

2024

FCCLA BAKING AND PASTRY INFORMATION

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Quick Bread 2024

Name of Recipe: Best Blueberry Streusel Muffins – Little Sweet Baker, Lily Ernst

Formula Yield: 2 lbs. 5 oz. – 1120 g, 12 muffins

Ingredients	U.S.	Metric	Baker's %	Conversion	Cost	Notes
All-purpose flour	11 oz.	315 g				2 ½ c
Baking powder		13 g				1 tbsp
Baking soda		5 g				1 tsp.
Salt		2 g				½ tsp.
Unsalted butter, melted and cooled	4 oz.	114 g				½ c
Granulated sugar	7 oz.	200 g				1 c
Eggs	oz.	g				2 eggs
Milk	8 oz.	250 ml				1 c
Vanilla extract		15ml				1 tbsp
Blueberries	8 oz	230 g				1 ½ c
Streusel Topping Ingredients						
Granulated sugar	1.75 oz.	50 g				¼ c
All-purpose flour		8 g				1 tbsp
Ground cinnamon		.5 g				1/8 tsp.
Unsalted butter, melted		10 ml				2 tsp.

Directions: Muffin Method

1. Whisk the flour, baking powder, baking soda, and salt together, set aside.
2. In a medium bowl, whisk the melted butter with the sugar. Add the eggs, milk, and vanilla. Mix again.
3. Add the wet ingredients to the dry ingredients and gently stir until almost combined. Fold in the blueberries until just combined.
4. Portion the batter into standard prepared muffin cups, using a #20 scoop.
5. Sprinkle with the streusel topping.
6. Bake for 5 minutes at 425 degrees F, then keeping the muffins in the oven reduce the heat to 375 F. until done, approximately 15 minutes.
7. Present 6 muffins for evaluation.

Directions: Streusel

1. Combine the sugar, flour, and cinnamon in a small bowl. Stir in the butter and set aside.

Cookie 2024

Name of Recipe: Chocolate Cookies– King Arthur Baking, PJ Hamel

Formula Yield: 2 lb. 963 g

Ingredients	U.S.	Metric	Baker's %	Conversion	Cost	Notes
Unsalted butter, room temperature	4 oz.	113 g				8 tbsp
Granulated sugar	3.5 oz.	99 g				½ c
Brown sugar, light or dark	2.5 oz.	71 g				1/3 c
Dutch process cocoa	1 oz.	28 g				1/3 c
Salt		2.5 g				½ tsp.
Baking soda		1 g				1/4 tsp.
Baking powder		2.5 g				½ tsp.
Vanilla extract		5 ml				1 tsp.
Eggs		135 g				1 egg
All-purpose flour	4.73 oz.	134 g				1 cup +2 Tbsp
Espresso powder		5 mg				1 tsp

Directions: Creaming Method – Drop Cookies

1. Beat together the butter, sugars, cocoa powder, salt, baking soda, baking powder, and vanilla until well blended.
2. Add the egg, beating until smooth. Scrape the sides of the bowl and beat again until smooth.
3. Add the flour and espresso powder, mixing to combine.
4. Drop the cookies using a Tablespoon cookie scoop onto the prepared baking sheets, spacing them about 2" apart.
5. Bake the chocolate cookies for 12 to 14 minutes at 375 degrees, until they've lost their shiny appearance and look like they are set.
6. Remove them from the oven, and cool on the pans or transfer to a rack to cool.
7. Present six cookies for evaluation.

Choux Pastry 2024

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

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

Ingredients	U.S.	Metric	Baker's %	Conversion	Cost	Notes
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 eggs	240-264 g				5-6 eggs

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 clear plastic deli containers, labeled and dated.
3. Competitors may color icing necessary for decoration before product check in.
4. The cake SHOULD NOT have any icing on it when the product is checked in.
5. **Competitor** determines recipes for cake and icing. Please have a copy of recipes for evaluators to review.

Cake Order 2024

Event: 16th birthday for a male. Favorite colors are colts blue and white.

Shape and Size: Two layer yellow or white 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 the top and bottom of cake - #32, #4B, or 1M (larger shell) may be used.
2. White shell border on top of cake and Colts blue on the bottom - #32, #4B, or #1M tips may be used.
3. Writing – **Happy 16th Evan** - #3 tip
4. Combination of Colts blue and white on the side and top of the cake in decorative pattern – round tips – your choice of tip size and decorative effects, either a 3 roses or 3 balloons may be added. Make sure they are in proportion to the cake.

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Baking and Pastry Equipment List

IMPORTANT information about the Baking and Pastry event.

1. Convection ovens are provided.
2. Mixers – may need to bring
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 – these may be provided, we will update when we know
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