

# Troop 197 2014 Cooking Competition

## Chicken Fajitas, tortillas, lettuce, cheese, salsa, chunky guacamole

<b>Grocery list</b> <ul style="list-style-type: none"><li>• 6 oz of sliced chicken breast</li><li>• 1/2 sliced red bell pepper</li><li>• 1/2 sliced green bell pepper</li><li>• 1/2 large yellow onion</li><li>• 1 garlic clove (1 tsp minced garlic)</li><li>• 3 tbsp chopped fresh cilantro</li><li>• 1/2 ripe avocado</li><li>• 1/4 tsp fresh squeezed lime juice</li><li>• Shredded Romaine lettuce (1 leaf)</li><li>• Shredded jack cheddar cheese</li><li>• Sour cream</li><li>• 2-3 Tortillas</li><li>• 1/2 cup salsa fresca</li></ul>	<b>Prepare work area:</b> <ul style="list-style-type: none"><li>• stove</li><li>• cast iron skillet and frying pan</li><li>• cutting board</li><li>• chef's knife, spatula, tongs</li><li>• mixing bowls</li><li>• paper towels</li><li>•</li></ul>
<b>Chicken and marinade</b> <ul style="list-style-type: none"><li>• 6 oz of sliced chicken breast</li><li>• 1/2 sliced red bell pepper</li><li>• 1/2 sliced green bell pepper</li><li>• 1/4 large yellow onion</li><li>• 1 tbsp soy sauce</li><li>• 1/8 tsp cumin</li><li>• 1/4 tsp fresh ground pepper</li><li>• 2 tbsp EVOO</li><li>• 1 clove garlic (1 tsp minced garlic)</li></ul> <p>Slice and mix all the ingredients above in a plastic bag and let marinade for at least 15 minutes in the refrigerator (ice cooler)</p>	<b>Chunky guacamole</b> <ul style="list-style-type: none"><li>• 1/2 soft avocado</li><li>• 1/4 cup Salsa Fresca</li><li>• 1tbsp cilantro</li><li>• 1/4 tsp kosher salt</li><li>• pinch of white pepper</li><li>• 1/2 tsp EVOO</li><li>• 1/4 tsp fresh squeezed lime juice</li></ul> <p>Cut the avocado length wise into 4 equal sections, remove the seed and peel. Cut into chunks. With a fork or large spoon mash together the avocado, lime juice and salt. Mix the remaining ingredients above and set aside.</p>

## Cooking

### Chicken

- Bring to medium high heat a NON-oiled cast iron frying pan or skillet (do not oil)
- Add the chicken and all the marinade
- Stir frequently (turn the chicken so it does not burn on one side)
- Set aside when done

### Tortillas

- On preheated NON oiled frying pan (medium low) warm tortillas for 20-30 seconds per side.

## Plating

- Make fajitas as desired, if serving for a guest place the toppings in a separate plate and let guest choose their toppings, this is half the fun (Lettuce, salsa, jack/cheddar, guac, sour cream)
- Make salad with mango, peach or pineapple toppings, salsa and balsamic vinaigrette.

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## T197 Chicken Italiano w/ whole grain pasta and broccoli

Grocery list	Prepare work area:
<ul style="list-style-type: none"><li>• 6 oz chicken breast or tenders</li><li>• 3 tbsp of chopped fresh basil (about 4-6 leaves)</li><li>• 2 chopped Roma tomatoes</li><li>• 4 oz tomato sauce</li><li>• 1 garlic clove</li><li>• 1 tbsp chopped onions (1/4 onion)</li><li>• 1/2 small julienned carrot</li><li>• 1/2 cup of whole grain penne pasta</li><li>• 1 cup of cut broccoli florets (for later)</li></ul>	<ul style="list-style-type: none"><li>• stove</li><li>• grill</li><li>• 2 medium pots</li><li>• cutting board</li><li>• chef's knife, spatula, tongs</li><li>• mixing bowls</li><li>• paper towels</li></ul>

### Cooking

#### Chicken

- Sprinkle chicken with 1 tsp garlic, 1/2 tsp kosher salt, a pinch of white pepper and drizzle with 1 tbsp of EVOO.
- Grill chicken until well done.

