



2026 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 2026 State Leadership Conference. The rubric found in the 2025-2026 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 2026 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 2026 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, 2026, on the Kansas registration system.**

Culinary Arts Competition – Skillathon is scheduled for **Sunday, April 12** 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 13.
- If entry numbers exceed the time slots available for Monday, April 13, Culinary Arts - Skillathon will occur and become the qualification round to move on and participate in the Competition scheduled for Monday, April 13.
- Participants will have 45 minutes 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 13**, held at 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.

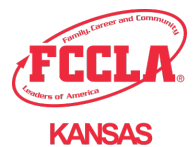
REQUIRED CULINARY ARTS FORMS

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

2026 Culinary Arts Recipes
Brussel Sprout Slaw with Apples
Pork Tenderloin with Creamy Mustard Sauce
Green Beans / Orzo Pilaf



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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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Brussel Sprout Slaw with Apples

Adapted from: [Southern Living](#)

Makes 4 Salads (serving size: $\frac{3}{4}$ cup)

Ingredients

Trimmed Brussel Sprouts	$\frac{1}{2}$ pound
Extra Virgin Olive Oil	3 Tbsp
Lemon Zest	1 $\frac{1}{2}$ tsp
Lemon Juice	2 Tbsp
Crushed Red Pepper	$\frac{1}{4}$ tsp
Granny Smith or Honeycrisp apple, diced	$\frac{1}{2}$ apple
Parmesan Cheese, shredded	1 ounce
Honey	1 $\frac{1}{2}$ tsp
Kosher Salt	$\frac{1}{2}$ tsp
Black Pepper	$\frac{1}{4}$ tsp

Procedures

1. Thinly slice trimmed brussel sprouts using a mandoline or food processor with slicer attachment.
2. Transfer brussel sprouts to large bowl.
3. Add olive oil, lemon zest, lemon juice, and crushed red pepper. Toss to coat.
4. Add diced apple, parmesan cheese, honey, kosher salt, and black pepper. Toss to coat.
5. Let stand 5 minutes to allow the brussel sprouts to wilt slightly and flavors to marry.

Pork Tenderloin with Creamy Mustard Sauce

Adapted from [Recipe Tin Eats](#)

Makes 2.5 servings

Ingredients

Pork Tenderloin	1 – 1 lb
Salt	1 tsp
Pepper	1 tsp
Olive Oil	2 Tbsp
<i>Sauce</i>	
Heavy Cream	½ cup
Dijon Mustard	1 Tbsp
W hole Grain Mustard	1 Tbsp
Parsley, finely chopped	2 tsp
Salt	½ tsp
Pepper	½ tsp
W ater	1-2 Tbsp, as needed

Procedures

1. Preheat oven to 390°F. Place a rack over a tray (for resting the cooked meat).
2. Season the pork by sprinkling the tenderloin all over with salt and pepper.
3. Heat oil in a large oven-proof skillet over medium-high heat. Sear pork all over until golden brown.
4. Transfer the skillet with the pork in to the oven. Bake for 12-15 minutes or until an instant read thermometer reads 149F. This will have a blush of pink, a perfect medium for optimum juices. (For no pink at all, add 3 minutes cooking and target an internal temperature of 155F.
5. Remove pork from skillet and transfer to resting rack for 5 minutes.
6. Creamy Mustard Sauce: Return same skillet to the stove over medium heat. Add cream and both mustards. Mix well, scraping the bottom of the pan to dissolve any golden bits stuck to the base of the pan into the sauce. Once it becomes hot, but not simmering, stir in salt, pepper, and parsley. If the sauce becomes too thick, thin with a little water as needed.
7. Slice into 2-2.5 cm slices. Serve with Creamy Mustard Sauce



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Green Beans / Orzo Pilaf

Culinary Skill Component: Demonstrate the proper cooking method for vegetables.

2 Servings

Amount

Ingredient

Green Beans

1 tbsp	Kosher salt
½ pound	Fresh green beans trimmed

Sauce

2 tbsp	Unsalted butter
1	Garlic clove, minced
1 tbsp	Fresh lemon juice
½ tsp	Kosher salt
½ tsp	Ground black pepper

Orzo

2 tbsp	Unsalted butter
2	Green onion stalks, thinly sliced
½ cup	Orzo
1	Lemon
1 cup	Chicken stock
¼ tsp	Kosher salt
¼ tsp	Ground black pepper
1 tbsp	Fresh dill

Green Bean Method:

1. Mise en place ingredients and equipment
2. Bring a large pot of water to boil. Add Kosher salt and green beans and cook until slightly tender. Drain into a bowl of ice water to stop the cooking process. Drain when chilled.
3. In a large skillet, add the minced garlic and cook. Add the blanched green beans, lemon juice, salt, and pepper. Cook until the beans are heated through.

Orzo Method:

1. Mise en place equipment and ingredients.
2. Remove the zest from the lemon and reserve. Juice the lemon and reserve
3. Preheat a small pot. Add the green onions and sauté in butter until softened.
4. Add the orzo and the lemon zest and stir. Cook until orzo is slightly toasted.
5. Add chicken stock, kosher salt, and black pepper.
6. Cover and simmer until all liquid is absorbed, stirring occasionally.
7. Remove from heat and add the lemon juice, dill, and butter. Season to taste and serve.

*** SPECIAL NOTE: Quinoa and Medley are cooked separately and plated normally. This is combined only for rubric and certification purposes.