

2023

# FCCLA BAKING AND PASTRY INFORMATION

**FCCLA®**



## Baking and Pastry



**Baking and Pastry**, an individual event, recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, cookie, and demonstration of cake decorating skills. Participants must **develop a plan** for the time allotted, **prepare menu items** given to them at the time of the event, and **present prepared items** to evaluators.

### EVENT LEVELS

**Level 3:** grades 11–12

**Level 4:** Postsecondary

See page 10 for more information on event levels.

### ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 11 prior to event planning and preparation.
2. Eligible participants are members who are currently or have been enrolled in a Family and Consumer Sciences culinary arts industry training program, as determined by their state department of education. Students enrolled in general food and nutrition courses not preparing



them for a career or employment in culinary arts are not eligible.

3. Each participant must complete the online project summary form located on the “Surveys” tab of the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.
4. The competition recipes and equipment list for National Leadership Conference will be posted in the FCCLA Adviser Portal on April 1. Any necessary large equipment will be provided for national competition. Only items on the list may be brought to the event. Any items not on the equipment list will be removed and returned to the participant after clean up. For regional/state competitions, recipes and equipment lists will be provided by the host facility and/or state association.
5. National Leadership Conference participants are required to view the online orientation video and submit the *STAR Events Online Orientation Form* by June 15. The video and form will be on the FCCLA Student Portal and can be found under *Surveys Applications*. Only one form per entry is required. Contact State Advisers for orientation procedures for competitions held prior to National Leadership Conference.

| GENERAL INFORMATION              |                       |                                    |                            |                                |   |                                    |                           |                        |
|----------------------------------|-----------------------|------------------------------------|----------------------------|--------------------------------|---|------------------------------------|---------------------------|------------------------|
| Number of Participants per Entry | Prepare Ahead of Time | Equipment Provided for Competition | Competition Dress Code     | Participant Set Up / Prep Time | Room Consultant & Evaluator Review Time | Maximum Oral Presentation Time     | Evaluation Interview Time | Total Event Time       |
| 1                                | Equipment             | Large equipment, food              | Chef’s attire as described | 15 minutes prep time           | 15 minutes uniform and equipment check  | 2 hours 45 minutes food production | 15 minutes cleanup        | 3 hours and 30 minutes |

| PRESENTATION ELEMENTS ALLOWED |                      |          |             |               |           |                |       |                        |         |
|-------------------------------|----------------------|----------|-------------|---------------|-----------|----------------|-------|------------------------|---------|
| Audio                         | Costumes             | Easel(s) | File Folder | Flip Chart(s) | Portfolio | Props/Pointers | Skits | Presentation Equipment | Visuals |
|                               | Chef Attire Required |          |             |               |           |                |       |                        |         |

## BAKING AND PASTRY

### Procedures and Time Requirements for National Competition

|   |   |
|---|---|
| PRELIMINARY COMPETITION (IF REQUIRED): Should the national competition facility limit the number of possible participants possible to compete during the set time, a preliminary competition will take place. This preliminary competition will consist of a written test taken by all national participants onsite at the National Leadership Conference. The number of finalists to proceed with competition (food production) will be determined by facility and time limitations. The written test will be the American Culinary Federation's Certified Fundamentals Pastry Cook written exam, unless otherwise indicated by the national association prior to the competition. |   |
| FINALISTS COMPETITION: Participant will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan prepared on the published recipes, and will be given a menu and all required recipes and ingredients.  |   |
| 15 minutes  | Uniform and equipment inventory check. Time management plan returned at the end of equipment check.   |
| 15 minutes  | Identical food items will be available to each participant. No other food products, garnishes, or condiments may be brought to the event. Participants will have 15 minutes to organize work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. No products may be cut, peeled, sliced, etc. during this time. |
| 2 hours 45 minutes  | Participants will be given 2 hours and 45 minutes to prepare the required products according to recipe specifications.  |
| 15 minutes  | Participants will have 15 minutes to clean up their workstations.   |

### Specifications for State Competitions

#### Testing

States may administer a general baking and pastry knowledge test at regional/district and state competitions if required to determine finalists. A test is not required if it is not needed.

#### Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

|                                       |   |
|---------------------------------------|---|
| Uniform, Jewelry and Personal Hygiene | Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate)). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape. |
|---------------------------------------|---|

#### Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

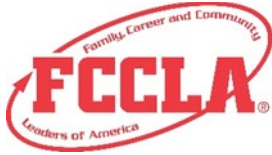
|                       |   |
|-----------------------|---|
| Safety and Sanitation | Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper demonstration of equipment use and safety according to industry standards. Complete final cleanup and return supplies after event within designated time period. Internal temperature of baked goods taken at center to reach required/desired food temperature. |
|-----------------------|---|

## Baking and Pastry Specifications (continued)

### Product Production

Participants will have 2 hours and 45 minutes to prepare food products. Participants should be proficient in the preparation of all required food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste. The participant will present all items for evaluation at the end of the 2 hours and 45 minutes period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 2 hours and 45 minutes time limit.

|                                  |   |
|----------------------------------|---|
| Equipment, Tools, and Techniques | Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter. |
| Timeline                         | Timeline is used and is accurate.   |
| Mise en Place                    | Work efficiently and display organizational skills. Mise en place is well executed.   |
| Product Appearance               | Products have appropriate color and doneness, are properly shaped and have visual appeal.   |
| Product Consistency              | Size, shape, and/or color of products meet or exceed industry expectations. Correct amount (yield) of items has been produced.  |
| Baking Principles and Techniques | Follow directions of recipes in proper sequence to demonstrate correct baking principles.   |
| Product Taste and Texture        | Flavors and textures meet or exceed industry expectations.  |
| Cake Decorating                  | Cake dummy is decorated according to the theme provided. Borders, decorations, and writing meet or exceed industry expectations.  |



# Baking and Pastry

## STAR Events Point Summary Form

Name of Participant \_\_\_\_\_

Chapter \_\_\_\_\_ State \_\_\_\_\_ Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

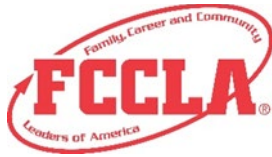
1. Make sure all information at top is correct. If a student named is not participating, cross their name(s) off. If a team does not show, write "No Show" across the top and return with other forms. Do **NOT** change team or station numbers.
2. At the conclusion of evaluation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed rubrics and staple all items related to the presentation together.
3. At the end of competition, double check all scores, names, and team numbers to ensure accuracy. Sort results by team order and turn in to the Lead Consultant.
4. Check with the Lead Consultant if there are any questions regarding the evaluation process.

