



Baking and Pastry



Baking and Pastry, an individual event, recognizes participants enrolled in a Family and Consumer Sciences culinary arts industry training program for their ability to demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, cookie, and shaped yeast bread. Participants must **develop a plan** for the time allotted, **prepare menu items** given to them at the time of the event, and **present prepared items** to evaluators.

EVENT LEVELS

Level 3: grades 11–12

Level 4: Postsecondary

See page 72 for more information on event levels.

ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 73 prior to event planning and preparation.
2. Eligible participants are members who are currently or have been enrolled in a Family and Consumer Sciences culinary arts industry training program, as determined by their state department of education. Students enrolled in general food and nutrition courses not preparing them for a career or employment in culinary arts are not eligible.



3. Each participant must complete the online project summary form located on the “Surveys” tab of the FCCLA Student Portal and provide signed proof of submission at the assigned participation time.
4. The competition recipes and equipment list for National Leadership Conference will be posted in the FCCLA Adviser Portal on April 1. Any necessary large equipment will be provided for national in-person competition. Only items on the list may be brought to the event. Any items not on the equipment list will be removed and returned to the participant after clean up. For regional/state competitions, recipes and equipment lists will be provided by the host facility and/or state association.
5. National Leadership Conference (in-person competition) participants will view the online orientation video found on the official FCCLA YouTube channel, available in early June. Each entry must complete and submit the required form to the event room consultant at the time of competition. Only one form per entry is required. Contact State Advisers for orientation procedures for competitions held prior to National Leadership Conference. If events are held virtually, these points will be automatically awarded to all participants.

GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for In-Person Competition	Competition Dress Code	In-Person Competition Participant Set Up / Prep Time	In-Person Competition Room Consultant & Evaluator Review Time	Maximum Oral Presentation Time	In-Person Competition Evaluation Interview Time	In-Person Competition Total Event Time
1	Equipment	Large equipment, food	Chef's uniform as described	15 minutes prep time	15 minutes uniform and equipment check	In-person: 2 hours 45 minutes food production Virtual: To Be Determined	15 minutes cleanup	3 hours and 30 minutes

PRESENTATION ELEMENTS ALLOWED

Audio	Costumes	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/Pointers	Skits	Presentation Equipment	Visuals
	Chef Attire Required								

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Procedures and Time Requirements for National In-Person Competition

<p>Participants will take the locally proctored ACF-CFPC written exam by the deadline as published in National Leadership Conference materials. This score will be combined with the scores from the in-person competition to determine medal placement.</p> <p>Participant will report to the designated room at the specified time with all required equipment, and wearing appropriate, clean attire. Participant will turn in a prepared time management plan prepared on the published recipes, and will be given a menu and all required recipes and ingredients.</p>	
15 minutes	Uniform and equipment inventory check. Time management plan returned at the end of equipment check.
15 minutes	Identical food items will be available to each team. No other food products, garnishes, or condiments may be brought to the event. Participants will have 15 minutes to organize work area, obtain supplies, and adapt the time management plan, if required. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. No products may be cut, peeled, sliced, etc. during this time.
2 hours 45 minutes	Participants will be given 2 hours and 45 minutes to prepare the required products according to recipe specifications.
15 minutes	Participants will have 15 minutes to clean up their workstations.

Procedures and Time Requirements for New Mexico State Virtual Competition

<p>Participants will take the proctored ACF-CFPC written exam prior to competition at the Virtual State Leadership Conference. This score will be combined with the scores from the in-person competition to determine medal placement. This test will be based on the American Culinary Federation's Certified Fundamentals Pastry Cook (ACF-CFPC) written exam.</p> <p>Participant will show all required equipment, and wear appropriate, clean attire. Participant will prepare a time management plan on the published recipes.</p> <p>Participant will make three videos: one for each of the following topics below. The recording should be done in one take (no editing, starting over, etc.) and should show the work surface in its entirety and the student at all times. Items to include in the video are sanitation, technical industry skills used during food production.</p> <p>Participant will take and submit three clear still pictures of each of the food products: one bird's eye view, one side view and one angle view.</p>		
Time	Topic	Specifications
30 minutes	Equipment/Mise en place	Each participant must verbally introduce themselves by name, chapter. Participant will perform an uniform and inventory check, as well as present the time management plan. No other food products, garnishes, or condiments may be brought to the event other than what is listed on the official menus. Participant will organize work area, obtain supplies, and adapt the time management plan. Examples of allowable activities include placing equipment, verifying oven temperatures, measuring products, and clean/wash products. Stations may be already set up with equipment and product to be used, but no products may be cut, peeled, sliced, etc.
2 hours 45 minutes	Food Production	Participants will have 2 hours and 45 minutes to prepare required food products according to recipe specifications.
15 minutes	Presentation/Clean up	Participant should provide a 360 degree, close up view of the product, and take three clear still pictures: one bird's view, one side view and one angle view. Participant will verbally explain the color, texture, doneness, shape and visual appeal of the product. This is not a voice over, but a presentation of the product by the participant. Participants will clean up their workstations.

