

2023-2024 FCCLA State Contest

Baking & Pastry Formulas & Equipment List

Lemon Poppyseed Loaves

Chocolate Chip Cookies

Eclairs with Pastry Cream

Decorated Cake

Lemon Poppyseed Bread

Yield: 3 Mini Loaves (3 x 5 sizes)

2 C AP Flour
1 t Salt
1 t Baking Powder
2 T Poppy Seeds
2 t Lemon Juice
2 t Lemons, Zest
 $\frac{2}{3}$ C Vegetable Oil
2 Large Eggs
1 C Whole Milk
1 $\frac{1}{2}$ C Granulated Sugar
1 t Vanilla Extract

Method

- 1) Grease and flour three mini loaf pans.
- 2) Combine flour, salt, baking powder, and poppy seeds in a small bowl.
- 3) In another bowl, combine lemon juice, lemon zest, oil, eggs, milk, sugar, and vanilla and mix until combined.
- 4) Add the dry ingredients to the wet ingredients.
- 5) Transfer evenly to prepared loaf pans.
- 6) Bake at 350F until a toothpick inserted into the center comes out clean.
- 7) Display best two of the three as one loaf on each plate.

Chocolate Chip Cookies

Yield: 6-9 cookies

110 g Unsalted Butter, Room Temperature
70 g Brown Sugar
74 g Granulated Sugar
44 g Large Eggs
5 g Vanilla Extract
77 g Bread Flour
77g AP Flour
5 g Salt
2 g Baking Soda
150 g Semi-sweet Chocolate Chips

Method:

- 1) In a small bowl, combine the dry ingredients.
- 2) Cream together your butter and sugars until light, fluffy, and properly creamed using your stand mixer with paddle attachment.
- 3) Gradually add the eggs and vanilla in two stages, scraping between each addition.
- 4) Add your dry ingredients and chocolate chips and mix until just combined, folding from the bottom a few times by hand once combined.
- 5) Portion using a #16 disher onto a parchment lined baking sheet.
- 6) Let chill for at least 30 minutes.
- 7) When ready, bake at 375F until golden brown on the edges with a pale center.
- 8) Let cool and display three cookies on each plate.

Vanilla Pastry Cream

Yield: 2 Cups

2 C Whole Milk
4 oz Granulated Sugar
2 ea Egg Yolks
1 ea Large Eggs
1 ¼ oz Cornstarch
1 oz Unsalted Butter
¼ oz Vanilla Extract

Method:

- 1) Bring milk to scald in a small sauce pan.
- 2) In a medium mixing bowl, combine sugar, egg yolks, eggs, and cornstarch. Whisk until pale yellow.
- 3) Slowly temper hot milk into egg mixture combined.
- 4) Return mixture to saucepan and cook until thickened and large, volcanic bubbles are present.
- 5) Strain mixture into a clean mixing bowl.
- 6) Add butter and vanilla and stir to combine.
- 7) Cover with plastic wrap and refrigerate (or ice bowl) until needed.

Pate au Choux

Yield: 1 Dozen Eclairs

3 ½ oz Water

3 ½ oz Whole Milk

1 t Granulated Sugar

¼ t Salt

3 ½ oz Bread Flour

3 ½ oz Unsalted Butter

7 oz Whole Eggs (3-4 eggs)

Method:

- 1) Combine water, milk, sugar, salt, and butter in a small saucepan. Bring to a boil over medium heat.
- 2) Add flour and stir to create a thick paste. Dry the mixture out until a film forms on the bottom of the pan and begins to stick.
- 3) Transfer mixture to the bowl of a stand mixer fitted with a paddle attachment.
- 4) Add eggs, in several additions until proper consistency is reached. All eggs may not need to be used.
- 5) Transfer batter to a piping bag with a large star tip.
- 6) Pipe 4" eclairs on parchment lined baking sheet.
- 7) Bake at 400F until golden brown and puffed. Turn oven down to 350F and let bake until cooked through.
- 8) Let cool completely.
- 9) Once cool, fill with pastry cream, dust with powdered sugar, and present two per plate.

Decorated Cake

2- 9" Styrofoam Cake Round; 1.5-2" preferred in height of each

ROOM TEMPERATURE Prepared White Icing (must bring your own)

Colored Icing (participants choice - must bring your own color to color onsite)

Cake Decorating Parameters

1. Contestants will decorate a 9" - 2-layer cake.
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. A spray of leaves and at least 3 roses in appropriate springtime colors.
6. Participants will be given a message to write at the time of the competition, in cursive, on the cake (spelling counts).

Needed Equipment

Gel or Paste Icing Colors (participant's choice)
White Buttercream Icing
2-9" Styrofoam Cake Rounds
Pastry Bags and Couplers as Needed
Grease-Proof Cake Board
Pastry Tips of Participants' Choice
Cake Turntable
Assorted Offset Spatulas, as Needed
Rose nail/s
Scissors
Bowls or Containers & Spatulas for Mixing Icings as Needed
Gloves
3- Mini Loaf Pans
2- Small Mixing Bowls
3- Medium Mixing Bowls
2- Whisks
5- Rubber Spatula
Microplane
5 or 6 qt Stand Mixer with 2-Mixing Bowls & 2- Paddle Attachments
#16 Disher
4- Parchment Lined ½ Sheet Trays
2- Small Saucepans
2-Strainers
Piping Bag with Large Star Tip
Piping Bag with Round Filling Tip
Mise en Place Containers As Desired
Measuring Cups, Measuring Spoons
Parchment paper, Cooking spray
Scale
Side Towels, Hot Pad Holders
Cutting Board
Knife Kit with Chefs Knife, Bread Knife, and Pairing Knife
2 trays to use for mis en place
Toothpicks
2 sanitation buckets
Timer/s
Bus tubs
Aluminum foil and plastic wrap if needed

Soap Solution and the sanitizer used in the facility will be provided in spray bottles. Tasting spoons/forks will be provided. No speed racks, hot box, microwave or proofers needed or available. There is a dump station and a garbage disposal. Ice is available to keep things cool in your own containers.