

New Mexico FCCLA State Leadership Conference

STAR Event

Baking and Pastry

2022-2023

Quick Bread: Green Chile Cheese Biscuits
Choux Pastry: Cream Puffs
Cookie: Coconut Macarons
Demonstration of Cake Decorating Skills

Green Chile Cheese Biscuits

Yield: ~10

Ingredients:

2 cups flour
1 Tbsp. + 1 tsp. baking powder
1/4 tsp baking soda
3/4 tsp salt
2 Tbsp. butter
2 Tbsp. butter shortening
1 cup buttermilk, chilled
1 cup shredded cheese
1/2 cup green chile

Procedure:

- 1) Preheat oven to 450 degrees.
- 2) In a large mixing bowl, combine flour, baking powder, baking soda and salt. Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.)
- 3) Make a well in the center and pour in the chilled buttermilk, cheese, and green chile. Stir just until the dough comes together. The dough will be very sticky.
- 4) Turn dough onto floured surface, dust top with flour and gently fold dough on itself using a bench scraper 5 or 6 times. Press into a 1-inch thick round.
- 5) Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough. Place biscuits on baking sheet so that they just touch. Reform scrap dough, working it as little as possible and continue cutting. (Biscuits from the second pass will not be quite as light as those from the first, but hey, that's life.)
- 6) Gently press the center of the biscuit tops with your finger, this will help them rise more evenly.
- 7) Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

Inspired by: [Alton Brown, Food Network](#)

Cream Puffs

<https://natashaskitchen.com/cream-puffs-recipe/#jump-to-recipe>

Yield: 28

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, measured correctly
4 eggs, (large), room temperature

Ingredients for Cream Filling and Garnish:

2 cups heavy whipping cream, chilled
4 Tbsp granulated sugar
1 tsp vanilla extract
28 raspberries, optional
1 Tbsp powdered sugar, to garnish

Procedures:

How to Make Cream Puffs:

- 1) Preheat oven to 425°F. Line a rimmed baking sheet with Silpat or parchment paper.
- 2) 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 just to a boil over medium heat then remove from heat and stir in 1 cup flour all at once with a wooden spoon.
- 3) Once flour is incorporated, place back over medium heat stirring constantly for 1 1/2 to 2 minutes to release extra moisture and partially cook flour. A thin film will form on the bottom of the pan and dough will come together into a smooth ball.
- 4) Transfer dough to a large mixing bowl and beat using an electric mixer on medium speed for 1 minute to cool mixture slightly. Add 4 eggs, 1 at a time, allowing to fully incorporate between additions. Beat another minute until dough is smooth and forms a thick ribbon when pulled up.
- 5) Transfer the dough to a piping bag fitted with a 1/2" round tip. Pipe 28 puffs, each 1 1/2" diameter and 1/2" tall rounds. Keep them 1" apart and avoid making peaks* but if you do get peaks, wet finger tips lightly with water and smooth them out.
- 6) Bake at 425°F for 10 minutes in the center of the oven. Without opening oven, reduce temp to 325°F and, bake 20-22 min longer or until golden brown on top. Transfer to wire rack to cool completely.

How to Make Whipped Cream:

- 1) In a large mixing bowl, combine 2 cups heavy cream, 4 Tbsp sugar and 1 tsp vanilla extract. Beat on medium-high speed until fluffy with stiff peaks (2 min). Transfer to a piping bag fitted with a large open star tip.
- 2) Once cream puffs are completely cooled, fill them with cream. There are 2 ways to fill them: (#1) pipe the cream into the puffs by pushing the pastry tip into the side and piping until cream pushes back, or (#2) Cut off tops of puffs and pipe cream inside using a pastry bag, push a raspberry down into the center if desired, then cover with the tops. Dust with powdered sugar and serve.

