

**New Mexico FCCLA  
State Leadership Conference**

**STAR Event**

**Baking and Pastry**

**2020-2021**

Yeast Bread: Soft Pretzels

Quick Bread: Cinnamon Sugar Scones

Choux Pastry: Classic Eclairs

Cookie: Glazed Sugar Cookie

# Yeast Bread: Soft Pretzels

Yield: 6-8

## Ingredients:

### Pretzel Dough:

3 c. All Purpose Flour (plus one extra cup to make a soft dough if it is sticky)

1 pkg. Fast Rising Yeast

¾ tsp. Salt

1 ¼ c. Hot Water (100-110 degrees)

2 tbsp. Vegetable Oil

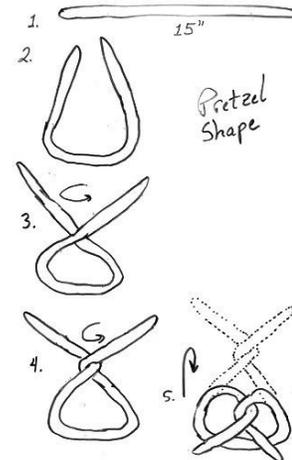
2 tbsp. Honey

### Egg Wash:

1 tbsp. Cool Water

1 Egg

Kosher Salt for sprinkling before baking



## Preparation:

1. Preheat the oven to 425 degrees.
2. Measure all of the dry ingredients into a mixing bowl.
3. Measure the hot tap water, and if needed put it in the microwave for 10 second intervals.
4. Measure the oil, and then to avoid sticking measure the honey next. Add to the water. Mix well. Check to make sure the temperature is 110 degrees.
5. Add liquid ingredients to the flour mixture all at once. With a wooden spoon stir until combined.
6. Add enough of another cup of flour to make the dough soft so it is not sticky.
7. Knead the dough for 3-5 minutes until smooth.
8. Portion dough into 6-8 portions.
9. Roll each portion into 12"-15" ropes making sure that it is smooth and free from cracks. Form the pretzels according to the pictures. They all need to be uniform in size
10. Spray a baking sheet with non stick spray or line with parchment paper. Place formed pretzels on the prepared baking sheet.
10. Beat 1 tbsp. cool water with the egg in a custard cup. Brush this mixture on the unbaked pretzels with a pastry brush. Sprinkle lightly with salt.
11. Bake until golden brown; about ten minutes.

# Quick Bread: Cinnamon Scone

<https://smittenkitchen.com/2019/09/cinnamon-sugar-scones/>

Yield: 6-8 Scones

## Ingredients:

1 3/4 cups all-purpose flour, plus more for counter  
6 tablespoons granulated sugar, divided  
1 tablespoon baking powder  
1/2 teaspoon salt  
8 tablespoons unsalted butter, cold, diced  
2 tablespoons each of milk and heavy cream, cold  
1 large egg  
2 teaspoons ground cinnamon, divided

## Preparation:

1. Heat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, 3 tablespoons of the sugar, baking powder, and salt. Pinch the butter into the dry mixture with your fingers or cut it in with a pastry blender until it resembles coarse cornmeal.
3. Make a well (clear area) in the center and pour in the half-and-half, then the egg. Use a fork to gently combine the egg and cream in the center, then use it to combine everything into a rough mass. Dip your hands into the bowl and knead the mixture a few times into an even mass.
4. On a lightly floured counter, roll the dough to roughly a 10-by-6-inch rectangle (think: a piece of paper but a little smaller).
5. Sprinkle 1 tablespoon of the remaining sugar and 1 teaspoon of the cinnamon over half of the rectangle, then fold it in half.
6. Roll the dough out again into an 8-by-6-inch rectangle; sprinkle another of the remaining tablespoons of sugar and the last teaspoon of cinnamon over half, then fold in half again.
7. Do not roll again, just pat the dough into roughly a 6-inch circle and cut with a sharp knife or bench scraper into 6-8 wedges. Evenly space the wedges on the pan, sprinkle with final tablespoon of sugar, and bake until slightly golden at the edges, 15 to 17 minutes.

