



CULINARY COMPETITION

CONFERENCE GUIDEBOOK

FCCLA
NORTH CAROLINA

2026

www.northcarolinafccla.org

TABLE OF CONTENTS

COMPETITION INFORMATION.....3

DATE AND LOCATION.....3

REGISTRATION INFORMATION.....3

HOTEL INFORMATION.....3

REGISTRATION, PAYMENT & CANCELLATIONS.....4

ATTENDEE DRESS CODE AND FORMS.....5

DATES AND DEADLINES.....5

TENTATIVE AGENDA.....6

BAKING & PASTRY EVENT.....7

GUIDELINES AND SPECIFICATIONS.....8

EQUIPMENT LIST.....10

RECIPES.....10

CULINARY ARTS EVENT.....15

GUIDELINES AND SPECIFICATIONS.....16

EQUIPMENT LIST.....18

RECIPES.....18

TESTING & FORMS.....22

ONLINE PRELIMINARY TESTING PROCEDURES.....22

PROCTOR VERIFICATION FORM.....24

MEDICAL CONSENT FORM.....25

STATE CONTACTS.....26

COMPETITION INFORMATION

DATE AND LOCATION

February 20th, 2026
Johnson and Wales University
801 W. Trade St.
Charlotte, NC 28202

REGISTRATION INFORMATION

Registration Rate \$50 per attendee (participants, advisers, chaperones, etc.)

The registration rate will include the competitive event fee for event participants, ingredient costs for event participants, and additional learning opportunities provided throughout the day of the competition. All attendees are required to be registered.

Affiliation is required to attend and/or compete at the Culinary Competition.

Registration Opens - December 19th, 2026

Registration Closes - January 24th, 2026

Late registrations will not be accepted after this deadline.

HOTEL INFORMATION

A discounted hotel room block has been created for the Culinary Competition. Participants are **not required** to stay in this hotel room block for the competition.

DoubleTree by Hilton
Charlotte City Center
230 North College Street
Charlotte, NC 28202
980-595-7808

Hotel Rate
\$169 plus tax

To Book

[Booking Link](#)

Online Group Code: 93Q

OR

Make a reservation by phone by calling
704-335-5400 between 8am-4pm Mon-Fri.
Identify yourself as members of the NC FCCLA
Culinary Competition

Must make your reservation by 01/20/2026 to get the group rate.

If full payment of reservations will be with a check, please contact the hotel directly to confirm the payment process. Payment may be required up to two (2) weeks prior to arrival. Please confirm with hotel individual parking rates.

REGISTRATION, PAYMENT & CANCELLATIONS

REGISTRATION INVOICE PAYMENT INFORMATION

An invoice will automatically be created when registration is submitted using the registration link provided on the NC FCCLA website. Please follow the directions listed on the invoice to make payment. If you have not received an invoice, please confirm that you have correctly submitted registration for this event and it is not pending.

Invoice payments must be made by February 7th, 2026. A \$25 late payment fee will be applied to invoices with an outstanding balance after this date.

Payment Options

- Check Payment
 - Check payments can be mailed to the address listed on the registration invoice. It is also included below for your convenience. Confirm with your bookkeeper that the check is being sent to the correct address. NC FCCLA will not be responsible for any checks sent to the wrong address.
 - NC FCCLA
PO Box 38
Sunbury, NC 27979
- Credit Card
 - If you prefer to pay your invoice using a credit card, please request a link to be sent to you after you have received your official invoice. You can send requests to stateadviser@northcarolinafccla.org. After we receive your request, you will receive a QuickBooks invoice link that can be used for payment.

CANCELLATION & REFUND POLICY

Cancellation and refund requests must be submitted through the registration link by **January 24th, 2026**. Telephone, email, text and/or fax cancellations will not be accepted.

- Cancellations received by the aforementioned date will receive a refund of the conference registration fee less a \$15.00 administration fee per attendee cancellation.
- Refunds for “no-shows” will not be honored, and the registering chapter will still be responsible for all registration fees. Non-payment of fees could result in a block being placed on the chapter for all future events until the outstanding balance has been resolved.