Coconut Macaroons

<https://www.onceuponachef.com/recipes/coconut-macaroons.html#tabrecipe>

Yield: 26

Ingredients:

- 1 14-oz bag sweetened flaked coconut, such as Baker's Angel Flake
- ¾ cup + 2 Tbsp sweetened condensed milk
- 1 teaspoon vanilla extract
- 2 large eggs whites
- ¼ teaspoon salt
- 4 ounces semi-sweet chocolate, best quality such as Ghirardelli, chopped (optional)

Procedures:

- 1) Preheat the oven to 325°F. Set two oven racks near the center of the oven. Line two baking sheets with parchment paper.
- 2) In a medium bowl, mix together the coconut, sweetened condensed milk and vanilla extract. Set aside.
- 3) In the bowl of an electric mixer, beat the egg whites and salt until stiff peaks form. Use a large rubber spatula to fold the egg whites into the coconut mixture.
- 4) Using a mini ice cream scoop or two spoons, form heaping tablespoons of the mixture into mounds on the prepared baking sheets, spacing about 1 inch apart. Bake for 23 to 25 minutes, rotating the pans from top to bottom and front to back, until the tops and edges are golden. Let cool on the pans for a few minutes, then transfer to a wire rack to cool completely.
- 5) If dipping the macaroons in chocolate, melt the chocolate in a microwave-safe bowl at medium power, stopping and stirring at 30 second intervals, until just smooth and creamy. (Alternatively, melt the chocolate in a double boiler over simmering water.) Dip the bottoms of the macaroons in the chocolate, letting any excess drip back into the bowl, and return to the lined baking sheets. Place the macaroons in the refrigerator for about 10 minutes to allow the chocolate to set. The cookies keep well in an airtight container at room temperature for about a week.

Equipment List Option 1

Items are listed by recipe, some items may be used twice in a recipe

Chef Uniform:

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

Plates for plating

Green Chile Cheese Biscuits:

1 c Liquid measuring cup
Dry measuring cups: 1 c, ½ c
Measuring spoons: 1 Tbsp, 1 tsp, ½ tsp, ¼ tsp
Half sheet pan
2-inch Biscuit cutter
Bench scraper
Whisk
Bent-handled spatula
Medium bowl

Cream Puffs:

Liquid measuring cups: 2 c, 1 c
1 c Dry measuring cup
Measuring spoons: 1 Tbsp, 1 tsp, ¼ tsp
Parchment paper or silpat
Medium saucepan
Wooden spoon
Electric Mixer with bowl
Paddle attachment
Whisk attachment
Piping bags
½" Round piping tip
Cooling racks
Open star piping tip
Sifter or sieve for dusting
Rubber spatula

Coconut Macaroons:

1 c Liquid measuring cup
Measuring spoons: 1 Tbsp, 1 tsp, ¼ tsp

Scale
Sheet pans
Parchment paper
Medium bowl
Electric mixer with bowl
Whisk attachment
Rubber spatula
Portion scoop or 2 spoons
Cooling racks
Microwave safe bowl
Whisk

Cake Decorating:

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

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

Plates for plating

Equipment:

Liquid measuring cups: 2 c, 1 c
Dry measuring cups: 1 c, ½ c
Measuring spoons: 1 Tbsp, 1 tsp, ½ tsp, ¼ tsp
Sheet pans
Parchment paper or silpat
Parchment paper
Wooden spoon
Electric mixer with mixing bowl
Paddle attachment
Whisk attachment
Piping bags
1/2 " Round piping tip
Cooling racks
Open star piping tip
Sifter or sieve for dusting
Rubber spatulas
Scale
Medium bowl
Portion scoop or 2 spoons
Microwave safe bowl
Whisk
2-inch Biscuit cutter
Bench scraper
Bent-handled spatula
8" Cake dummy
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

Plates for plating

Baking & Pastry Grocery List

Dairy & Eggs		Baking, Dry Ingredients, Produce, Canned Goods	
Amount	Ingredient	Amount	Ingredient
1 c	Buttermilk	3 c	Flour
1 c	Shredded cheese	1 Tbsp + 1 tsp	Baking powder
10 Tbsp	Unsalted butter	¼ tsp	Baking soda
6 ea	Eggs (2 egg whites, 4 eggs)	1 ¼ tsp	salt
½ c	Milk	2 Tbsp	Butter shortening
2 c	Heavy cream	½ c	Green chile
		14 oz	Sweetened flaked coconut
		1 c	Sweetened condensed milk
		2 tsp	Vanilla
		4 oz	Semi-sweet chocolate
		4 Tbsp + 1 tsp	Granulated sugar
		28 ea.	Raspberries (optional)
		1 Tbsp	Powdered sugar (optional)
		3 pounds	Prepared White Icing
			Gel or Paste Icing Colors (participants choice)