

# **2022-23 Montana FCCLA State Baking & Pastry STAR Event Menu**

**Cookie: Butter Cookies**

**Quick Bread: Blueberry Muffin**

**Pate a Choux: Cream Puffs with Chantilly  
Crème**

**Decorated Cake**



## Butter Cookies

Yield: 30 oz dough (2 dozen cookies)

Portion Size: 1 cookie

Amount	Ingredient
8 oz	Butter
6 oz	Sugar
½ teaspoon	Salt
4 oz	Eggs (about 2 large)
½ teaspoon	Vanilla Extract
½ teaspoon	Butter extract
10 oz	All-purpose flour

### Method:

1. Cream butter, sugar and salt.
2. Incorporate eggs and extracts.
3. Sift flour, then incorporate into wet ingredients.
4. Use a pastry bag to pipe dough into desired shape on a parchment-lined sheet pan.
5. Bake at 375°F (190°C) for approximately 15 minutes.
6. Plate and garnish as desired.



## Blueberry Muffins

Yield: 2 ½ pounds

Portion Size: 3 oz muffins

Amount	Ingredient
4 oz	Eggs (about 2 large eggs)
8 oz	Milk
½ teaspoon	Vanilla extract
5 oz	Sugar
2 teaspoons	Baking powder
12 oz	Cake or All-purpose flour
Pinch	Salt
4 oz	Melted butter
8 oz	Blueberries

### Method:

1. Beat the eggs and mix with the milk.
2. Sift the dry ingredients together.
3. Add the eggs, milk and butter to dry ingredients and mix until all ingredients are combined. Do not overmix.
4. Fold in blueberries using a spatula.
5. Portion the batter into muffin pan.
6. Bake muffins at 400°F (204°C) for about 15 minutes.
7. Plate and garnish as desired.





## Cream Puffs with Chantilly Cream

Yield: 6 to 8 – 3” Cream Puffs (6 will be evaluated)

### Pate a Choux

Amount	Ingredients
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2 oz	Water
2 oz	Butter
¼ teaspoon	Salt
1/2 teaspoon	Sugar
4 oz	Flour
2	Eggs

#### Method:

1. Line baking sheet with parchment paper.
2. In a medium saucepan, combine the water, butter, sugar, and salt and bring to a boil. Reduce the heat to moderate. Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan for 2 minutes. Remove the pan from the heat.
3. In a bowl, beat eggs and add to the dough in 2-3 batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
4. Transfer the dough to a piping bag fitted with a 1/2-inch plain tip. Pipe mounds onto the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.





## Chantilly Crème

Amount	Ingredients
8 oz	Heavy cream
2 tbsp	Granulated sugar
½ tsp	Vanilla

### Method:

1. Whip ingredients together to form desired consistency of whipped cream.
2. Cut off the top half of the cream puff; fill the bottom half with the cream, replace the top.







## Decorated Cake

Please review the following before competition:

1. Cake layers should be brought to competition individually wrapped.
2. Icing should be in containers, labeled.
3. Competitor may color icing necessary for decoration before product check in.
4. The cake **SHOULD NOT** have any icing on it when product is checked in.
5. Competitor determines recipes for cake and icing. Please have a copy of recipes for evaluators to review.

## Cake Order 2023

Event: 10th birthday for a female. Favorite colors are pink, purple, yellow.

Shape and Size: Two layer white or yellow cake, 8-inch round, no fruit filling, ice the cake between the layers

Board: 10-inch covered in aluminum foil

Icing: White Decorator's/Buttercream

Decoration:

1. Colored (baker's color choice, based on customer's favorites) shell border around bottom of cake - #199 tip
2. White shell border on top of cake - #199 tip
3. Writing - Happy 10th Birthday - #3 tip
4. Combination of favorite colors on the side and top of the cake in decorative pattern - round tips - your choice of tip size and decorative effects





## IMPORTANT information about the Baking and Pastry event:

1. Conventional ovens are provided. (No convection ovens)
2. Stand mixers are provided.
3. All small equipment needs to be brought by the teams. The dish area is VERY limited. Please plan accordingly.
4. Ingredients will be provided by Montana FCCLA for the recipes included in this document. Each competitor will get a container of ingredients to measure at their station. Lead consultant may have limited extra ingredients if competitor needs replacement product.

### Smallware List – Baking and Pastry –

Competitors may not need all items on the list, but may ONLY bring items listed.

1. Wash/sani buckets and detergent/sani tabs
2. Dish towels
3. Gloves
4. Items for labelling – sharpies and tape
5. Timers
6. Thermometer
7. Containers/bags/plastic wrap for leftover product
8. Deli containers – for measuring
9. Parchment paper
10. Sheet pans
11. Scale
12. Mixer – hand or stand
13. Liquid measuring cups
14. Measuring spoons
15. Mixing bowls
16. Sifter/strainer
17. Saucepan, 1 small
18. Wooden spoon
19. Whisks
20. Rubber spatulas/scrappers
21. Offset/straight edge spatulas
22. Standard muffin pan – 12
23. #20 scoop
24. Knife kit
25. Cutting board
26. Piping bags and tips – Choux Pastry
27. Piping bags and tips – Cake: #3, #199, assorted round tips
28. Cake board – 10”, covered in foil
29. Cooling racks
30. Turntable for cake decorating

