

# **FCCLA**<sup>®</sup>

# **NEW MEXICO**

**2025-26 State**

## **Baking and Pastry**

Lemon Poppy Seed Muffins

Paris-Brest Filled with Chantilly Cream

Sugar Cookie

Decorated Cake

Updated – 2-4-2026

## Lemon Poppy Seed Muffins

**Culinary Skill Component:** Demonstrate proper execution of mixing and baking a quick bread utilizing the creaming method.

Yield: 12 Muffins

### Amount

2 ¼ cups (300 g)  
¾ tsp (3 g)  
¼ tsp (1 g)  
1/3 tsp (3 g)  
3 (150 g)  
1 cup (195 g)  
½ cup (120 g)  
1 tbsp. (3.75 g)  
1  
1 ½ tsp  
2.5 tbsp. (22.5 g)  
1/8 cup (30 ml)  
1/8 cup (30 ml)  
½ cup (120 g)  
1 tsp (7.5 ml)

### Ingredient

All-Purpose Flour  
Baking Powder  
Baking Soda  
Kosher Salt  
Eggs  
Granulated Sugar  
Heavy Cream  
Lemon Zests  
Lemon  
Lemon Juice (from lemon)  
Poppy Seeds  
Corn Syrup  
Canola Oil  
Unsalted Butter, Room Temperature  
Vanilla Extract

### Method:

1. Prepare muffin baking pans with paper liners. Preheat oven.
2. Add the lemon juice to the heavy cream and set aside.
3. Whisk the flour, baking soda, baking powder, poppy seeds, lemon zest, and salt into a bowl and set aside.
4. In a stand mixer with the paddle attachment, cream together the butter and sugar. Add the syrup and oil then cream until light and smooth.
5. Gradually add the eggs, vanilla, and heavy cream mixture.
6. Add the dry mixture at low speed and scrape the bowl to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth. Let rest for 15 minutes.
7. Use a #24 scoop and divide batter evenly among 12 muffin cups. (There might be left over batter)
8. Bake in the oven:  
**Conventional** – 425°F oven for approximately 18-20 minutes  
**Convection** – 375°F oven for approximately 12-15 minutes.

## Pate a Choux: Paris-Brest with Chantilly Cream

**Culinary Skill Component:** Demonstrate proper execution of pate a choux to include scaling ingredients, mixing ingredients, piping with pastry, and baking to correct doneness.

Yield: Six Paris Brest

| Amount                 | Ingredient        |
|------------------------|-------------------|
| <i>Choux</i>           |                   |
| ¼ cup (60 g)           | Water             |
| ¼ cup (60 g)           | Milk              |
| 4 tbsp (60 g)          | Unsalted Butter   |
| ¼ tsp (2 g)            | Salt              |
| ¼ tsp (2 g)            | Granulated Sugar  |
| ½ cup (60 g)           | All-Purpose Flour |
| 2 (100 g)              | Eggs              |
| To Taste               | Powdered Sugar    |
| <i>Chantilly Cream</i> |                   |
| 1 cup (236 g)          | Heavy Cream       |
| 2 tbsp (27 g)          | Sugar             |
| ½ tsp (7 g)            | Vanilla           |

### Method:

1. Prepare sheet pan with parchment paper. Draw six (6) 75mm (3") circles using a 3" cookie cutter on a sheet of parchment paper. Using a ½ sheet pan, invert the paper on the sheet pan, ink side down. Preheat oven to 400°F.
2. In a medium saucepan, combine the water, butter, sugar, milk, and salt. Bring to boil. Reduce the heat to moderate. Add the flour all at once and cook until the mixture appears drier and begins to stick to the bottom of the pot. Remove from heat and place it in a mixing bowl with a paddle to release steam. \*This dough is a panade.
3. Mix the panade until slightly cool, but still warm. Add the eggs in stages while mixing. Scrape the bowl and keep mixing until desired consistency is reached.
4. Using a #824 to 827 Star tip bag the Paris-Brest with a 75mm (3") outer edge diameter in its raw state on top of the drawn outline.
5. Bake in oven:
  - Conventional** – 400° in oven for 20 minutes. Rotate the pan and bake for 15 more minutes.
  - Convection** – 375°F in oven for 15 minutes, rotate and bake for 10 more minutes.
6. Whip Chantilly ingredients to form desired consistency of whipped cream. When Paris-Brest is cool, cut all Paris-Brest horizontally, Fill the bottom half with cream, and replace the top. Dust the top with Powdered Sugar.
7. Fill two (2) Paris-Brest with your Chantilly cream. Display two (2) Paris-Brest filled and four (4) unfilled.