REGISTRATION SUBSTITUTION POLICY

Attendee name changes and/or substitutions must be submitted online through the registration link by January 24th, 2026. Telephone, email, text or fax changes will not be accepted.

ATTENDEE DRESS CODE AND FORMS

MANDATORY DRESS CODE

Competing Youth Attendees

- If youth attendees are competing, they are required to adhere to the dress code as outlined in the event guidelines within this document.

Non-Competing Youth Attendees

- Red, Black, or White Polo or Oxford Style Shirt
- Khaki or Black Bottoms
 - Skirts must be no shorter than 2 inches above the knee
- Black Professional Dress Shoe

Adult Attendees

- Business Professional

ATTENDEE FORMS

The following forms are provided for convenience to the adviser and are not required to be submitted to NC FCCLA upon check-in at the Culinary Competition. It is mandatory that the adviser carry a completed Medical Consent Form in the case of an emergency.

- Medical Consent Form

Forms can be found on the NC FCCLA website under ATTEND > CULINARY COMPETITION or at the end of this guidebook.

DATES AND DEADLINES

December 19, 2025

- Culinary Competition registration link opens on the NC FCCLA website.

January 24, 2026

- Culinary Competition registration closes. Late registrations will not be accepted.
- Registration name changes and substitutions deadline.
- Registration cancellation and/or refund request deadline, less a \$15 administrative fee per attendee cancellation.

February 7, 2026

- Invoice payment deadline. After this deadline, a \$25.00 late payment fee will be assessed to all outstanding invoices.

February 20, 2026

- Culinary Competition at Johnson and Wales.

TENTATIVE AGENDA

The following agenda is a tentative outline of the day’s events. Specific times and locations are possible based on the total number of registered participants. A final agenda will be included in the “Know Before You Go” email that all registered advisers will receive prior to the event. A pre-event session will be held on the campus of JWU on Thursday afternoon between 4-6pm. This is open to anyone who will be arriving Thursday afternoon. Registration is required, however no extra fee will be collected for participation.



FEBRUARY 20, 2025
JOHNSON & WALES UNIV.
CHARLOTTE, NC

CONFERENCE AGENDA

START	END	EVENT	LOCATION	AUDIENCE
THURSDAY, FEBRUARY 19				
4:00 PM	5:00 PM	INTRO TO COLLEGE ADMISSIONS**	GATEWAY CENTER ST 175	ALL
5:15 PM	6:15 PM	CAMPUS & LAB TOURS**	WHOLE CAMPUS	ALL
FRIDAY, FEBRUARY 20				
8:30 AM	9:00 AM	REGISTRATION CHECK-IN	ACADEMIC CENTER FL 1	ADVISERS
9:00 AM	9:15 AM	OPENING & WELCOME	ACADEMIC CENTER FL 1	ALL
COMPETITIVE EVENTS				
9:30 AM	3:00 PM	COMPETITIVE EVENTS	VARIOUS LOCATIONS	JUDGES & COMPETITORS
VARIES	VARIES	LUNCH		
3:00 PM	3:45 PM	CLOSING & RECOGNITION	ACADEMIC CENTER FL 1	ALL

*Lunch is not provided to attendees. All agendas are tentative and subject to change.

**No fee. Pre-registration required.

BAKING & PASTRY EVENT

Baking and Pastry, an individual event, recognizes participants for their ability to demonstrate their baking and pastry skills through the preparation of quick bread, choux pastry, cookie, and demonstration of cake decorating skills. Participants must develop a plan for the time allotted, prepare menu items provided, and present prepared items to evaluators.

EVENT LEVELS

Level 3: Grades 11-12

ELIGIBILITY AND GENERAL INFORMATION

1. Review "[Eligibility and General Rules for ALL Levels of Competition](#)" in the National FCCLA 2025-2026 STAR Events Guidelines located in the FCCLA Portal prior to event planning and preparation.
2. Eligible participants are members currently enrolled in or have been enrolled in, a Family and Consumer Sciences program, as determined by the state department of education.
3. Each participant is required to complete the [Online Project Summary in the FCCLA Student Portal and provide signed proof of submission](#) at the assigned participation time.