#### Sauce

- Add remaining EVOO to a medium pot and sauté garlic and onions until translucent (low heat). Add basil, tomatoes, carrot, tomato sauce, 1/2 tsp kosher salt, and pinch of white pepper.
- Cover and simmer on low heat for 5 minutes.
- Add broccoli cover and simmer for another 2 minutes

#### Pasta

- Bring 3 cups of water to a rapid boil. Add 1 tbsp of EVOO and pasta. Cook al dente.

### Plating

- Pour sauce over the pasta and lay the grilled chicken on top of sauce, sprinkle with parmesan cheese and chopped parsley.
- Serve a salad with sliced apples and balsamic vinaigrette

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## Ponzu Chicken over rice noodles

<b>Grocery list</b> <ul style="list-style-type: none"><li>• 6 oz of sliced chicken breast</li><li>• 1/2 sliced red bell pepper</li><li>• 1/2 sliced green bell pepper</li><li>• 1/3 large yellow onion</li><li>• 1 garlic clove (1 tsp minced garlic)</li><li>• 1/4 cup snow peas</li><li>• 5 oz rice noodles</li><li>• 4 tbsp Ponzu sauce (substitute w/ teriyaki)</li></ul>	<b>Prepare work area:</b> <ul style="list-style-type: none"><li>• stove</li><li>• wok and medium pot</li><li>• cutting board</li><li>• chef's knife, spatula, tongs</li><li>• mixing bowls</li><li>• paper towels</li></ul>
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## Chicken and marinade

- 6 oz of sliced chicken breast
- 1/2 sliced red bell pepper
- 1/2 sliced green bell pepper
- 1/4 large yellow onion
- 4 tbsp Ponzu sauce
- 1/4 tsp fresh ground pepper
- 2 tbsp EVOO
- 1 clove garlic (1 tsp minced garlic)

Mix all the ingredients in a plastic bag and let marinate for at least 15 minutes in refrigerator

## Cooking

### Rice Noodles

- In a medium pan bring 3 cups of water with 1 tbsp to a boil
- Add noodles and cook al dente

### Chicken

- Bring to medium high heat a NON-oiled wok (do not oil)
- Add the chicken and marinade
- Stir frequently (turn the chicken so it does not burn on one side)

## Plating

- Pour stir fry over noodles
- Make salad with tangerines, drizzle with soy ginger vinaigrette and fried noodles.

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## T197 Rosemary Dijon Chicken with mashed potatoes and wilted spinach

<b>Grocery list</b> <ul style="list-style-type: none"><li>• 6 oz chicken breast or tenders</li><li>• 1 tbsp of chopped fresh basil (about 4-6 leaves)</li><li>• 1 sprig of fresh rosemary</li><li>• 1 garlic clove</li><li>• 1 tbsp Dijon mustard</li><li>• 3 tbsp EVOO</li><li>• 2 tbsp parmesan cheese</li><li>• 2 cups of fresh spinach</li><li>• Mashed Potatoes</li></ul>	<b>Prepare work area:</b> <ul style="list-style-type: none"><li>• stove</li><li>• grill</li><li>• 1 medium pot and 1 frying pan with lid</li><li>• cutting board</li><li>• chef's knife, spatula, tongs</li><li>• mixing bowls</li><li>• paper towels</li></ul>
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### Cooking

#### Chicken

- Mix chicken with 1 tsp minced garlic, 1/2 tsp kosher salt, a pinch of white pepper, 1 sprig of fresh chopped rosemary, 1tbsp parmesan cheese and drizzle with 2 tbsp of EVOO.
- Grill chicken until well done.

#### Mash potatoes

- Follow recipe on box, make only 1 packet

#### Wilted spinach

- Add 1 tbsp of EVOO to frying pan, bring to a low heat and add spinach, 1/2 tsp garlic, 1 tbsp of parmesan cheese, cover and cook for 1 minute.

### Plating

- Place chicken on side of mash potatoes, strain juices on top. Place wilted spinach next to mash potatoes and strain juices around spinach. Add some julienne carrots for color.