| ROOM CONSULTANT CHECK   |  |  | Points  |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|---|--|--|---|--|---------------------------|--|------------------------------|--|-------------------|----------------|---------------------|--|-------------------|----------------|--------------------------------|--|-------------------|----------------|----------------------|-------------|-------------------|---------------------------------|--------------------|--|--|----------------------------------|--|-------------|--|--|--|
| Registration Packet<br>0 or 1 point   | Picked up or completed on the FCCLA Portal by adviser or designated adult during scheduled time      |  |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|   | No <b>0</b>  | Yes <b>1</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Event Online Orientation Documentation<br>0 or 1 point  | Online Orientation Form not completed in the Student Portal by deadline.                             | Online Orientation Form completed in the Student Portal by deadline.   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|   | <b>0</b>   | <b>1</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Proof of Project Summary Form Submission<br>0 or 1 point  | Not presented to Room Consultant at participation time   | Presented to Room Consultant at participation time   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|   | <b>0</b>   | <b>1</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Time Schedule<br>0 or 2 points  | Not included or incomplete   | Time schedule included and complete for all products   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|   | <b>0</b>   | <b>2</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Uniform and Appearance<br>1-3 points  | <b>1</b><br>Unprofessional uniform/attire or includes uncovered graphics/logo not permitted in event | <b>2</b><br>Unprofessional appearance or attire as marked below:<br>___ Hair/beard restraints missing<br>___ Kitchen shoes not worn<br>___ Jewelry uncovered<br>___ Personal grooming does not meet guidelines | <b>3</b><br>Professional attire worn:<br>___ Hair/beard restraints<br>___ Kitchen shoes<br>___ No visible jewelry<br>___ Personal grooming meets guidelines |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;"><b>EVALUATORS' SCORES</b></td> <td style="width: 40%;"></td> <td style="width: 20%;"><b>ROOM CONSULTANT TOTAL</b></td> <td style="width: 10%;"></td> </tr> <tr> <td>Evaluator 1 _____</td> <td>Initials _____</td> <td>(8 points possible)</td> <td></td> </tr> <tr> <td>Evaluator 2 _____</td> <td>Initials _____</td> <td><b>AVERAGE EVALUATOR SCORE</b></td> <td></td> </tr> <tr> <td>Evaluator 3 _____</td> <td>Initials _____</td> <td>(92 points possible)</td> <td style="text-align: center;">_ . _ . _ .</td> </tr> <tr> <td>Total Score _____</td> <td>divided by number of evaluators</td> <td><b>FINAL SCORE</b></td> <td></td> </tr> <tr> <td></td> <td>= <b>AVERAGE EVALUATOR SCORE</b></td> <td>(Average Evaluator Score plus Room Consultant Total)</td> <td style="text-align: center;">_ . _ . _ .</td> </tr> <tr> <td></td> <td><i>Rounded only to the nearest hundredth (i.e., 79.99 not 80.00)</i></td> <td></td> <td></td> </tr> </table> |  |  |   |  | <b>EVALUATORS' SCORES</b> |  | <b>ROOM CONSULTANT TOTAL</b> |  | Evaluator 1 _____ | Initials _____ | (8 points possible) |  | Evaluator 2 _____ | Initials _____ | <b>AVERAGE EVALUATOR SCORE</b> |  | Evaluator 3 _____ | Initials _____ | (92 points possible) | _ . _ . _ . | Total Score _____ | divided by number of evaluators | <b>FINAL SCORE</b> |  |  | = <b>AVERAGE EVALUATOR SCORE</b> | (Average Evaluator Score plus Room Consultant Total) | _ . _ . _ . |  | <i>Rounded only to the nearest hundredth (i.e., 79.99 not 80.00)</i> |  |
| <b>EVALUATORS' SCORES</b>   |  | <b>ROOM CONSULTANT TOTAL</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Evaluator 1 _____   | Initials _____   | (8 points possible)  |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Evaluator 2 _____   | Initials _____   | <b>AVERAGE EVALUATOR SCORE</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Evaluator 3 _____   | Initials _____   | (92 points possible)   | _ . _ . _ .   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
| Total Score _____   | divided by number of evaluators  | <b>FINAL SCORE</b>   |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|   | = <b>AVERAGE EVALUATOR SCORE</b>   | (Average Evaluator Score plus Room Consultant Total)   | _ . _ . _ .   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |
|   | <i>Rounded only to the nearest hundredth (i.e., 79.99 not 80.00)</i>                                 |  |   |  |                           |  |                              |  |                   |                |                     |  |                   |                |                                |  |                   |                |                      |             |                   |                                 |                    |  |  |                                  |  |             |  |  |  |

**RATING ACHIEVED** (circle one)    **Gold:** 90-100    **Silver:** 70-89.99    **Bronze:** 1-69.99

**VERIFICATION OF FINAL SCORE AND RATING** (please initial)

Evaluator 1 \_\_\_\_\_ Evaluator 2 \_\_\_\_\_ Evaluator 3 \_\_\_\_\_ Adult Room Consultant \_\_\_\_\_ Event Lead Consultant \_\_\_\_\_



