



Sophomore Final Practical Exam

Full meal preparation

Menu

Chicken Breast Sauté with Mushrooms & Tomatoes

Oven Roasted Potatoes

Broccoli with Julienne Red Peppers

NAME _____

Chicken Breast Sauté

1 each Boneless, Skinless Chicken Breast - Season Flour as needed
2 Tbsp. Oil
1 tsp Chopped Shallots
1 tsp chopped Garlic
1 oz sliced mushrooms
2 oz Whites Wine
½ tsp Lemon Juice
3 oz Chicken stock
1 oz concasse Tomato
TT Basil Leaves
1 Tbsp. Cold Butter

1. Debone & Trim and Pound chicken
2. Dredge chicken breast in seasoned flour
3. Sauté Chicken in hot oil until golden brown on both sides
4. Finish chicken in the oven
5. Remove chicken and excess fat and sauté garlic, shallots and mushrooms
6. Deglaze pan with white wine and lemon Juice
7. Reduce to almost dry
8. Add chicken stock and return chicken to finish cooking
9. Reduce liquid and add basil and tomato
10. Remove from heat and swirl in cold butter (monter au beurre)
11. Season to taste

NOTES

Oven Roast Potato

3 each Red bliss “B” Potatoes
Boiling Water
Vegetable Oil
Salt & Pepper as needed

1. Fabricate potatoes
2. Blanch Potatoes in Boiling, salted water for 2 minutes
3. Drain and dry. (Do not rinse)
4. Sauté’ in oil, season and place immediately in 400⁰ oven, turning frequently until golden brown on all sides and tender.

Broccoli with Julienne Red Peppers

¼ bun. Broccoli Fabricated into equal pieces
Boiling, Salted Water
6 Pieces Julienne Red Peppers
2 tbsp. Butter
Salt & Pepper

1. Fabricate broccoli into equal pieces
2. Blanch in boiling water until tender (Al dente) Immediately place in ice bath/
Drain
3. Heat butter in pan and sauté’ peepers until tender
4. Add Broccoli, heat and season to taste with salt & Pepper

NOTES

Rubric
Full Meal Practical Exam

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Sanitation	Follows all the practices of sanitation & hygiene according to state regulations. Clean up of the kitchen during and after assignments is evident.	Follows some of the practices of sanitation & hygiene according to state regulations. Cleanup of the kitchen after assignments is evident.	Follows few of the practices of sanitation & hygiene according to state regulations. Has to be asked to clean up the kitchen after assignments.	Does not follow the practices of sanitation hygiene according to state regulations. Does minimal cleanup of the kitchen after assignments.
Mise En Place	Has all ingredients or items assembled in logical order with the required accuracy.	Has all ingredients or items assembled in logical order with accuracy lacking in one or more ingredients and / or items.	Has some ingredients or items assembled needs assistance in obtaining the accuracy of one or more ingredients and / or item.	Seeks assistance in assembling ingredients or items and / or requires assistance in obtaining the accuracy of one or more ingredients or item.
Resources	The student is instructed on the proper utilization of product and resources but does not attempt to minimize loss	The student is instructed on the proper utilization of product and resources but needs continual guidance.	The student is instructed on the proper utilization of product and resources.	The student demonstrates proper utilization of product and resources
Appearance	The product or task accomplished has the proper quality and appearance.	The product or task accomplished almost has the quality and appearance.	The instructor demonstrates the proper quality and appearance of the product or task.	The product or task is lacking the proper quality and appearance.
Product	The student demonstrates in-depth understanding of the relevant concepts and/or process.	The student demonstrates understanding of major concepts even though he/she overlooks or misunderstands some less important ideas or details.	The student demonstrates that there are gaps in his/her conceptual understanding	The student addresses only a small portion of the required task(s).