GENERAL INFORMATION

Number of Participants per Entry - 1

Number of Entries Allotted per Chapter - 3

GUIDELINES AND SPECIFICATIONS

PROCEDURES AND TIME REQUIREMENTS FOR STATE COMPETITION

Participants will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participants will turn in a prepared time management plan on the published recipes, and will be given a menu and all required recipes and ingredients.

10 minutes	Uniform and equipment inventory check. Time management plan returned to participants at the end of equipment check.
15 minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event, with the exception of those listed for the cake decorating recipe. Participants will have 15 minutes to organize their work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, and clean/wash products. No products may be cut, peeled, sliced, etc. During this time.
2 hours 45 minutes	Participants will be given 2 hours and 45 minutes to prepare the required products according to recipe specifications.
20 minutes	Participants will have 15 minutes to clean up their workstations and return unused food to the central station.

UNIFORM AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry, and Personal Hygiene	<p>Clean and appropriate uniform including professional chef attire to include:</p> <ul style="list-style-type: none"> - Chef coat/jacket - Industry pants or commercial uniform pants - Apron - Hair covering or chef hat - Closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate) - No jewelry, with the exception of a watch, is allowed - Facial hair is permitted if appropriate covering is used - Hair must be properly restrained with hairnet if hair extends past the neck line - Minimal makeup, no cologne or nail polish - Acceptable graphics on the uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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SAFETY AND SANITATION

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after the event, within designated time period.
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PRODUCT PRODUCTION

Participants will have 2 hours and 45 minutes to prepare food products. Participants should be proficient in the preparation of all required food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste. The participant will present all items for evaluation at the end of the 2 hours and 45 minute period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 2 hours and 45 minutes time limit.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter.
Timeline	Timeline is used and is accurate.
Mise en Place	Work efficiently and display organizational skills. Mise en place is well executed.
Product Appearance	Products have appropriate color and doneness, are properly shaped and have visual appeal.
Product Consistency	Size, shape, and/or color of products meet or exceed industry expectations. The correct amount (yield) of items has been produced.
Baking Principles and Techniques	Follow directions of recipes in proper sequence to demonstrate correct baking principles.
Product Taste and Texture	Flavors and textures meet or exceed industry expectations.
Cake Decorating	The cake dummy is decorated according to the theme provided. Borders, decorations, and writing meet or exceed industry expectations.

SCORING

The Point Summary Form and Scoring Rubric as reflected in the National FCCLA 2025-2026 STAR Events Guidelines for the Baking and Pastry STAR Event will be used at the NC FCCLA 2026 Culinary Competition.

[CLICK TO VIEW NATIONAL BAKING & PASTRY GUIDELINES](#)

EQUIPMENT LIST

The items listed below are required for implementation of the selected menu. All necessary large equipment and plating dishes will be provided. No additional items may be brought or used during the event. Take care when packaging or packing equipment for travel. If breakage occurs, the participant is responsible for any replacement. Each participant is required to provide the following equipment for the competition. Each participant is required to provide the items listed below the 'not provided' section of the table. Deck ovens may be used during competition. Participants should be familiar with their use in relation to the production of the recipes required for this event.

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

RECIPES

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

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)
 ½ 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).

Participants may choose their color palette with the understanding that colors should coordinate with the on-site announced scripting requirements.

CULINARY ARTS EVENT

Culinary Arts, an individual event, recognizes participants for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment. Participants must develop a plan for the time allotted, prepare menu items given to them at the time of the event, and present prepared items to evaluators.

EVENT LEVELS

Level 3: Grades 11-12

ELIGIBILITY AND GENERAL INFORMATION

1. Review "[Eligibility and General Rules for ALL Levels of Competition](#)" in the National FCCLA 2025-2026 STAR Events Guidelines located in the FCCLA Portal prior to event planning and preparation.
2. Eligible participants are members currently enrolled in or have been enrolled in, a Family and Consumer Sciences program, as determined by the state department of education.
3. Each participant is required to complete the [Online Project Summary in the FCCLA Student Portal and provide signed proof of submission](#) at the assigned participation time.

