



2023 State Leadership Conference Baking & Pastry STAR Event Required Equipment List and Recipes

Per Individual

- Mixing spoons, rubber scrapers and whisks as desired
- Dry and liquid measuring equipment
- Mise en place bowls
- Serving/plating tools
- digital food scale
- mixing bowls
- parchment paper
- muffin pan liners
- bench scraper
- muffin pan
- sheet pans for baking a display of product
- foodservice disposable gloves
- Sani buckets
- side towels
- dish soap and sanitizer for buckets and dishwashing
- pot holders
- Online Submission Form
- Baking and Pastry Time Management Plan
- Portioners
- Cooling Racks
- Baking and Pastry Recipes
- toothpicks
- electric mixer such as Kitchenaid
- Pastry bags
 - 1/2-inch plain tip
- Pastry tips
- Medium Saucepan
- 1 9" Styrofoam cake round
- gel paste icing colors your choice
- grease-proof cake board
- cake turntable
- rose nail
- cake decorating scissors

General Information

- This is an individual event. Students will have **15 minutes for mise en place and 2 hours and 45 minutes to bake and display their food products.**
- The items listed above are required for implementation of the selected menu. Only items on the list may be used for the event.



2023 Baking and Pastry Recipes Washington FCCLA Leadership Conference

Recipes provided by FCCLA

*Blueberry Muffins
Chocolate Chip Cookies
Cream Puffs with Chantilly Creme
Decorated Cake*

Blueberry Muffins

Yield: 12 muffins

Ingredients

2 cups all-purpose flour

2 tbsp all-purpose flour

1 1/2 tsp baking powder

1/2 tsp kosher salt

3/4 cup milk

1 large egg

1/2 tsp vanilla extract

1/2 cup unsalted butter, at room temperature

1 cup sugar

1 1/2 cups fresh blueberries, washed and patted dry, or unfrozen frozen blueberries

Method

1. Preheat oven to 400 degrees F.
2. Prepare muffin baking pans with paper liners.
3. Sift the 2 cups flour, baking powder, and salt, into a bowl and set aside.
4. In a separate bowl, blend the milk, egg, and vanilla extract.
5. In a stand mixer with the paddle attachment, cream together the butter and sugar until light and smooth.
6. Add the flour mixture in 2 additions, alternating with the wet ingredients, mixing at low speed, and scraping to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth.
7. In the empty flour mixture bowl, scatter the 2 tbsp flour over the berries and toss to coat them evenly. Fold the blueberries into the batter to distribute.
8. Divide the batter evenly among 12 muffin cups. Bake in the oven for 18–20 minutes.

Chocolate Chip Cookies

Yield: 12 - 4" cookies

Ingredients

1/2 cup unsalted butter, softened
1/2 cup brown sugar, packed
1/4 cup white sugar
1 large eggs
1 teaspoons vanilla extract
1 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cups chocolate chips

Method

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

Cream Puffs with Chantilly Cream

Yield: 6 to 8 - 3" Cream Puffs (6 will be evaluated)

Ingredients - Pate a Choux

1/4 cup water
1/4 cup butter
1/4 tsp salt
1/2 tsp sugar
1/2 cup flour
2 eggs

Method

1. Preheat the oven to 400 degrees F.
2. Line baking sheet with parchment paper.
3. In a medium saucepan, combine the water, butter, sugar, and salt and bring to a boil. Reduce the heat to moderate. Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan for 2 minutes. Remove the pan from the heat.
4. In a bowl, beat eggs and add to the dough in 2-3 batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
5. Transfer the dough to a piping bag fitted with a 1/2-inch plain tip. Pipe mounds onto the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.

Ingredients - Chantilly Crème

1 cup heavy cream
2 tbsp granulated sugar
1/2 tsp vanilla

Method

1. Whip ingredients together to form desired consistency of whipped cream.
2. Cut off the top half of the cream puff; fill the bottom half with the cream, replace the top.

Decorated Cake

(1) 9" Styrofoam cake round

3# Prepared white icing (may be pre-ordered during registration)

Specific Equipment for Cake Decorating:

Gel or paste icing colors (participant's 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-inch 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 shell border.
4. The top border of the cake must be a rosette border.
5. Three (3) buttercream roses and leaves.
6. Scripting – participants will write **IncREDible** 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 requirement.