# BAKING AND PASTRY

## Rubric

Name(s) of Participant \_\_\_\_\_

Chapter \_\_\_\_\_ State \_\_\_\_\_ Team # \_\_\_\_\_ Station # \_\_\_\_\_ Level \_\_\_\_\_

| SAFETY AND SANITATION                                  |   |  |  |  | Points |
|--|---|--|--|--|--------|
| <b>Safety</b><br>0-6 points                            | <b>0</b><br>Station is disorganized, safety is disregarded  | <b>1 2</b><br>Station is lacking neatness and organization, questionable knife and small equipment safety                                    | <b>3 4 5</b><br>Station is neat and organized, knife safety is good and most small equipment is handled safely and properly  | <b>6</b><br>Station is very neat and organized, all knives and small equipment are handled safely and properly                             |        |
| <b>Sanitation</b><br>0-6 points                        | <b>0</b><br>Disregards safety and created unsafe and unsanitary conditions  | <b>1 2</b><br>Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing        | <b>3 4 5</b><br>Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing | <b>6</b><br>Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing |        |
| PRODUCT PRODUCTION                                     |   |  |  |  |        |
| <b>Equipment, Tools &amp; Techniques</b><br>0-2 points | <b>0</b><br>Selection and usage of tools/equipment; lacks understanding and demonstration of skills                   | <b>1 2</b><br>Selects and uses all tools/equipment correctly and safely following industry techniques, including use of scales for measuring |  |  |        |
| <b>Mise en Place</b><br>0-2 points                     | <b>0</b><br>Mise en place is poorly executed and displays unacceptable organizational skills                          | <b>1 2</b><br>Mise en place is well executed and displays excellent organizational skills  |  |  |        |
| QUICK BREAD  |   |  |  |  |        |
| <b>Appearance</b><br>0-5 points                        | <b>0</b><br>Items are visually unappealing. Appear to be either under baked or burnt                                  | <b>1 2</b><br>Items are a slightly too light or too dark in color. Crust appears to be too soft  | <b>3</b><br>Slight color variance, good crust, shape is visually appealing   | <b>4 5</b><br>Exceptional color and doneness, with proper crust and crumb, visually appealing  |        |
| <b>Consistency</b><br>0-5 points                       | <b>0</b><br>Size, shape and/or color is inconsistent. Incorrect yield   | <b>1 2</b><br>Size, shape and/or color is inconsistent. Correct yield  | <b>3</b><br>Size, shape and/or color is consistent. Correct yield  | <b>4 5</b><br>Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield                            |        |
| <b>Principles and Techniques</b><br>0-5 points         | <b>0</b><br>Incorrect technique used throughout preparation   | <b>1 2</b><br>Product over or under mixed, incorrect proportions of ingredients  | <b>3</b><br>Product overmixed, tough or with tunnels   | <b>4 5</b><br>Correct techniques meeting industry standards for quick bread preparation  |        |
| <b>Taste and Texture</b><br>0-5 points                 | <b>0</b><br>Taste is bland, flavorless or bitter. Batter stood too long before baking. Coarse texture and unappealing | <b>1 2</b><br>Items are lacking taste, crust is soft, product is dense and heavy. Little to no crumb   | <b>3</b><br>Well balanced flavor with pleasing exterior and interior texture, with good crumb  | <b>4 5</b><br>Flavor and texture meet or exceeds industry expectations   |        |
| CHOUX PASTRY   |   |  |  |  |        |
| <b>Appearance</b><br>0-5 points                        | <b>0</b><br>Items are visually unappealing. Appear to be either under baked or burnt                                  | <b>1 2</b><br>Items are a slightly too light or too dark in color. Lacks visual appeal.  | <b>3</b><br>Slight color variance, shape is good and visually appealing  | <b>4 5</b><br>Exceptional color and doneness, with excellent shape and is visually appealing   |        |
| <b>Consistency</b><br>0-5 points                       | <b>0</b><br>Size, shape and/or color is inconsistent. Incorrect yield   | <b>1 2</b><br>Size, shape and/or color is inconsistent. Correct yield  | <b>3</b><br>Size, shape and/or color is consistent. Correct yield  | <b>4 5</b><br>Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield                            |        |
| <b>Principles and Techniques</b><br>0-5 points         | <b>0</b><br>Incorrect technique used throughout preparation   | <b>1 2</b><br>Product under or overmixed, incorrect proportions of ingredients   | <b>3</b><br>Product mixed correctly, but ingredient proportions not correct  | <b>4 5</b><br>Correct techniques meeting industry standards for choux pastry   |        |
| <b>Taste and Texture</b><br>0-5 points                 | <b>0</b><br>Taste is bland, flavorless or bitter. Soggy interior.   | <b>1 2</b><br>Items are lacking taste, failed to rise and/or collapsed   | <b>3</b><br>Well balanced flavor and texture   | <b>4 5</b><br>Flavor and texture meet or exceeds industry expectations   |        |

