



2022 Baking and Pastry Menu Items

Quick Bread: Blueberry Muffin

Pate a Choux: Cream Puffs with Chantilly Cream

Cookie*: Chocolate Chip Cookie

Decorated Cake

*Shaped Yeast Breads have been replaced with cookie preparation.



Blueberry Muffins

Yield: 12 muffins

400 degrees

INGREDIENTS

2 cups all-purpose flour

2 tbsp all-purpose flour

1½ tsp baking powder

½ tsp kosher salt

¾ cup milk

1 large egg

½ tsp vanilla extract

½ cup unsalted butter, at room temperature

1 cup sugar

1½ cups fresh blueberries, washed and patted dry, or **unthawed** frozen blueberries

METHOD

1. Prepare muffin baking pans with paper liners.
2. Sift the 2 cups flour, baking powder, and salt, into a bowl and set aside.
3. In a separate bowl, blend the milk, egg, and vanilla extract.
4. In a stand mixer with the paddle attachment, cream together the butter and sugar until light and smooth.
5. Add the flour mixture in 2 additions, alternating with the wet ingredients, mixing at low speed, and scraping to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth.
6. In the empty flour mixture bowl, scatter the 2 tbsp flour over the berries and toss to coat them evenly. Fold the blueberries into the batter to distribute.
7. Divide the batter evenly among 12 muffin cups. Bake in the oven for 18–20 minutes.



Chocolate Chip Cookies

Yield: 12 - 4" cookies

350 degrees

INGREDIENTS

- ½ cup unsalted butter, softened
- ½ cup brown sugar, packed
- ¼ cup white sugar
- 1 large eggs
- 1 teaspoons vanilla extract
- 1 ¼ cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cups chocolate chips

METHOD

1. In a large bowl, cream together butter and both sugars. Add in eggs and vanilla and beat until smooth.
2. In a bowl combine flour, baking soda, and salt. Add dry ingredients to creamed butter and sugar to form a dough.
3. Fold in chocolate chips.
4. Portion 12 cookies and place them on a parchment-lined baking sheet.
5. Bake in preheated oven for 12-15 minutes or until golden brown.



Cream Puffs with Chantilly Cream

Yield: 6 to 8 – 3” Cream Puffs (6 will be evaluated)

Pate a Choux

400 degrees

INGREDIENTS

¼ cup water
¼ cup butter
¼ tsp salt
1/2 tsp sugar
½ cup flour
2 eggs

METHOD

1. Line baking sheet with parchment paper.
2. In a medium saucepan, combine the water, butter, sugar, and salt and bring to a boil. Reduce the heat to moderate. Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan for 2 minutes. Remove the pan from the heat.
3. In a bowl, beat eggs and add to the dough in 2-3 batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
4. Transfer the dough to a piping bag fitted with a 1/2-inch plain tip. Pipe mounds onto the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.

Chantilly Crème

INGREDIENTS

1 cup heavy cream
2 tbsps granulated sugar
½ tsp vanilla

METHOD

1. Whip ingredients together to form desired consistency of whipped cream.
2. Cut off the top half of the cream puff; fill the bottom half with the cream, replace the top.



Decorated Cake

- (1) 9" Styrofoam cake round (included in registration cost)
- 3# Prepared white icing (may be pre-ordered during registration)

Specific Equipment for Cake Decorating:

- Gel or paste icing colors (participant's choice)
- Pastry bags and couplers, any size/type
- Grease-proof cake board
- Pastry tips of participants' choice
- Cake turntable
- Assorted spatulas, as needed
- Rose nail
- Scissors
- Bowls or containers for mixing colors

Cake Decorating Parameters

1. 9-inch cake round – no splitting; rubric points will be automatically added.
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. Three (3) buttercream roses and leaves.
6. Scripting – participants will be given a message to write at the time of the competition, in cursive (script), on the cake (spelling counts).
7. Participants may choose their color palette with the understanding that colors should coordinate with the on-site announced scripting requirement.



Equipment List for Baking and Pastry

Available for Use	Not Provided
Assorted deli / prep containers	Bowls or containers for mixing colors
Assorted spatulas	Cake turntable
Food service glove(s)	Gel or paste icing colors (participants choice)
Grease-proof cake board	Hot pad(s) / pot holder(s)
Half-size sheet pan	Measuring devices (liquid/dry/spoons)
Large (full size) sheet pan	Mixing bowls
Medium saucepans	Other Cake Decorating equipment as needed
Paper muffin liners	Pastry bags
Parchment paper	Pastry couplers
Side towels	Pastry tips
Stand mixer with bowl and attachments (whisk and paddle)	Portion scoop / disher
	Rose nail
	Scissors
	Standard knife kit to include but not limited to French, paring, utility/boning
	Standard Size 12 portion muffin pan(s)
	Timer
	Wooden Spoon

General Information

- The items listed above are required for implementation of the selected menu. All necessary large equipment will be provided. Only items on the list may be brought to the event. No electrical tools are allowed to be brought to the competition. Take care when packaging or packing equipment for shipment. If breakage occurs, the participant is responsible for any replacement.
- Any additional equipment required will be provided at the time of the event by the host institution including 9" Styrofoam Cake Round.
- Icing can be pre-ordered during NLC registration through the FCCLA Portal.
- Latex and non-latex gloves will be available on site.
- Call the airline you are traveling with to determine specific packing regulations for your equipment. (e.g. Knives are not allowed in carry-on luggage.)





Please email competitiveevents@fclainc.org with any questions.