

FCCLA® FLORIDA



Thank you to our sponsor,
Florida Dairy Council,
for their contribution and support for
the FCCLA Baking and Pastry event.

2024 District Baking & Pastry Menu Items

Quick Bread: Blueberry Muffins

Pate a Choux: Cream Puffs with Chantilly Crème

Cookie: Chocolate Chip Cookies

Decorated Cake



Blueberry Muffins

YIELD: 12 Muffins

INGREDIENTS:

- 2 Cups - All Purpose Flour
- 2 Tbsp. -All Purpose Flour
- 1 ½ tsp.- Baking Powder ½ tsp.- Kosher Salt

- ¾ Cup - Milk
- 1 each- Large Egg
- ½ tsp.- Vanilla Extract
- ½ Cup- Unsalted Butter, Room Temperature
- 1 Cup- Sugar
- 1 ½ Cups- Fresh Blueberries, washed, patted dry

METHOD:

1. Prepare muffin baking pans with paper liners. Preheat the oven to 350 degrees.
2. DRY: Sift 2 cups of flour, baking powder, and salt into a bowl and set aside.
3. WET: In a new bowl, blend the milk, egg, and vanilla extract.
4. CREAM: In a stand mixer with the paddle attachment, cream together the butter and sugar until light and smooth.
5. Add the DRY mixture in 2 additions, alternating with the WET ingredients, mixing at low speed, and scraping the bowl to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth.
6. In your empty DRY bowl, scatter 2 Tbsp. of flour over the berries and toss to coat them evenly. Fold the blueberries into the batter to distribute.
7. Divide batter evenly among 12 muffin cups. BAKE in the oven for 18-20 minutes.



Pate a Choux (Cream Puff with Chantilly Cream)

YIELD: 6-8 Uniform Cream Puffs (Six will be evaluated)

INGREDIENTS:

Choux

¼ Cup - Water

¼ Cup- Unsalted Butter

¼ tsp.- Salt

½ tsp.- Sugar

½ Cup- All Purpose Flour

2 each- Large Egg

Chantilly Cream

1 Cup- Heavy Cream

2 Tbsp.- Sugar

½ tsp.- Vanilla

METHOD:

1. Prepare sheet pan with parchment paper. Preheat the oven to 400 degrees.
2. In a medium saucepan, combine the water, butter, sugar, and salt. 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 additions (as needed), stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
4. Transfer the choux to a piping bag fitted with a ½ inch plain round tip. Pipe mounds on the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.
5. Whip Chantilly ingredients to form desired consistency of whipped cream. When puffs are cool, cut the top half off the cream puff, fill the bottom half with cream, and replace the top.



Chocolate Chip Cookies

YIELD: 12 Servings

INGREDIENTS:

- ½ Cup- Unsalted Butter, softened
- ½ Cup- Brown Sugar, packed
- ¼ Cup- White Sugar
- 1 Each- Large Egg
- 1 tsp.- Vanilla Extract
- 1 ¼ Cup- All Purpose Flour
- ½ tsp. - Baking Soda
- ¼ tsp. Salt
- 1 Cup- Chocolate Chips

METHOD:

1. Prepare sheet pan with parchment paper. Preheat the oven to 350 degrees.

2. CREAM: In a large bowl, cream together butter and both sugars. Add in egg and vanilla and beat until smooth.

3. DRY: In a new bowl, combine flour, baking soda, and salt. Add combined dry ingredients to creamed butter and sugar to form a dough.

4. Fold in chocolate chips.

5. Portion 12 cookies and place them on your parchment lined baking sheet. 6. Bake in a preheated oven for 12-15 minutes or until golden brown.



Decorated Cake

(1) 9" inch Styrofoam cake round

Prepared white icing (**must bring your own**)

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 requirements.



Equipment List for Baking and Pastry

Mixer with Paddle/Whisk Attachment	Gel or Paste Icing Colors
Assorted Mixing Bowls	Grease-Proof Cake Board
Rubber Spatulas	Icing
Wooden Spoons	Pastry Tips
Half Sheet Pans	Pastry Couplers
Full Sheet Pans	Rose Nail
Measuring Cups (Liquid)	Scale
Measuring Cups (Dry)	Knife Kit (with at least Paring/Chef)
Parchment Paper	Timer
Sanitizer Buckets	Other Cake Decorating Equipment as Needed
Hot Pads/Pot Holders	Assorted Deli Prep Containers
Side Towels	Measuring Spoons
Muffin Pans	Paper Muffin Liners
Pastry Bags (disposable)	
Portion Scoops	

General Information

- All necessary large equipment will be provided. Only items on the list may be brought to the event. Some items may be available onsite, but competitors are still permitted to bring their own.
- 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@flfcla.org with any questions.