## Baking and Pastry Rubrics (continued)

| <b>COOKIE</b>   |  |   |  |   |
|---|--|---|--|---|
| <b>Appearance</b><br>0-5 points                           | <b>0</b><br>Items are visually unappealing. Appear to be either under baked or burnt           | <b>1 2</b><br>Items are a slightly too light or too dark in color.  | <b>3</b><br>Slight color variance, good crust, shape is visually appealing, but is too mounded or flat             | <b>4 5</b><br>Exceptional color and doneness, properly shaped, visually appealing                               |
| <b>Consistency</b><br>0-5 points                          | <b>0</b><br>Size, shape and/or color is inconsistent. Incorrect yield                          | <b>1 2</b><br>Size, shape and/or color shows few inconsistencies. Correct yield   | <b>3</b><br>Size, shape and/or color is consistent. Correct yield  | <b>4 5</b><br>Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield |
| <b>Principles and Techniques</b><br>0-5 points            | <b>0</b><br>Incorrect technique used throughout preparation                                    | <b>1 2</b><br>Product over or under mixed, incorrect proportions of ingredients   | <b>3</b><br>Product mixed correctly, but ingredient proportions not correct  | <b>4 5</b><br>Correct techniques meeting industry standards for cookie preparation                              |
| <b>Taste and Texture</b><br>0-5 points                    | <b>0</b><br>Taste is bland, flavorless or bitter. Crumble, dry, coarse or wet interior texture | <b>1 2</b><br>Items are lacking taste, cookies spread too much, are stiff, or too crumbly   | <b>3</b><br>Well balanced flavor with pleasing exterior and interior texture                                       | <b>4 5</b><br>Flavor and texture meet or exceeds industry expectations  |
| <b>CAKE DECORATING</b>                                    |  |   |  |   |
| <b>Borders and Decoration</b><br>0-5 points               | <b>0</b><br>Not all required elements were attempted   | <b>1 2</b><br>Size, shape and/or color is inconsistent  | <b>3</b><br>Demonstration of skill meets acceptable industry expectations  | <b>4 5</b><br>Demonstration of skill meets or exceeds industry expectations                                     |
| <b>Writing</b><br>0-6 points                              | <b>0</b><br>Did not attempt  | <b>1 2</b><br>Size, shape and/or placement of writing does not meet acceptable industry expectations. Cursive writing was not used. | <b>3 4</b><br>Demonstration of skill meets acceptable industry expectations, including writing in cursive.         | <b>4 5 6</b><br>Demonstration of skill meets or exceeds industry expectations, including writing in cursive.    |
| <b>Principles, Techniques, Expectations</b><br>0-5 points | <b>0</b><br>Incorrect technique used throughout preparation                                    | <b>1 2</b><br>Product assembled with incorrect techniques; does not meet retail expectation   | <b>3</b><br>Product is assembled correctly but some incorrect techniques used; generally, meets retail expectation | <b>4 5</b><br>Product is assembled correctly and meets industry and retail expectation                          |

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL  
(92 points possible)

Evaluator # \_\_\_\_\_ Evaluation Initial \_\_\_\_\_ Room Consultant Initial \_\_\_\_\_







