

**New Mexico FCCLA
State Leadership Conference**

STAR Event

Baking and Pastry

2021-2022

Yeast Bread: Soft Pretzels

Quick Bread: Cinnamon Sugar Scones

Choux Pastry: Classic Eclairs

Demonstration of Cake Decorating Skills

Yeast Bread: Soft Pretzels

Yield: 6-8

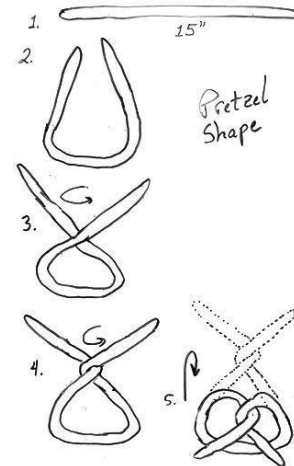
Ingredients:

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

Baking Soda Wash:

- 1/3 c. Baking Soda
- 3 c. Warm Water



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. Line baking sheet with parchment paper. Place formed pretzels on the prepared baking sheet.
10. Dissolve baking soda in a shallow dish with the warm water. Dip formed pretzels in baking soda solution, place back on baking sheet. 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.

Decorated Cake

- (1) 8" cake round (prebaked)
- 3# Prepared white icing
- 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
- Icing spatulas
- Plastic spatulas
- Rose Nail
- Serrated knife
- Scissors
- Bowls or containers for mixing colors

Using no more than 3 lbs. of scaled icing

1. (1) 8-inch round cake, cut into 2 layers with white icing as filling
2. Cake must be smooth iced with buttercream
3. The bottom border of the cake must be a scallop border
4. The top border of the cake must be a rosette border
5. Three (3) buttercream roses and their leaves
6. Scripting – participants will be given a message to write, in cursive (script), on the cake (spelling counts)
7. Participants may choose their color palette. Precoloring of buttercream is acceptable with the understanding that colors should relate to the assigned theme.
8. Do not comb sides or pattern sides of cake, besides piped border.

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 in-between) You will need this 3 times for this recipe!*
2 Large Mixing Bowls
(You can use the same one if you wash in-between)
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

Cake Decorating Skills:

Pastry bags and couplers, any size/type
Grease-proof cake board
Pastry tips of participants' choice
Cake turntable
Icing spatulas
Plastic spatulas
Rose Nail
Serrated knife
Scissors
Bowls or containers for mixing colors

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

Plating:

1 Solid White Entrée Plate

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)
Pastry bags and couplers, any size/type
Grease-proof cake board
Pastry tips of participants' choice
Cake turntable
Icing spatulas
Plastic spatulas
Rose Nail
Serrated knife
Scissors
Bowls or containers for mixing colors

Grocery List

Dairy and Eggs		Baking and Dry Ingredients	
Amount	Ingredient	Amount	Ingredient
10	Eggs	6 cups	All Purpose Flour
2 ½ Sticks (20 Tbsp)	Unsalted Butter	1 ¼ cups	Granulated Sugar
¾ cup	Heavy Whipping Cream	1 Tbsp.	Baking Powder
3 cups	Whole Milk	2 tsp.	Salt
		2 tsp.	Kosher Salt
		1 pkg.	Fast Rising Yeast
		2 Tbsp.	Vegetable Oil
		2 tsp.	Ground Cinnamon
		2 tsp.	Vanilla Extract
		¼ c.	Cornstarch
		4 oz. (½ c.)	Semi-sweet Chocolate Chips
		2 Tbsp.	Honey
		1	8” prebaked cake round
		3 lbs.	Prepared white icing
			Gel or Paste icing colors (participant’s choice)