Procedures and Time Requirements for National Virtual Competition

National preliminary competition: State Qualifiers (the top three individuals) will take the proctored ACF -CFPC written and practical exams, administered locally. These scores will be submitted to the national organization to determine the top ten (10) individuals to qualify for the national finals. All scores from the national preliminary competition will determine medal placement.

National finals competition: The top ten (10) individuals from the preliminary competition will submit a food production video (recipe and video details to be announced prior to the competition). The scores from the video, written test, and practical exam will determine the top three finalists for national recognition.

Specifications for State Competitions

Testing

States may administer a general baking and pastry knowledge test at regional/district and state competitions. All National Leadership Conference participants will take the American Culinary Federation's Certified Fundamentals Pastry Cook (CFPC) written exam prior to competition. Additional information regarding ACF testing will be provided to NLC participants prior to competition.

Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Acceptable graphics on the Culinary Arts uniform include the FCCLA logo, school, chapter, or state name or logo, and individual name. No additional logos are permitted. If required, additional logos may be covered with white cloth tape.
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Baking and Pastry Specifications (continued)

Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Workstation is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup and return supplies after event within designated time period. Baked goods internal temperature is taken at center to reach required/desired food temperature.
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Product Production

Participants will have 2 hours and 45 minutes to prepare food products. Participants should be proficient in the preparation of all required food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste. The participant will present all items for evaluation at the end of the 2 hours and 45 minutes period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 2 hours and 45 minutes time limit.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of required items, including the use of scales for measuring ingredients and equal division of dough and batter.
Timeline	Timeline is used and is accurate.
Mise en Place	Work effectively and display organizational skills. Mise en place is well executed.
Product Appearance	Products have appropriate color and doneness, are properly shaped and have visual appeal.
Product Consistency	Size, shape, and/or color of products meet or exceed industry expectations. Correct amount (yield) of items has been produced.
Baking Principles and Techniques	Follow directions of recipes in proper sequence to demonstrate correct baking principles.
Product Taste and Texture	Flavors and textures meet or exceed industry expectations.



