



2023-2024 Baking & Pastry Menu Items

Quick Bread: Corn Muffins

Pate a Choux: Cream Puff Pastry with Chantilly Crème

Cookie: Oatmeal Cookie

Decorated Cake



Corn Muffin

Yield: 24 portions

INGREDIENTS

All – Purpose Flour	432 g
Sugar	230 g
Cornmeal	155 g
Dry Milk	31 g
Baking Powder	22 g
Salt	6 g
Water	340 g
Vegetable, Corn, or Canola Oil	30 g
Light Corn Syrup	32 g
Melted Butter	225 g
Whole Eggs	160 g
Vanilla Extract	1.5 g

METHOD

1. In a bowl, combine well the first 6 (dry) ingredients.
2. Gradually add the next 6 (liquid) ingredients which have been combined and mixed well.
3. Mix just until thoroughly combined.
4. Place the batter 2/3 full in paper muffin cups and bake at 350 degrees F.



Pate a Choux (Cream Puff Pastry)

INGREDIENTS

Milk or Water	365 g
Butter (Cut in pieces)	155 g
Salt	2 g
Sugar	4 g
All-Purpose Flour	232 g
Eggs	365 g

METHOD

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 the electric mixer; beat on lowest speed with the paddle to cool the past slightly, about 20 seconds. Add eggs gradually, making sure to scrape down the bowl often.

Chantilly Crème

INGREDIENTS

Heavy Cream	1 cup
Granulated Sugar	2 tbsp
Vanilla	½ tsp

METHOD

1. Whip ingredients together to form the 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.

Oatmeal Cookie

Yield: 16 Servings

INGREDIENTS

Egg, large	1 each
Unsalted Butter, very soft	113 g
Light Brown sugar, packed	42.5 g
Vanilla Extract	8.67 g
Old-Fashioned whole rolled oats (not instant/quick cook)	120 g
All-Purpose Flour	95 g
Baking Soda	2.4 g
Salt	3 g, or to taste
Semi- Sweet Chocolate Chips	100 g

METHOD

1. Preheat the oven to 350 degrees, line a baking sheet with parchment paper, set aside.
2. To a large bowl, add the egg, butter, sugars, vanilla, and mix with a spoon vigorously for about 90 seconds or until smooth.
3. Add the oats, flour, baking soda, salt, and stir to combine.
4. Add the chocolate chips and stir to combine.
5. Use a 2-tbsp cookie scoop, form mounds, and place on a prepared baking sheet about 2 inches apart.
6. Bake for about 10-13 minutes, or until ledges have set and tops are just set. Do not overbake- cookies firm as they cool.



Decorated Cake

(1) 9" inch Styrofoam cake round

3# Prepared white icing

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 participant's 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 automatically be added
2. Cake side must be smooth iced with buttercream- no combined 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 the color palette with the understanding that colors should coordinate with the on-site announced scripting requirement.



Equipment List for Baking and Pastry

Assorted prep / deli containers	Bowls or container for mixing colors
Assorted Spatulas	Cake turntable
Food Service glove(s)	Gel or paste icing colors (participant's 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 attachments (whisk and paddle)	Portion Scoop/disher
2 cookie scoops	Rose nail
scale(s)	Scissors
	Standard knife kit to include but not limited to French, paring, utility/boning
	Standard Size 12 portion muffin pan(s)
	Timer(s)
	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.**



Please email competitiveevents@flccla.org with any questions.