## Quick Bread 2023

**Name of Recipe: Basic Corn Muffins – On Baking, Labensky**

**Formula Yield: 2 lbs. 5 oz. – 1120 g.**

| <b>Ingredients</b>      | <b>U.S.</b> | <b>Metric</b> | <b>Baker's %</b> | <b>Conversion</b> | <b>Cost</b> | <b>Notes</b> |
|-------------------------|-------------|---------------|------------------|-------------------|-------------|--------------|
| Yellow cornmeal         | 6 oz.       | 180 g         |                  |                   |             |              |
| All-purpose flour       | 6 oz.       | 180 g         |                  |                   |             |              |
| Granulated sugar        | 5 oz.       | 150 g         |                  |                   |             |              |
| Baking powder           |             | 6 g           |                  |                   |             | 1 ½ tsp.     |
| Baking soda             |             | 2 g           |                  |                   |             | ½ tsp.       |
| Salt                    |             | 2 g           |                  |                   |             | ½ tsp.       |
| Buttermilk              | 12 oz.      | 360 ml        |                  |                   |             |              |
| eggs                    | 5 oz.       | 150 g         |                  |                   |             | 3 eggs       |
| Unsalted butter, melted | 3 oz.       | 90 g          |                  |                   |             |              |
|                         |             |               |                  |                   |             |              |

### Directions: Muffin Method

1. Combine all ingredients using the muffin method.
2. Portion the batter into standard prepared muffin cups, using a #20 scoop.
3. Bake at 375 degrees F. until done, approximately 20-25 minutes.
4. Present 6 muffins for evaluation.

Cookie 2023

Name of Recipe: Oatmeal Cookies– On Baking, Labensky

Formula Yield: 2 lb. 963 g

| Ingredients               | U.S.     | Metric | Baker's % | Conversion | Cost | Notes    |
|---------------------------|----------|--------|-----------|------------|------|----------|
| All purpose flour         | 5.25 oz. | 158 g  |           |            |      |          |
| Baking soda               |          | 2 g    |           |            |      | ½ tsp.   |
| Cinnamon, ground          |          | 3 g    |           |            |      | 1 ½ tsp. |
| Quick-cooking oats        | 4.5 oz.  | 135 g  |           |            |      |          |
| Unsalted butter, softened | 4.5 oz.  | 135 g  |           |            |      |          |
| Granulated sugar          | 4.5 oz.  | 135 g  |           |            |      |          |
| Dark brown sugar          | 4.5 oz.  | 135 g  |           |            |      |          |
| Eggs                      |          |        |           |            |      | 1 egg    |
| Vanilla extract           | .25 oz.  | 7.5 ml |           |            |      |          |
| Salt                      |          | 2.5 g  |           |            |      | ½ tsp.   |
| Raisins                   | 6 oz.    | 180 g  |           |            |      |          |

Directions: Creaming Method – Drop Cookies

1. Sift together the flour, baking soda and cinnamon. Stir in the oats and set aside.
2. Cream the butter until light and fluffy. Add the sugars and continue creaming until the mixture is lightened. Add the egg, scraping down the bowl frequently and mix well. Add the vanilla extract and salt.
3. Fold in the flour mixture and the raisins.
4. Portion the dough using a #20 scoop onto a paper-lined sheet pan and bake at 375 degrees F. until the cookies are golden brown and cooked through, approximately 10-12 minutes.
5. Present six cookies for evaluation.

## Choux Pastry 2023

Name of Recipe: **Éclair Paste – On Baking, Labensky**

Formula Yield: **1 lb. 8 oz. – 740 g.**

| <b>Ingredients</b> | <b>U.S.</b> | <b>Metric</b> | <b>Baker's %</b> | <b>Conversion</b> | <b>Cost</b> | <b>Notes</b> |
|--------------------|-------------|---------------|------------------|-------------------|-------------|--------------|
| Water              | 8 oz        | 120 ml        |                  |                   |             |              |
| Salt               |             | 4.5 g         |                  |                   |             | ¾ tsp.       |
| Unsalted butter    | 3.5 oz      | 105 g         |                  |                   |             |              |
| Bread flour        | 5 oz.       | 150 g         |                  |                   |             |              |
| Eggs               | 5-6 oz      | 240-264 g     |                  |                   |             |              |

