bread utilizing the creaming method.

Yield: 12 Muffins

Amount

- 2 ¼ cups (300 g)
- ¾ tsp (3 g)
- ¼ tsp (1 g)
- ⅓ tsp (3 g)
- 3 (150 g)
- 1 cup (195 g)
- ½ cup (120 g)
- 1 tbsp (3.75 g)
- 1
- 1 ½ tsp
- 2 ½ tbsp (22.5 g)
- ⅛ cup (30 ml)
- ⅛ cup (30 ml)
- ½ cup (120 g)
- 1 tsp (7.5 ml)

Ingredient

- All-Purpose Flour
- Baking Powder
- Baking Soda
- Kosher Salt
- Eggs
- Granulated Sugar
- Heavy Cream
- Lemon Zests (from lemon)
- Lemon
- Lemon Juice (from lemon)
- Poppy Seeds
- Corn Syrup
- Canola Oil
- Unsalted Butter, Room Temperature
- Vanilla Extract

Method:

1. Prepare muffin baking pans with paper liners. Preheat the oven.
2. Add the lemon juice to the heavy cream and set aside.
3. Whisk the flour, baking soda, baking powder, poppy seeds, lemon zest, and salt into the bowl and set aside.
4. In a stand mixer with the paddle attachment, cream together the butter and sugar. Add the syrup and oil then cream until light and smooth.
5. Gradually add the eggs, vanilla, and heavy cream mixture.
6. Add the dry mixture at low speed and scraping the bowl to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth. Let rest for 15 minutes.
7. Use a #24 scoop and divide batter evenly among 12 muffin cups. (There might be leftover batter.)
8. Bake in the oven:
 Conventional - 475°F oven for approximately 18-20 minutes
 Convection - 375°F oven for approximately 12-15 minutes

Pate a Choux | Paris-Brest with Chantilly Cream

Culinary Skills Component: Demonstrate proper execution of pate a choux to include scaling ingredients, mixing ingredients, piping with pastry, and baking to correct doneness.

Yield: 6 Paris-Brest

Amount	Ingredient
<i>Choux</i>	
¼ cup (60 g)	Water
¼ cup (60 g)	Milk
4 tbsp (60 g)	Unsalted Butter
¼ tsp (2 g)	Salt
¼ tsp (2 g)	Granulated Sugar
½ cup (60 g)	All-Purpose Flour
2 (100 g)	Eggs
To Taste	Powdered Sugar
<i>Chantilly Cream</i>	
1 cup (236 g)	Heavy Cream
2 tbsp (27 g)	Sugar
½ tsp (7 g)	Vanilla

Method:

1. Prepare sheet pan with parchment paper. Draw six (6) 75mm (3") circles using a 3" cookie cutter on a sheet of parchment paper. Using a ½ sheet pan, invert the paper on the sheet pan, ink side down, Preheat the oven.
2. In a medium saucepan, combine the water, butter, sugar, milk, and salt. Bring to a boil. Reduce the heat to moderate. Add the flour all at once and cook until the mixture appears drier and begins to stick to the bottom of the pot. Remove from heat and place in a mixing bowl with a paddle to release steam. *This dough is panade.
3. Mix the panade until slightly cool, but still warm. Add the eggs in stages while mixing. Scrape the bowl and keep mixing until desired consistency is reached.
4. Using a #824 to 827 star tip, bag the Paris-Brest with a 75mm (3") outer edge diameter in its raw state on top of the drawn outline.
5. Bake in oven:
Conventional - 400°F in the oven for 20 minutes. Rotate the pan and bake for 15 more minutes.
Convection - 350°F in the oven for 15 minutes. Rotate and bake for 10 more minutes.
6. Whip Chantilly ingredients to form desired consistency of whipped cream. When Paris-Brest are cool, cut all Paris-Brest horizontally. Fill the bottom half with cream, and replace the top. Dust the top with powdered sugar.
7. Fill two (2) Paris-Brest with your Chantilly Cream. Display two (2) Paris-Brest filled and four (4) unfilled.

Cookie | Chocolate Chip Cookies

Culinary Skills Component: Demonstrate proper execution of cookies utilizing the drop method, to include scaling ingredients.

