



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)

Yield: 16 portions

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. Preheat oven to 400 degrees. Line two baking sheets with parchment paper and lightly brush the paper with water.
2. Combine milk, butter, sugar, and salt in a pan over medium heat; bring to a boil, stirring occasionally.
3. 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.
4. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot.
5. 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.
6. Transfer dough to a piping bag and pipe 2-inch mounds about 3 inches apart.
7. Bake for 20 minutes or until golden brown.



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.