### Directions:

1. Place water, salt and butter in a saucepan. Bring to a boil. Make sure the butter is fully melted.
2. Remove from the heat and immediately add all the flour.
3. Vigorously beat the dough by hand. Put the pan back on the heat and continue beating the dough until it comes away from the sides of the pan. The dough should look relatively dry and should just begin to leave a film on the saucepan.
4. Transfer the dough to the bowl of a mixer fitted with the paddle attachment and beat it for a few seconds at medium speed. Then begin to beat the eggs in one at a time.
5. Continue to add the eggs one by one until the mixture is shiny but firm. It may not be necessary to use all of the eggs. The dough should pull away from the sides of the bowl in thick threads.
6. Fill a piping bag and portion dough into twelve (2") circles onto a paper lined sheet pan.
7. Bake immediately at 400 degrees F. for 15 minutes.
8. Reduce the heat to 350 degrees F. and bake until the pastries are dry and crisp.
9. To test for doneness, remove one pastry from oven and let it sit for 1-2 minutes. If it does not collapse, the product is sufficiently baked.
10. Cool completely and present 6 cream puffs for evaluation.

## **Decorated Cake**

**Please review the following before competition:**

1. Cake layers should be brought to competition individually wrapped.
2. Icing should be in containers, labelled.
3. Competitor may color icing necessary for decoration before product check in.
4. The cake SHOULD NOT have any icing on it when product is checked in.
5. **Competitor** determines recipes for cake and icing. Please have a copy of recipes for evaluators to review.

## **Cake Order 2023**

**Event: 10<sup>th</sup> birthday for a female. Favorite colors are pink, purple, yellow.**

**Shape and Size: Two layer white or yellow cake, 8-inch round, no fruit filling, ice the cake between the layers**

**Board: 10-inch covered in aluminum foil**

**Icing: White Decorator's/Buttercream**

**Decoration:**

1. Colored (baker's color choice, based on customer's favorites) shell border around bottom of cake - #199 tip
2. White shell border on top of cake - #199 tip
3. Writing – **Happy 10<sup>th</sup> Birthday** - #3 tip
4. **Combination of favorite colors on the side and top of the cake in decorative pattern – round tips – your choice of tip size and decorative effects**

# FCCLA<sup>®</sup>

## Baking and Pastry

### Equipment List

IMPORTANT information about the Baking and Pastry event.

1. Conventional ovens are provided. (No convection ovens)
2. **Mixers are NOT provided.** Please bring a hand or stand mixer. Either will work.
3. All small equipment needs to be brought by the teams. The dish area is VERY limited. Please plan accordingly.
4. Ingredients will be provided by Indiana FCCLA. Each competitor will get a container of ingredients to measure at their station. Lead consultant will have limited extra ingredients if competitor needs replacement product.

#### **Smallware List – Baking and Pastry – Competitors may not need all items on the list, but may ONLY bring items listed.**

1. Wash/sani buckets and detergent/sani tabs
2. Dish towels
3. Gloves
4. Items for labelling – sharpies and tape
5. Timers
6. Thermometer
7. Containers/bags/plastic wrap for leftover product
8. Deli containers – for measuring
9. Parchment paper
10. Sheet pans
11. Scale
12. Mixer – hand or stand
13. Liquid measuring cups
14. Measuring spoons
15. Mixing bowls
16. Sifter/strainer
17. Saucepan, 1 small
18. Wooden spoon
19. Whisks
20. Rubber spatulas/scrapers
21. Offset/straight edge spatulas
22. Standard muffin pan – 12
23. #20 scoop
24. Knife kit
25. Cutting board
26. Piping bags and tips – Choux Pastry
27. Piping bags and tips – Cake: #3, #199, assorted round tips
28. Cake board – 10”, covered in foil
29. Cooling racks
30. Turntable for cake decorating