GENERAL INFORMATION

Number of Participants per Entry - 1

Number of Entries Allotted per Chapter - 3

GUIDELINES AND SPECIFICATIONS

Participants will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participants will turn in a prepared time management plan on the published recipes, and will be given a menu and all required recipes and ingredients.

10 minutes	Uniform and equipment inventory check. Time management plan returned to participants at the end of equipment check.
20 minutes	Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 20 minutes to organize their work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, and clean/wash products. No products may be cut, peeled, sliced, etc. During this time.
1 hour	Participants will be given 1 hour to prepare the required food products according to recipe specifications.
10 minutes	After 1 hour, participants will present two plates for evaluation of appearance, taste, and temperature. All work must be completed at the end of the 1-hour time limit. There will be no extra time to complete the preparation or presentation.
20 minutes	Participants will have 20 minutes to clean up their workstations and return unused food to the central station.
15 minutes	Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

UNIFORM AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry, and Personal Hygiene	<p>Clean and appropriate uniform including professional chef attire to include:</p> <ul style="list-style-type: none"> - Chef coat/jacket - Industry pants or commercial uniform pants - Apron - Hair covering or chef hat - Closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate) - No jewelry, with the exception of a watch, is allowed - Facial hair is permitted if appropriate covering is used - Hair must be properly restrained with hairnet if hair extends past the neck line - Minimal makeup, no cologne or nail polish - Acceptable graphics on the uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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SAFETY AND SANITATION

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after the event, within the designated time period.
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PRODUCT PRODUCTION

Participants will have 60 minutes to prepare food products and garnish. Participants should be proficient in the preparation of three (3) food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter.
Timeline	Timeline is used and is accurate.
Mise en Place	Work efficiently and display organizational skills. Mise en place is well executed.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.

FOOD TASTE AND PRESENTATION

Participants will prepare two (2) identical plates that have been attractively garnished. The participant will present all plates for evaluation of appearance, taste, and temperature at the end of the 60-minute period. There will be no extra time allowed to complete preparation, or presentation. All work must stop at the 60-minute time limit.

Plating and Presentation	Prepare two (2) plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Techniques	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Mallard reaction is properly executed, as required by recipe.

SCORING

The Point Summary Form and Scoring Rubric as reflected in the National FCCLA 2025-2026 STAR Events Guidelines for the Culinary Arts STAR Event will be used at the NC FCCLA 2026 Culinary Competition.

[CLICK TO VIEW NATIONAL CULINARY ARTS GUIDELINES](#)

EQUIPMENT LIST

The items listed below are required for implementation of the selected menu. All necessary large equipment and plating dishes will be provided. No additional items may be brought or used during the event. Take care when packaging or packing equipment for travel. If breakage occurs, the participant is responsible for any replacement. Each participant is required to provide the items listed below the 'not provided' section of the table.

Available for Use	Not Provided
Blender	Cutting Board(s)
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)

RECIPES

Composed Salad

Sauteed Chicken with Fine Herbes Sauce

Rice Pilaf & Garlic Green Beans

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.**

TESTING & FORMS

ONLINE PRELIMINARY TESTING PROCEDURES

Online preliminary testing may be required if the event registration exceeds the facility capacity. These exam scores will determine the members invited to compete in person at the Culinary Competition. This decision was made to provide a method to determine the finalists based on the numbers NC FCCLA can accommodate at the Culinary Competition. Participants will be notified by **January 29th** if testing is required.

EXAM INFORMATION

Registered Culinary Competition STAR Event participants will complete the Online preliminary Test. This exam will cover safety and sanitation, culinary nutrition, fundamental concepts of the culinary and/or baking and pastry arts, and food service industry concepts.