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Rubric

Name(s) of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Level _____

SAFETY AND SANITATION					Points
Safety 0-2 points	0	1	2		
	Station is disorganized, safety is disregarded	Station is lacking neatness and organization, questionable knife and small equipment safety	Station is very neat and organized, all knives and small equipment are handled safely and properly. Internal temperature correct and taken at center		
Sanitation 0-2 points	0	1	2		
	Disregards safety and created unsafe and unsanitary conditions	Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing		
FOOD PRODUCTION					
Equipment, Tools & Techniques 0-1 point	0	1	1		
	Selection and usage of tools/equipment lacks understanding and demonstration of skills	Selects and uses all tools/equipment correctly and safely following industry techniques, including use of scales for measuring			
Time Efficiency 0-1 point	0	1	1		
	Timeline not used or not submitted	Timeline is accurate			
Mise en Place 0-1 point	0	1	1		
	Mise en place is poorly executed and displays unacceptable organizational skills	Mise en place is well executed and displays excellent organizational skills			
QUICK BREAD					
Appearance 0-4 points	0	1-2	3-4	5	
	Items are visually unappealing. Appear to be either under baked or burnt	Items are a slightly too light or too dark in color. Crust appears to be too soft	Slight color variance, good crust, shape is visually appealing	Exceptional color and doneness, with proper crust and crumb, visually appealing	
Consistency 0-4 points	0	1-2	3-4	5	
	Size, shape and/or color is inconsistent. Incorrect yield	Size, shape and/or color is inconsistent. Correct yield	Size, shape and/or color is consistent. Correct yield	Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield	
Principles and Techniques 0-4 points	0	1-2	3-4	5	
	Incorrect technique used throughout preparation	Product over or under mixed, incorrect proportions of ingredients	Product overmixed, tough or with tunnels	Correct techniques meeting industry standards for quick bread preparation	
Taste and Texture 0-4 points	0	1-2	3-4	5	
	Taste is bland, flavorless or bitter. Batter stood too long before baking. Coarse texture and unappealing	Items are lacking taste, crust is soft, product is dense and heavy. Little to no crumb	Well balanced flavor with pleasing exterior and interior texture, with good crumb	Flavor and texture meet or exceeds industry expectations	
CHOUX PASTRY					
Appearance 0-4 points	0	1-2	3-4	5	
	Items are visually unappealing. Appear to be either under baked or burnt	Items are a slightly too light or too dark in color. Lacks visual appeal.	Slight color variance, shape is good and visually appealing	Exceptional color and doneness, with excellent shape and is visually appealing	
Consistency 0-4 points	0	1-2	3-4	5	
	Size, shape and/or color is inconsistent. Incorrect yield	Size, shape and/or color is inconsistent. Correct yield	Size, shape and/or color is consistent. Correct yield	Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield	
Principles and Techniques 0-4 points	0	1-2	3-4	5	
	Incorrect technique used throughout preparation	Product under or overmixed, incorrect proportions of ingredients	Product mixed correctly, but ingredient proportions not correct	Correct techniques meeting industry standards for choux pastry	
Taste and Texture 0-4 points	0	1-2	3-4	5	
	Taste is bland, flavorless or bitter. Soggy interior.	Items are lacking taste, failed to rise and/or collapsed	Well balanced flavor and texture	Flavor and texture meets or exceeds industry expectations	
COOKIE					
Appearance 0-4 points	0	1-2	3-4	5	
		Items are a slightly too light or too dark in color.	Slight color variance, good crust, shape is uniform		

	Items are visually unappealing. Appear to be either under baked or burnt			Exceptional color and doneness, properly shaped and visually appealing	
Consistency 0-4 points	0 Size, shape and/or color is inconsistent. Incorrect yield	1-2 Size, shape and/or color is inconsistent. Correct yield	3-4 Size, shape and/or color is consistent. Correct yield	5 Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield	
Principles and Techniques 0-4 points	0 Incorrect technique used throughout preparation	1-2 Product over or under mixed, incorrect proportions of ingredients	3-4 Product mixed correctly, but ingredient proportions not correct	5 Correct techniques meeting industry standards for cookie preparation	
Taste and Texture 0-4 points	0 Taste is bland, flavorless or bitter. Dough was overworked or product not cooled properly	1-2 Items are lacking taste, cookies spread too much, are stiff, or too crumbly	3-4 Well balanced flavor with pleasing exterior and interior texture	5 Flavor and texture meet or exceeds industry expectations	
SHAPED YEAST BREAD					
Appearance 0-4 points	0 Items are visually unappealing. Appear to be either under baked or burnt	1-2 Items are a slightly too light or too dark in color. Crust appears to be too soft or tough	3-4 Slight color variance, good crust, shape is visually appealing, but cracks or blisters	5 Exceptional color and doneness, properly shaped, visually appealing	
Consistency 0-4 points	0 Size, shape and/or color is inconsistent. Incorrect yield	1-2 Size, shape and/or color shows few inconsistencies. Correct yield	3-4 Size, shape and/or color is consistent. Correct yield	5 Size, shape and/or color is exceptional and meets or exceeds industry expectations. Correct yield	
Principles and Techniques 0-4 points	0 Incorrect technique used throughout preparation	1-2 Product over or under mixed, incorrect proportions of ingredients, incorrect rising time	3-4 Product mixed correctly with adequate rising time	5 Correct techniques meeting industry standards for shaped yeast bread preparation	
Taste and Texture 0-4 points	0 Taste is bland, flavorless or bitter. Crumble, dry, coarse or wet interior texture	1-2 Items are lacking taste, crust is too soft or too tough, interior holes	3-4 Well balanced flavor with pleasing exterior and interior texture	5 Flavor and texture meets or exceeds industry expectations	

Evaluator's Comments – include two things done well and two opportunities for improvement:

TOTAL
(90 points possible)

Evaluator # _____
Evaluator Initial _____
Room Consultant Initial _____