Yield: 12 cookies

Amount

½ cup
 ½ cup
 ¼ cup
 1 each
 1 tsp
 1 ¼ cups
 ½ tsp
 ¼ tsp
 1 cup

Ingredient

Unsalted Butter, Softened
 Brown Sugar, Packed
 White Sugar
 Large Egg
 Vanilla Extract
 All-Purpose Flour
 Baking Soda
 Salt
 Chocolate Chips

Method:

1. Prepare sheet pan with parchment paper. Preheat the oven to 350°F.
2. CREAM: In a large bowl, cream together butter and both sugars. Add in egg and vanilla and beat until smooth.
3. DRY: In a new bowl, combine flour, baking soda, and salt. Add combined dry ingredients to creamed butter and sugar to form a dough.
4. Fold in chocolate chips.
5. Portion 12 cookies and place them on your parchment lined baking sheet.
6. Bake in a preheated oven for 12-15 minutes or until golden brown.

Decorated Cake

- (1) 9" Styrofoam cake round (included at site)
- (2) Prepared white icing (must bring your own, 3 lbs recommended)

Specific Equipment for Cake Decorating:

Gel or paste icing colors (participants choice)
Pastry bags and couplers, any size/type grease-proof cake board
Pastry tips of participants' choice
Cake turntable
Assorted spatulas, as needed
Rose nail
Scissors
Bowls or containers for mixing colors

Cake Decorating Parameters:

1. 9" cake round - no splitting; rubric points will be automatically added.
2. Cake side must be smooth iced with buttercream - no combed or patterned sides.
3. The bottom border of the cake must be a rosette border.
4. The top border of the cake must be a rosette border.
5. Three (3) buttercream roses and leaves.
6. Scripting - participants will be given a message to write at the time of the competition, in cursive (script), on the cake (spelling counts).
7. Participants may choose their color palette with the understanding that colors should coordinate with the on-site announced scripting requirements.

CULINARY ARTS EVENT

EQUIPMENT LIST

Available for Use	Not Provided
Blender	Cutting Boards
Sanitizer Buckets	Measuring Cups (Liquid)
Plating Dishes (Salad Bowl & Dinner Plate)	Measuring Cups (Dry)
Soap for Dishwashing	Measuring Spoons
Large Saute Pan	Assorted Mixing Bowls
Medium Saute Pan	Wooden Spoons
2 - ¼ and/or ½ Sheet Pan	Disposable Food Service Gloves
Aluminum Foil	Disposable Tasting Spoons
Parchment Paper	Shallow Bowl(s) or Pie Pan(s)
Medium Saucepan with Lid	Tongs
Strainer/Colander	Instant-Read Meat Thermometer
	1-3 Tabletop Timers (no phones)
	Heat-Resistant Rubber Spatula
	Whisk
	Vegetable Peeler
	Fork
	Hot Pad(s) / Pot Holder(s)
	Serving Spoon(s)
	Side Towels (minimum 4)
	Bench Scraper
	Standard Knife Kit (minimum requirements; french, paring, utility/boning)

General Information

- All necessary large equipment will be provided. Only items on the list may be brought to the event. The items in the “Available for Use” column will be provided by the host site, but competitors are still permitted to bring their own.
- No electrical tools are allowed to be brought to the competition. Take care when packaging or packing equipment for travel. If breakage occurs, the participant is responsible for any replacement.

RECIPES

Composed Salad with Emulsified Vinaigrette

Culinary Skills Component: Demonstrate a proper vinaigrette, knife skills, and salad composition

Yield: 2 Servings

Amount

Vinaigrette

6 tbsp

2 tbsp

½ tsp

1 tbsp

½ tsp

To taste

Salad

1 cup

½ cup

½ cup

½ cup

½ cup

To taste

Ingredient

Canola Oil

White Wine Vinegar

Minced Garlic

Dijon Mustard

Fresh Herbs (minced)

Salt and Pepper

Romaine and/or Summer Lettuces (bite sized pieces)

Cherry Tomatoes (halved)

Mini Cucumber (peeled, oblique cut)

Red Bell Pepper (small dice cut)

White Onion (small dice cut)

Cheese and Fresh or Dried Herbs (optional)

Method:

1. Combine vinegar, garlic, herbs and Dijon mustard. Integrate oil and emulsify the vinaigrette. Add salt and pepper to taste.
2. Toss salad ingredients and vinaigrette.
3. Compose salad and serve immediately.

