



## 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, assorted for pate a choux and cake decorating
- Piping Bags - disposable
- Rolling pin
- Biscuit cutter
- Pastry blender (optional)
- Pastry Brush
- Offset spatula
- 4 stainless steel medium bowls
- 2 saucepans
- 2 cutting boards
- portion cups or ramekins for ingredients
- plastic wrap
- parchment paper
- **presentation trays for final products**

>> 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; and pre-cut cakes for cake decorating is allowed.

### General Information

- The items listed above are required for implementation of the selected menu. **All necessary large equipment (stand mixer - whisk, paddle, dough hook, 1 bowl, 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 [ffclacomeptitiveevents@gmail.com](mailto:ffclacomeptitiveevents@gmail.com) with any questions.



## 2021-22 Baking and Pastry Recipes District/State Competition

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

| <b>CHOCOLATE PASTRY CREAM</b> |           |
|-------------------------------|-----------|
| 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.

| <b><i>PATE A CHOUX</i></b><br><b><i>(Cream Puff Pastry)</i></b> |           |
|---|-----------|
| 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 a 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,<br>unsoftened | 4 T      | 57 grams  |
| warm milk                      | ½ cup    | 113 grams |
| TOPPING: melted<br>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 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.