



Family, Career and Community Leaders of America

2021-22 District/State Baking and Pastry Menus

EQUIPMENT LIST

- 2 wire whisks
 - 2 heat resistant (silicone) spatula
 - 1 Bi-metallic or instant read thermometer*
 - 1 set dry measuring cups
 - 1 set liquid measuring cups
 - 1 set measuring spoons
 - 1 slotted turner or metal spatula
 - 1 set metal kitchen tongs
 - 4 half-sheet pan
 - 1 flat-bottomed beverage glass
 - 2 (8" or 9") cake pans
 - 2 cookie racks
 - 1 mesh strainer
 - 2 stainless steel kitchen spoon, 8-12 inches
 - 1 stainless steel slotted kitchen spoon, 8-12 inches
 - 4 side towels
 - Piping tips/couplers, straight, large and small
 - Piping tips/couplers, assorted for cake decorating
 - Piping Bags - disposable
 - Pastry Brush
 - offset spatula
 - 4 stainless steel medium bowls
 - 2 saucepans
 - 2 cutting boards
 - portion cups or ramekins for ingredients
 - plastic wrap
 - parchment paper
- >> Sanitation bucket, sanitizing solution, sanitation cloth, sponge and dish soap, and disposable gloves

Per Participant

- Knife Kit (contents should be standard based on school's requirements, but must include at least 1 Paring Knife, 1- 8" or 10" Chef Knife, 1 serrated knife); icing may be pre-dyed and assembled in piping bags for decorating/garnishing.

General Information

- The items listed above are required for implementation of the selected menu. **All necessary large equipment (stand mixer, range/stove/oven, etc) will be provided at the site.** Only items on the list may be brought to the event. No electrical tools are allowed to be brought to the competition.
- Any additional equipment required will be provided at the time of the event by the host institution.
- *If your county Culinary Arts laws require you to carry a meat thermometer while preparing food, you will be permitted to do this during the competition. Evaluators will not deduct points from those who do not, since these are not industry-wide standards.

Please email flfclacomeptitiveevents@gmail.com with any questions.



2021-22 Baking and Pastry Recipes District/State Competition

Simple Chocolate Profiteroles TEMPERATURE 400F and then reduce to 350F

CHOCOLATE PASTRY CREAM	
cornstarch	50 grams
milk	530 grams
sugar	125 grams
whole eggs (3)	55 grams
egg yolks (2)	75 grams
butter	60 grams
vanilla	6 grams
sweet chocolate	42 grams
unsw chocolate	42 grams

1. Dissolve cornstarch in some of the milk. Add approximately $\frac{1}{2}$ of the sugar, all of the eggs and yolks, and whisk to combine.
2. Combine the remaining milk with the other half of the sugar in saucepan; bring to a boil.
3. Temper the cornstarch mixture with some of the boiling milk.
4. Return the remaining milk mixture to a boil. Whisk the cornstarch mixture into the boiling milk, whisking until the pastry cream thickens and returns to a boil. Boil the pastry cream and continue whisking for 1 minute. Remove from heat and whisk in the butter and vanilla.
5. Melt together the sweet and unsweetened chocolate. Stir into the hot pastry cream.
6. Transfer to a bowl and cool over ice or spread thinly on a plastic lined sheet pan. Press plastic wrap directly on the surface. Chill immediately.

PATE A CHOUX (Cream Puff Pastry)	
milk or water	365 grams
butter (cut in pieces)	155 grams
salt	2 grams
sugar	4 grams
all-purpose flour	232 grams
eggs	365 grams

1. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
2. At a full boil, remove the pan from the heat; add the flour all at once. Stir vigorously removing any lumps of flour to a smooth consistency.
3. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot.
4. Transfer the paste to the bowl of an electric mixer; beat on lowest speed with the paddle to cool the paste slightly, about 20 seconds. Add eggs gradually making sure to scrape down the bowl often.

Profiteroles

Piping: Using a French tube with a 1/2-inch opening, pipe out 2-inch mounds on paper-lined baking sheets.

Finishing: Pierce the bottom of each profiterole with the tip of a plain tube with 1/4-inch opening. Using the same tube, fill the profiteroles with flavored, lightened pastry cream. Garnish with melted chocolate.

Pull-Apart Butter Rolls

350 F

Yield: 16 dinner rolls

All-purpose flour	3 ½ cups	418 grams
instant yeast	2 tsp	--
potato flakes	¼ cup	23 grams
nonfat dry milk	3 T	21 grams
warm water	⅔ cup	152 grams
sugar	2 T	25 grams
salt	1 ½ tsp	9 grams
unsalted butter, unsoftened	4 T	57 grams
warm milk	½ cup	113 grams
TOPPING: melted butter	2 T	28 grams

1. Combine all of the dough ingredients, and mix and knead the dough by hand or by a stand mixer.
2. Place the dough into a slightly greased container and allow to rise about 60 minutes, or until doubled in bulk.
3. Gently deflate and place on a lightly greased work surface.
4. Divide the dough into 16 equal pieces. Round each piece into a smooth ball.
5. Lightly grease two 8" round cake pans and place 8 rolls in each pan. Cover and allow to rise until rolls are crowded in the pan, about 60 minutes.
6. Uncover the rolls and bake for 22-24 minutes.
7. Remove the buns from the oven and brush with the melted butter. Wait 5 minutes after removal from the oven, then turn it out of the pan and onto a rack.

Alternate method:

Use a straight dough method in a mixer, starting with a paddle and switching to a dough hook when a dough is formed.

Cake decorating/garnishing a cake - please bring pre-made 8" or 9" cake rounds and buttercream icing (house made or store-bought). Plan to decorate the cake following the rubric guidelines.

Basic Biscuits

**425 F
Yield: 12**

all-purpose flour	360 g
sugar	1 T
baking powder	1 T
salt	1 tsp
unsalted butter, cut into pieces	85 g
buttermilk or whole milk	227-255 g
melted unsalted butter	28g

1. In a bowl, combine well the first 4 (dry) ingredients.
2. Mix the unsalted cut butter into the dry ingredients using your hands or a pastry blender.
3. Add enough milk to make a cohesive dough.
4. Place the dough on a floured surface and pat into a $\frac{3}{4}$ " thick square. Fold it into thirds like a letter and roll gently with a floured rolling pin until the dough is $\frac{3}{4}$ " thick again.
5. Cut the dough into circles using a 2 $\frac{1}{4}$ " cutter, placing them on a parchment-lined baking sheet.
6. Bake for 15-20 minutes or until browned. Serve warm.