The exam consists of 100 questions, with approximately 50 on culinary and/or baking and pastry fundamentals, 30 on safety and sanitation, 10 on food service concepts, and 10 on culinary nutrition, to be completed within 120 minutes. The exam is completed on an Online Testing Platform and proctored by a locally-identified administrator. The proctor-to-participant ratio is 1:3.

EXAM PROCTOR REQUIREMENTS

The exam proctor must be a “disinterested third party” with no direct family or direct educator relationship to the participant(s). Duties of the proctor include:

- Confirm the participant(s) identity.
- Ensure the participant(s) does not receive any outside assistance while taking the exam. This includes course materials, help from others, prepared notes, and access to other websites. Cell phones must be checked and turned completely off. The student may use one blank sheet of printer paper, one pencil and a non-programmable calculator.

ACCESSING THE ONLINE TEST

Login Credentials

- Login credentials will be **emailed** to the registered participants and the advisers.

Access Link

- Before completing the test, click on the access link in your registration confirmation email to ensure that the link is accessible.
- NC FCCLA will be using ZipGrade online testing platform. This platform can be accessed on any browser type. Ensure you are using your chosen browser’s latest version for the best experience. If you have issues accessing the site, please contact your school district IT department to confirm that the site is accessible from your school district devices.

Testing Environment

- Choose a quiet and well-lit environment for the test.
- Ensure participants are provided with the necessary tools per the test guidelines. Participants may have one blank sheet of printer paper, a pencil, and a non-programmable calculator.

SUBMISSION DETAILS

Submission Process

- Submissions must be completed using the ZipGrade online testing platform. Follow the on-screen instructions to submit your responses.
- Ensure that submissions are finalized and submitted before the time limit expires. Participants will have 120 minutes to complete the 100 multiple-choice question test.

Submission Deadline

- The testing window is from January 29th - February 2nd. All tests must be submitted by 5:00 PM EST on February 2nd.

Results and Feedback

- Participants will receive their test scores immediately upon submission of their exam.
- If finalists for the competition are required, all participants will be notified via email by February 6th, 2026, of their eligibility to compete in person at the Culinary Competition.

PROCTOR VERIFICATION FORM

CULINARY COMPETITION PRELIMINARY ONLINE TESTING

FCCLA Chapter Name: _____

FCCLA Chapter ID: _____

Proctor Name and Title: _____

By signing this document, you verify that:

- You personally observed the student(s) throughout the entire testing process.
- You did not assist in reading the question to the student.
- You did not allow unpermitted resources.
- Students completed their own work and did not talk to or receive assistance from anyone other than the proctor during the test.
- Only students registered to compete in the competitive event participated in the testing.
- All participants from the chapter took the test at the same time.

Proctor Signature: _____ Date: _____

***Electronic signatures are not accepted. Proctor signatures should be completed by hand.**

COMPETITIVE EVENT NAME AND CATEGORY

Participant Name	Event Name

After testing, advisers will upload an electronic copy of this form here: <https://forms.gle/zRxqouLfCdDJYWTJ6>

MEDICAL CONSENT FORM

All Baking & Pastry and Culinary Arts STAR Event participants must submit this completed consent form during check-in at the Culinary Competition. All medical information must be complete and accurate. Failure to do so may result in disqualification.



_____ has permission to receive medical treatment by a physician should an illness or accident occur while participating in the Baking & Pastry or Culinary Arts STAR Event with the North Carolina Family, Career and Community Leaders of America. The following information will be helpful if such a situation arises.

Primary Physician Name: _____

Physician's Address: _____

Physician's Phone Number: _____

Known Allergies: _____

Medical condition(s) that should be noted:

Medications currently being taken (OTC or prescribed):

EMERGENCY CONTACT INFORMATION

Name: _____

Phone #: _____ Relationship to Participant: _____

INSURANCE INFORMATION

Insurance Company Name: _____ Phone #: _____

ID #: _____ Group #: _____

I have read and consent to the above statement. I acknowledge that all the information provided is accurate.

Parent/Guardian First and Last Name: _____

Parent/Guardian Signature: _____

Participant First and Last Name: _____

Participant Signature: _____

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