



WASHINGTON
STATE ASSOCIATION

BAKING & PASTRY
STAR EVENT GUIDE
2023–2024

Washington Baking and Pastry STAR Event

Washington FCCLA has adopted its own menu that will be used for the Baking & Pastry STAR Event, a National Leadership Conference (NLC) qualifying event. These formulas will be used for the 2024 State Leadership Conference. The rubric found in the 2023–2024 National STAR Events Guide for the Baking & Pastry STAR Event will be used for evaluating the preparation of the provided recipes.

Event Capacity and Eligibility

The Baking & Pastry STAR Event is an individual event. Chapters can submit up to two (2) individuals to compete in this event during the 2024 State Leadership Conference.

Members must be Level 3 or Level 4 – see the National STAR Events Guide for a full list of qualifications for this event.

National Qualifiers

The top three (3) participants scoring 80% or higher during the 2024 State Leadership Conference will qualify for the National Leadership Conference. A different list of formulas will be provided to National Leadership Conference qualifiers prior to the NLC to prepare for NLC competition.

Procedures and Time Requirements

This event will span approximately 3 hours and 30 minutes. Participants will be notified of their competition heat times after registration closes. The competition is not open to spectators.

Students will sign in and receive a participant number and will be assigned a workstation.

Participants for this event shall dress in proper attire. Participants must provide and wear a clean chef jacket, chef pants, appropriate closed-toe footwear, bib style apron, and hair restraint that keeps hair off the face, neck, and shoulders. Do not wear any jewelry (rings, watches, bracelets, dangling earrings, etc.), nail polish, artificial nails, and piercings. Makeup should be minimal. There should be no odor present whether good or bad. Disposable gloves should be worn when appropriate.

Participants will produce the following items in the time allotted:

- Quick Bread
- Cookies
- Choux Pastry
- Decorated Cake

This event follows the national Baking and Pastry specifications. Participants will be given all necessary ingredients to produce the required elements for competition and sufficient equipment for presenting their final products. Participants must use the recipes provided.

Participants will be given the following time for this event: 30 minutes to set up their station and organize mise en place, 2 hours and 45 minutes for food production and presentation, and 15 minutes for cleanup.

Baked goods will be judged based on taste, consistency, appearance, and technique and will use the National specifications and rubric.

Suggested Equipment List

All participants must bring their own equipment that will be appropriate for basic baking production. This includes a tabletop mixer. **No equipment will be provided except for ovens in the host kitchen.**

This is a suggested list and not an exclusive list. Students should be prepared to bring any reasonable small piece of equipment they would need to produce the given menu. Items students should bring include, but are not limited to:

- Food service gloves
- Side Towels
- Hot pads/potholders
- Measuring utensils (liquid/dry/spoons)
- Digital Scale
- Mixing bowls
- Half-sheet pans
- Stand mixer with bowl and needed attachments
- Pastry blender
- Small cutting board
- Knife
- Rolling pin
- Cooling racks
- Bench scraper
- Microplane/rasp/zesting tool
- 2-3 Rubber spatulas
- 2 Pastry brushes
- Parchment paper (including 1 for displaying finished product)
- 2 Small saucepans
- Wooden spoon
- Whisk

- Various deli prep containers
- Cake Decorating equipment listed in Decorated Cake Section

Finished products will be placed on participant provided parchment paper or large cake board.

Washington State Competition Menu

Quick Bread: Lemon Thyme Scones with Lemon Icing

Cookie: Chocolate Chip Cookie

Choux Pastry: Chocolate Eclairs

Decorated Cake: FCCLA Week Celebration

Lemon Thyme Scones with Lemon Icing

400 conventional / 375 convection

Yield: 8

Scones:

31.5 grams granulated sugar

8 grams baking powder

2 grams baking soda

2 grams salt

8 grams finely grated lemon zest

8 grams finely chopped fresh thyme

375.5 grams all-purpose flour, plus more for surface

62.5 grams chilled unsalted butter, cut into pieces

1 large egg, beaten to blend

156.5 grams heavy cream, plus more for brushing

raw sugar (for sprinkling)

Lemon Icing:

260 grams confectioner's sugar

30-45 lemon juice

USE BISCUIT MIXING METHOD

Chocolate Chip Cookies

375 conventional / 350 convection

Yield: 12 3" cookies

147 grams butter, room temperature

113 grams granulated sugar

113 grams brown sugar

2 grams salt

91 grams eggs, room temperature

6 grams vanilla extract

285 grams all-purpose flour

4 grams baking soda

357 grams chocolate chips

USE CREAMING METHOD

Chocolate Eclairs

400 conventional / 375 convection

Yield: 6-8

Pate A Choux Dough:

365 grams milk or water

155 grams unsalted butter

2 grams salt

4 grams granulated sugar

232 grams all-purpose flour

365 grams eggs

USE STANDARD PATE A CHOUX METHOD

Chantilly Cream

470 grams heavy cream

25 grams granulated sugar

4 grams vanilla

Chocolate Glaze

112 grams water

85 grams light corn syrup

285 grams semi-sweet chocolate

BRING WATER AND CORN SYRUP TO A BOIL

POUR OVER CHOPPED CHOCOLATE

WHISK UNTIL SMOOTH

Decorated Cake: FCCLA Week Celebration

ALL ITEMS TO BE BROUGHT BY COMPETITOR:

- (1) 8" or 9" round Styrofoam cake
- 3# - 4# Prepared white icing (can be made or purchased)
- 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
- Icing spatulas
- Plastic spatulas
- Rose Nail
- Serrated knife
- Scissors
- Bowls or containers for mixing colors

Using no more than 4 lbs. of scaled icing

1. 8 or 9-inch round Styrofoam cake
2. Cake must be smooth iced with buttercream (made or purchased)
3. The bottom border of the cake must be a scallop 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)
7. Participants may choose their color palette. Precoloring of buttercream is acceptable with the understanding that colors should relate to the assigned scripting to be given on-site.
8. No patterns or design of any kind should be on the sides of cake – only the piped top and bottom borders.