



Washington FCCLA

2026 State Leadership Conference

Baking and Pastry Menu

Lemon Poppy Seed Muffins

Paris-Brest Filled with Chantilly Cream

Sugar Cookie

Decorated Cake

Hosted at:



NEWTechPREP
Your Potential is Our Pursuit

4141 N. Regal | Spokane, WA 99207

Lemon Poppy Seed Muffins

Yield: 12 muffins

Culinary Skill Component: Demonstrate proper execution of mixing and baking a quick bread utilizing the creaming method.

Amount	Ingredient
2 ¼ Cups (300 grams)	All-Purpose Flour
¾ tsp (3 grams)	Baking Powder
¼ tsp (1 gram)	Baking Soda
¾ tsp (3 grams)	Kosher Salt
3 (150 grams)	Eggs at room temperature
1 Cup (195 grams)	Granulated sugar
½ Cup (120 grams)	Heavy Cream
1	Lemon
1 Tbsp	Lemon Zest
1 ½ tsp	Lemon Juice
2 ½ Tbsp	Poppy Seeds
⅛ Cup	Corn Syrup
⅛ Cup	Canola Oil
½ Cup	Unsalted Butter
1 tsp	Vanilla Extract

Method:

1. Prepare muffin baking pans with paper liners. Preheat the oven.
2. Add the lemon juice to the heavy cream and set aside.
3. Whisk the flour, baking soda, baking powder, poppy seeds, lemon zest, and salt into a bowl and set aside.
4. In a stand mixer with the paddle attachment, cream together the butter and sugar. Add the syrup and oil then cream until light and smooth.
5. Gradually add the eggs, vanilla, and heavy cream mixture.
6. Add the dry mixture at low speed and scraping the bowl to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth. Let rest for 15 minutes.
7. Use a #24 scoop and divide batter evenly among 12 muffin cups. (There might be left over batter)
8. Bake in the oven:

Conventional – 425°F oven for approximately 18-20 minutes

Convection – 375°F oven for approximately 12-15 minutes.

Pate a Choux: Paris-Brest with Chantilly Cream

Yield: Six Paris Brest

Culinary Skill Component: Demonstrate proper execution of pate a choux to include scaling ingredients, mixing ingredients, piping with pastry, and baking to correct doneness.

Amount	Ingredient
Choux	
¼ Cup (60 grams)	Water
¼ Cup (60 grams)	Milk
4 Tbsp (60 grams)	Unsalted Butter
¼ tsp (2 grams)	Granulated Sugar
½ Cup	All Purpose Flour
¼ tsp	Salt
2 (100 grams)	Eggs
For Finishing	Powdered Sugar
Chantilly Cream	
1 Cup (236 grams)	Heavy Cream
2 Tbsp (27 grams)	Granulated Sugar
¼ tsp (7 grams)	Vanilla

Method:

1. Prepare sheet pan with parchment paper. Draw six (6) 75mm (3") circles using a 3" cookie cutter on a sheet of parchment paper. Using a ½ sheet pan, invert the paper on the sheet pan, ink side down. Preheat oven to 400°F.
2. In a medium saucepan, combine the water, butter, sugar, milk, and salt. Bring to a boil. Reduce the heat to moderate. Add the flour all at once and cook until the mixture appears drier and begins to stick to the bottom of the pot. Remove from heat and place in a mixing bowl with a paddle to release steam. *This dough is a panade.
3. Mix the panade until slightly cool, but still warm. Add the eggs in stages while mixing. Scrape the bowl and keep mixing until desired consistency is reached.
4. Using a #824 to 827 Star tip, bag the Paris-Brest with a 75mm (3") outer edge diameter in its raw state on top of the drawn outline.
5. Bake in oven:
Conventional – 400° in oven for 20 minutes. Rotate the pan and bake for 15 more minutes.
Convection – 350°F in oven for 15 minutes, rotate and bake for 10 more minutes.
6. Whip Chantilly ingredients to form desired consistency of whipped cream. When Paris Brest are cool, cut all Paris-Brest horizontally, Fill the bottom half with cream, and replace the top. Dust the top with Powdered Sugar.
7. Fill two (2) Paris-Brest with your Chantilly cream. Display two (2) Paris-Brest filled and four (4) unfilled.

Sugar Cookies

Yield: 12 Cookies

Culinary Skill Component: Demonstrate proper execution of cookies utilizing the roll method, to include scaling ingredients.

Amount	Ingredient
½ Cup (125 grams)	Unsalted Butter, softened
¾ Cup (160 grams)	Granulated Sugar
¼ tsp. (2.5 grams)	Salt
3 ½ Tbsp	Egg
2 Tbsp	Milk
1 tsp. (4 grams)	Vanilla Extract
2 ¼ Cups (312 grams)	All-Purpose Flour
2 tsp (9 grams)	Baking Powder
For topping	Milk
For Topping	Granulated Sugar

Method:

1. In a large bowl, cream together butter and sugar until smooth. Add the egg, milk, salt, and vanilla and blend at a low speed.
2. Whisk together flour and baking powder. Add flour mixture to cream mixture and beat together until combined.
3. Wrap the dough in plastic and refrigerate for 30 minutes.
4. Using the “rolled method” and minimal flour, roll dough to ¼ inch thick.
5. Using two different cookie-cutter shapes, each approximately 3 inches in size, cut out 12 cookies, 6 in each shape. **Bring your own cookie cutters.**
6. Before baking the rolled-out dough, cut it out, brush with milk, and sprinkle with granulated sugar.
7. Use parchment-lined sheets.
8. Bake in oven:
 - Conventional** – 375°F for 15 minutes.
 - Convection** – 350°F for 10 minutes.
9. Wrap leftover dough and present with your products.
10. Display all cookies.

Decorated Cake

- (1) 9" x 4" Styrofoam cake round (**INCLUDED IN THE REGISTRATION COST**)
- (2) Buttercream – 3 lbs. (**BRING THIS WITH YOU**)

Specific Equipment for Cake Decorating: (BRING THESE ITEMS WITH YOU)

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 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 with the understanding that colors should coordinate with the on-site announced scripting requirements.

Baking and Pastry Equipment List

Sanitation Station:

- Dish Clothes
- Gloves
- Green and Red Buckets
- Dish bins

Baking Equipment:

BRING YOUR OWN STAND MIXER

- 12 mise en place Prep bowls
- 1 standardized scoop
- 1 #24 Scoop
- Muffin tin(s)
- Paper liners
- 1 large stainless mixing bowl
- 3 medium stainless mixing bowls
- Medium Saucepan
- Sheet Pan
- 3 inch Cookie Cutter
- 1 dry measuring cup set
- 2 liquid measuring cup
- 2 measuring spoon sets
- 2 High temperature rubber spatulas
- #824 to 827 Star tip
- Pastry Bag
- Rolling pin
- 1 wire whisk
- 1 Offset Metal Spatula
- Bench Scraper
- 4 ½ Baking Sheets w/ parchment paper
- Zester
- Juicer
- Knife kit
- Hot pads
- Scissors
- Scale
- Cake turntable
- Cake tips
- Cake decorating bags

3 Lbs buttercream frosting