Sauteed Chicken with Fines Herbes Sauce

Yield: 2 Servings

Amount

2
 As needed
 As needed
 ½ cup (as needed)
 2 tbsp
 2 tsp
 1 cup (divided)
 ¼ cup
 1 tsp
 1 tsp
 1 tsp
 1 tsp

Ingredient

Boneless, Skinless Chicken Breasts
 Kosher Salt
 Freshly Ground Black Pepper
 All-Purpose Flour
 Vegetable Oil
 Shallots (minced)
 Chicken Stock
 Heavy Cream
 Tarragon (finely chopped)
 Flat-Leaf Parsley (finely chopped)
 Chives (finely chopped)
 Chervil (finely chopped)

Method:

1. Season the chicken breast with salt and pepper and dredge in the flour, shaking off any excess.
2. Heat the oil in a large saute pan over medium-high heat. Add the chicken breasts and saute on the first side until light golden. Turn the chicken over and continue to saute until opaque and cooked through. If necessary transfer to an oven until cooked to temperature. Transfer to a plate and cover loosely with aluminum foil to keep warm while preparing the sauce.
3. Add the shallots to pan and saute until translucent, 1 to 2 minutes.
4. Add half of the chicken stock and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Continue cooking over medium-high heat until the liquid has nearly cooked away. Add the remaining broth, bring to a simmer, then add the cream and simmer until the mixture is flavorful and has reduced to a sauce-like consistency, about 5 minutes.
5. In a small bowl, combine the tarragon, parsley, chives, and chervil (the fine herbes). Add them to the sauce, and season with salt and pepper. Pour the sauce over the chicken and serve immediately.

Rice Pilaf & Garlic Green Beans

Yield: 2 Servings

Amount

Rice Pilaf

1-2 tsp

1 cup

½ small

1 stalk

2 cups

To taste

¼ cup

Garlic Green Beans

¼ cup

½ lb

1 tsp (to taste, divided)

½ tbsp

1 tbsp

2

To taste

½ - 1 tbsp

Ingredient

Extra Virgin Olive Oil

Long Grain White Rice

Yellow Onion (diced)

Celery (small, diced)

Chicken Stock

Salt

Flat Leaf Parsley (chopped)

Water

Green Beans (ends trimmed)

Salt

Olive Oil

Unsalted Butter

Garlic Cloves (minced)

Black Pepper

Lemon Juice (fresh squeezed)

Rice Pilaf Method:

1. In a medium saucepan over medium high heat, add oil. When the oil is hot, add rice and stir to coat. Brown the rice slightly.
2. Add onion and celery. Saute until softened.
3. Add chicken stock and salt to season. Bring to a boil, then reduce to a simmer. Cover and cook for approximately 20 minutes, or until the stock has been absorbed. Remove from heat and let it stand for a few minutes.
4. Remove cover, fluff with a fork, stir in chopped parsley and serve.

Garlic Green Beans Method:

1. Heat a medium saute pan over medium-high heat. Add water and beans to the pan with about half of the salt. Bring to a boil for 3 minutes.
2. Drain beans and set aside.
3. Heat oil and butter together in the same pan. When butter has melted, add the garlic and saute until fragrant. Add the green beans, and toss to coat in the oil/butter mixture.
4. Take off of heat, season with salt and pepper. Squeeze lemon juice, mix through and serve.

**** NOTE: Rice and Green Beans are cooked separately and plated normally. This is combined only for rubric purposes.**

STATE CONTACTS

If you have questions or concerns with information in this resource or general questions or concerns regarding the Culinary Competition, please submit them to state staff or one of the listed volunteers below.

NC FCCLA STATE ADVISER

Dani Fisher | stateadviser@northcarolinafccla.org

NC FCCLA STATE COMPETITIVE EVENT COORDINATOR

Breonna Baker | mrsbreonnabaker@gmail.com

FCS DISTRICT LEADERSHIP COUNCIL (DLC) | FCCLA COORDINATORS

- District 1 - Alison Rotenberry | alisonrotenberry@johnston.k12.nc.us
- District 2 - Sarah Casey | sarah.casey@lenoir.k12.nc.us
- District 3 - Akilah Cooper | afcooper@wcpss.net
- District 4 - Jean Heubach | jean.heubach@roberson.k12.nc.us
- District 5 - Lauren Norton | laurennorton@davidson.k12.nc.us
- District 6 - Noriko Burgess | noriko.burgess@cms.k12.nc.us
- District 7 - OPEN
- District 8 - Kaitlyn Austin | kaitlin.austin@bcsemail.org

NC FCCLA BOARD OF DIRECTORS, CHAIR

Christine Coren | ncfcclabod@gmail.com or cmcoren@hcpsnc.org