# Choux Pastry: Eclairs

<https://natashaskitchen.com/classic-eclair-recipe-video/>



Yield: 18 Eclairs

**Prep Time:** 40 minutes **Cook Time:** 50 minutes **Custard Cooling Time:** 30 minutes **Total Time:** 2 hours

## Ingredients:

### Ingredients for Choux Pastry:

1/2 cup water  
1/2 cup whole milk  
8 Tbsp unsalted butter  
1 tsp granulated sugar  
1/4 tsp salt  
1 cup all-purpose flour  
4 large eggs

### Ingredients for Pastry Cream:

2 cups whole milk  
2 tsp vanilla extract  
3/4 cup granulated sugar  
1/4 cup cornstarch  
1 pinch salt  
4 large egg yolks  
4 Tbsp unsalted butter, room temperature

### For the Chocolate Glaze:

4 oz semi-sweet chocolate chips  
(*about 2/3 c. by volume*)  
1/2 cup heavy whipping cream

## Preparation:

### How to Make Pastry Cream:

1. In a medium saucepan bring 2 cups milk just to a boil, stirring to prevent film from forming.
2. In a separate large bowl, whisk together 3/4 cup sugar, 1/4 cup cornstarch and pinch of salt. Add 4 egg yolks and whisk until smooth, creamy and lightened in color - it takes a couple of minutes but it will get there.
3. Gradually (so the eggs don't curdle), while whisking constantly, add hot milk in a steady stream until all of it is incorporated. Pour mixture back into saucepan and bring to a boil while whisking constantly then whisk another 30 seconds until mixture is thick and pudding-like in consistency.
4. Transfer pastry cream to a medium bowl and whisk in 2 tsp vanilla extract. Cut butter into pieces and quickly whisk into the custard until fully incorporated. Cover with plastic directly over the surface of the cream, let it cool slightly then refrigerate 30 minutes or until cool.

### **How to Make Choux Pastry**

1. In a Medium saucepan, combine 1/2 cup water, 1/2 cup milk, 8 Tbsp butter, 1 tsp sugar and 1/4 tsp salt. Bring to a boil over medium heat then remove from heat and stir in 1 cup flour all at once with a wooden spoon.
2. Once flour is incorporated, place back over medium heat about 1 1/2 to 2 minutes stirring constantly (to release extra moisture and partially cook flour), or until dough comes together into a smooth ball and a thin film forms on bottom of pan.
3. Transfer to a large mixing bowl and beat using an electric hand mixer on medium speed for 1 minute to cool the mixture slightly. Add 4 eggs, 1 at a time, allowing each egg to fully incorporate between additions. Beat until dough is smooth and forms a thick ribbon when pulled up.
  1. Pipe eclairs over baking sheet lined with silicone using a 1/2" round tip. Pipe 18-20 (4" long and 3/4" wide) strips, keeping them 1 1/2" apart.
  2. Bake at 425° F for 10 minutes. Without opening oven, reduce temp to 325° F and, bake 30 minutes longer or until golden brown. Transfer to wire rack to cool.
3. With a small pastry tip, poke 2-3 holes through the bottom of each cooled pastry. Pipe cream inside, scraping off excess. Refrigerate eclairs while making chocolate glaze.

### **How to Make Chocolate Glaze:**

1. Place 4 oz of chocolate chips into a small heat-safe bowl.
2. Heat 1/2 cup heavy whipping cream (in a saucepan or microwave) until it is just at a simmer then remove from heat and pour over chocolate chips. Let rest 2 minutes then whisk from the center outwards until smooth sauce forms.
3. Dip the top half of filled and chilled eclairs into the chocolate sauce, allowing excess to drip off.

# Cookie: Glazed Sugar Cookies

Yield: 1 to 1 1/2 dozen cookies *depending on how thick they are rolled out and the size of the cookie cutter.*

## Ingredients:

### Cookies:

1 1/2 Sticks of Butter  
3/4 cup of Sugar  
1 Egg  
1 1/2 tsp. Vanilla Extract  
2 1/4 cups of Flour  
1/4 tsp. Salt

Egg Yolk Glaze: (for each color of glaze; make as many different colors as you wish)

1 egg yolk (for each color)  
1 tablespoon water  
2-3 drops of food coloring

## Preparation:

### Cookies:

1. Preheat the oven to 350 degrees F.
2. Cream together the Butter, Sugar, Eggs, and Vanilla with either a Wooden spoon, Stand Mixer, or Hand Mixer.
3. Add the Flour and Salt until dough forms
4. Roll dough out onto a lightly floured surface about 1/2 inch thick. Cut with desired cookie cutter. Carefully transfer the cookies to a baking sheet lined with parchment or a baking mat.
5. Prepare the Glaze.
  - a. Place the egg yolks in separate small dishes. Add 1 tablespoon of water to each dish. Add 2-3 drops of food coloring. Whisk it around with a fork and repeat for the other colors.
6. Use a small pastry brush to paint the cookies on the baking sheet. Use a dabbing motion to apply it as thick as possible, getting as far out to the edge as you can.
7. Bake the cookies for 10 minutes. Remove and let cool.

