

## Quick Bread

**Name of Recipe: Country Biscuits – On Baking, Labensky**

**Formula Yield: 9 biscuits, 2 ¼ oz. (66 g.) each**

<b>Ingredient</b>	<b>U.S.</b>	<b>Metric</b>		<b>Notes</b>
All-purpose flour	10 oz	300 g		
Salt		6 g		1 tsp.
Granulated sugar	.5 oz	15 g		
Baking powder	.5 oz	15 g		
Unsalted butter, cold	3.5 oz	120 g		
Milk (whole)	6 oz	180 ml		

### Directions: Biscuit Method

1. Sift the dry ingredients together, making sure they are blended thoroughly.
2. Cut in the butter. The mixture should look mealy; do not overmix.
3. Add the milk and stir, combining only until the mixture holds together.
4. Transfer the dough to a lightly floured work surface; press the dough together until it forms one mass, approximately five or six times.
5. Roll out the dough to a thickness of ½ inch. Cut with a floured 2-inch cutter and place the biscuits on a paper-lined sheet pan.
6. Bake at 425 degrees F. until the tops are light brown, the sides almost white and the interiors still moist, approximately 10-12 minutes. Internal heat will continue to cook the biscuits after they are removed from the oven.
7. Remove the biscuits to a wire rack to cool.
8. Present 6 biscuits for evaluation.

## Yeast Bread

Name of Recipe: French Bread– On Baking, Labensky

Formula Yield: 50 oz. – 1500 g.

Ingredient	U.S.	Metric		Notes
Water	19.5 oz	585 ml		
Active dry yeast	.5 oz	14 g		
Bread flour	1 lb 12 oz	900 g		
Salt	0.75 oz	18 g		

### Directions: Straight Dough Method

1. Combine water and yeast in the bowl of a mixer, fitted with a dough hook. Add the remaining ingredients and mix on low speed until all the flour is incorporated.
2. Increase the speed to medium and knead the dough until it is smooth and elastic.
3. Ferment the dough until doubled, approximately 1-3 hours on the work bench. Time will be reduced if using a proof box.
4. Punch down, divide and shape into one (12 oz.) loaves shaped in an oval and slightly tapered on each end. Place on sheet pan.
5. Shape remainder of dough into (2 oz.) rolls; round and half knots. Place onto a separate sheet pan.
6. Proof dough until doubled.
7. Score the loaves and rolls and bake at 425 degrees F. with steam injected during the first few minutes of baking, until the crust is well developed and golden brown and bread is baked through, approximately 12 minutes for rolls and 20 minutes for loaves.
8. Present 1 loaf, 4 round rolls and 4 half knot rolls for evaluation.

## Choux Pastry

Name of Recipe: Paris-Brest – On Baking, Labensky

Formula Yield: 1 lb. 8 oz. – 740 g.

Ingredient	U.S.	Metric		Notes
Water	8 oz	120 ml		
Salt	0.15 oz	4.5 g		¾ tsp.
Unsalted butter	3.5 oz	105 g		
Bread flour	5 oz.	150 g		
Eggs	5-6 oz	240-264 g		
Egg wash	As needed			
Sliced almonds	1 oz.	30 g		
Chantilly Cream				
Powdered sugar	1 oz.	30 g		

### Directions:

1. Place water, salt and butter in a saucepan. Bring to a boil. Make sure the butter is fully melted.
2. Remove from the heat and immediately add all the flour.
3. Vigorously beat the dough by hand. Put the pan back on the heat and continue beating the dough until it comes away from the sides of the pan. The dough should look relatively dry and should just begin to leave a film on the saucepan.
4. Transfer the dough to the bowl of a mixer fitted with the paddle attachment and beat it for a few seconds at medium speed. Then begin to beat the eggs in one at a time.
5. Continue to add the eggs one by one until the mixture is shiny but firm. It may not be necessary to use all of the eggs. The dough should pull away from the sides of the bowl in thick threads.
6. Fill a piping bag and portion dough into (3 1/2") rings (approximately 8-10) onto a paper lined sheet pan.
7. Brush the rings lightly with egg wash and then sprinkle with sliced almonds.
8. Bake immediately at 375 degrees F. until golden brown and the rings are well dried, approximately 30 minutes. Let cool, then slice the rings in half horizontally.
9. Pipe Chantilly Cream on the bottom half of the baked rings using a medium star tip and pastry bag.
10. Replace the top half and dust with powdered sugar.
11. Present 6 Paris-Brest for evaluation.

Name of Recipe: Crème Chantilly – On Baking, Labensky

Formula Yield: 16 oz.

Ingredient	U.S.	Metric		Notes
Heavy cream, chilled	8 oz	220 ml		
Powdered sugar	.5 oz.	15 g		
Vanilla extract		2.5 ml		½ tsp.

### Directions:

1. Place the cream in a chilled mixing bowl. Using a balloon whisk, whisk the cream until slightly thickened.
2. Add the sugar and vanilla extract and continue to the desired consistency. The cream should be smooth and light, not grainy. Do not overwhip.
3. Use as directed in Paris-Brest.

# **FCCLA**

## **Baking and Pastry Equipment List**

Here is some important information about the Baking and Pastry event.

1. Ovens are provided.
2. All small equipment needs to be brought by the teams. \*If competing, contact Whitney for more information.
3. Ingredients will be available and provided by Montana FCCLA.

### **Smallware List – Baking and Pastry**

1. Liquid measuring cups
2. Sifter - for flour
3. Measuring spoons
4. Scale
5. Mixing bowls
6. Deli containers – for measuring
7. Saucepan, 1 small
8. Wooden spoon
9. Whisks
10. Rubber spatulas/scrapers
11. Offset/straight edge spatulas
12. Grater
13. Rolling pin
14. 2 ½ inch cutter for biscuits
15. Knife kit
16. Cutting board
17. Small sifter for Paris-Brest decoration
18. Piping bags and tips – Crème Chantilly and Paris-Brest
19. Bench scraper
20. Plastic wrap
21. Parchment paper
22. Sheet pans
23. Cooling racks
24. Timers
25. Thermometers
26. Items for labelling – sharpies and tape