## Sugar Cookies

**Culinary Skill Component:** Demonstrate proper execution of cookies utilizing the roll method, to include scaling ingredients.

Yield: 12 Cookies

**Amount**

½ cup (125 g)

¾ cup (160 g)

¼ tsp (2.5 g)

3 ½ tbsp.

2 tbsp.

1 tsp (4 g)

2 ¼ cups (312 g)

2 tsp (9 g)

*For topping*

*For topping*

**Ingredient**

Unsalted Butter, softened

Granulated Sugar

Salt

Egg

Milk

Vanilla Extract

All-Purpose Flour

Baking Powder

Milk

Granulated Sugar

**Method:**

1. In a large bowl, cream together butter and sugar until smooth. Add the egg, milk, salt, and vanilla and blend at a low speed.
1. Whisk together flour and baking powder. Add flour mixture to cream mixture and beat together until combined.
2. Wrap the dough in plastic and refrigerate for 30 minutes.
3. Using the “rolled method” and minimal flour, roll dough to ¼ inch thick.
4. Using two different cookie-cutter shapes, each approximately 3 inches in size, cut out 12 cookies, 6 in each shape. **Bring your own cookie cutters.**
5. Before baking the rolled-out dough, cut it out, brush with milk, and sprinkle with granulated sugar.
6. Use parchment-lined sheets.
7. Bake in oven:
  - Conventional** – 375°F for 15 minutes.
  - Convection** – 350°F for 10 minutes.
8. Wrap left over dough and present with your products.
9. Display all cookies.

## Decorated Cake

- (1) 9" x 4" Styrofoam cake round (included in registration cost)
- (2) Buttercream – 3 lbs. (Brill)

### **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

| Available for Use          | Not Provided                                  |
|----------------------------|---|
| Half Sheet Pans            | Buttercream                                   |
| Full Sheet Pans            | Gel or Paste Icing Colors                     |
| Parchment Paper            | Rose Nail                                     |
| Rolling Pin                | Pastry Tips                                   |
| Sifter for Powder Sugar    | Pastry Couplers                               |
| Timer                      | Paper Muffin Liners                           |
| Mixers                     | Scale   |
| Assorted Mixing Bowls      | Knife Kit (with at least Paring/Chef/Palette) |
| 2 - Cake Board – 9 “ round | Other Cake Decorating Equipment as Needed     |
|                            | Cookie Cutters (1 being 3 in.)                |
|                            | Measuring Spoons                              |
|                            | Rolling Pin                                   |
|                            | Muffin Pan                                    |
|                            | Citrus Zester                                 |
|                            | Turntables                                    |
|                            | Spatulas                                      |
|                            | #24 Portion Scoops                            |
|                            | Whisks  |
|                            | Thermometer                                   |
|                            | Gloves  |
|                            | Scissors                                      |
|                            | Measuring Cups (liquid)                       |
|                            | Measuring Cups (dry)                          |
|                            | Measuring Spoons                              |
|                            | Bench Scraper                                 |
|                            | Citrus Zester                                 |

### **General Information**

- All necessary large equipment will be provided. Only items on the list may be brought to the event. The items in the “Available for Use” column will be provided by the host site, 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.
- Any additional equipment required will be provided at the time of the event by the host institution including 9” Styrofoam Cake Round.
- Latex and non-latex gloves will be available on site.