# Equipment List (Option 1)

*Items are listed by recipe.*

## **Chef Uniform:**

Chef Coat  
Chef Pants  
Slip Resistant Kitchen Shoes  
Hair Net and Chef Hat  
Apron  
Calibrated Thermometer

## **Soft Pretzels:**

Dry Measuring Cups: 1c.  
Measuring Spoons: 1/4 t. and 1 tbsp.  
Liquid Measuring Cup  
Custard Cups or Small Bowls  
Large Mixing Bowl  
Wooden Spoon  
Thermometer  
Bench Scraper or Knife  
Baking Sheet  
Non-Stick Spray or Parchment Paper  
Custard Cup  
Fork  
Pastry Brush

## **Cinnamon Sugar Scones:**

Dry Measuring Cups: 1c. , 1/4 c. ,  
Measuring Spoons: 1 tbsp., 1/2 tsp., 1 tsp.  
Liquid Measuring Cup  
Knife  
Baking Sheet  
Parchment Paper  
Non-stick Spray  
Plastic Wrap  
Large Mixing Bowl  
Pastry Blender  
Fork  
Rolling Pin  
Bench Scraper or Knife

## **Eclairs:**

Liquid Measuring Cup  
Dry Measuring Cups: 1c. , 1/4c. , 1/8c.  
Measuring Spoons: 1 tsp.  
2 Medium Saucepan *(You can use the same one if you wash inbetween) You will need this 3 times for this recipe!*  
2 Large Mixing Bowls  
*(You can use the same one if you wash inbetween)*

## **Whisk**

Medium Bowl  
Knife  
Plastic Wrap  
Small Pastry tip  
1/2 inch round Pastry Tip  
2 Piping bags  
Wooden Spoon  
Electric Hand Mixer or Stand Mixer  
Baking Sheets  
Parchment Paper  
Small heat safe bowl

## **Glazed Sugar Cookies:**

Knife  
Dry Measuring Cups: 1/4 c. , 1 c.  
Measuring Spoons: 1/4 tsp., 1/2 tsp., 1 tsp. 1 tbsp.  
Custard Cups or Small bowls  
Wooden Spoon  
Hand Mixer or Stand Mixer  
Rolling Pin  
Cookie Cutter of your Choice  
Spatula/Turner  
Baking Sheet  
Parchment Paper  
Fork  
Pastry Brush

## **Plating:**

1 Solid White Entree Plate

# Equipment List (Option 2)

*Items are in a general list together.*

*\*Several equipment items will be used more than once*

## **Chef Uniform:**

Chef Coat  
Chef Pants  
Slip Resistant Kitchen Shoes  
Hair Net and Chef Hat  
Apron  
Calibrated Thermometer

## **Equipment:**

Measuring Spoons: 1/4 tsp, 1/2 tsp, 1 tsp, and 1 tbsp.  
Dry Measuring Cups: 1/4 , 1/2, 1/3, 1  
2 cup Liquid Measuring Cup  
Small Bowls or Custard Cups  
Medium Mixing Bowls  
Large Mixing Bowls  
Heat Resistant Mixing Bowl  
Knife  
Whisk  
Wooden Spoon  
Fork  
Pastry Blender  
Hand Mixer or Stand Mixer  
Bench Scraper (For Pretzels and Scones)  
Parchment Paper  
Baking Sheets  
Medium Saucepan  
Small Round Pastry Tip (For Eclairs)  
1/2 inch Round Pastry Tip (For Eclairs)  
Piping Bags (1 for choux pastry and 1 for Cream)  
Rolling Pin (For Scones and Cookies)  
Pastry Brush (For Pretzels and Cookie Glaze)  
Spatula/Turner (to Transfer Cookies)

## **Plating:**

1 Solid White Entree Plate

# Grocery List

Dairy and Eggs		Baking and Dry Ingredients	
Amount	Ingredient	Amount	Ingredient
<b>12-14</b>	Eggs <i>Need more than 12 if using 2 colors for sugar cookie glaze. If using 1 color, 12 is the amount needed.</i>	<b>9 cups</b>	All Purpose Flour
<b>2 ½ Sticks (20 Tbsp)</b>	Unsalted Butter	<b>2 cups</b>	Granulated Sugar
<b>1 ½ sticks</b>	Sweet Cream Salted Butter	<b>1 Tbsp.</b>	Baking Powder
<b>¾ cup</b>	Heavy Whipping Cream	<b>2 tsp.</b>	Salt
<b>3 cups</b>	Whole Milk	<b>2 tsp.</b>	Kosher Salt
		<b>1 pkg.</b>	Fast Rising Yeast
		<b>2 Tbsp.</b>	Vegetable Oil
		<b>2 tsp.</b>	Ground Cinnamon
		<b>3 tsp.</b>	Vanilla Extract
		<b>¼ c.</b>	Cornstarch
		<b>4 oz. (% c.)</b>	Semi-sweet Chocolate Chips
		<b>2-3 Drops per color used</b>	Food Coloring <i>(At least 1 color needed)</i>
		<b>2 Tbsp.</b>	Honey