



# IDAHO

## STATE ASSOCIATION

### **2025 District/State Leadership Conference**

### **Baking and Pastry Recipes**

Blueberry Muffins

Cream Puffs with Chantilly Cream

Chocolate Chip Cookies

Decorated Cake

## Blueberry Muffins

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

Yield: 12 Muffins

**Amount**

2 Cups

2 Tbsp.

1 ½ tsp.

½ tsp.

¾ Cup

1 each

½ tsp.

½ Cup

1 Cup

1 ½ Cups

**Ingredient**

All Purpose Flour

All Purpose Flour

Baking Powder

Kosher Salt

Milk

Large Egg

Vanilla Extract

Unsalted Butter, Room Temperature

Sugar

Fresh Blueberries, washed, patted dry

**Method:**

1. Prepare muffin baking pans with paper liners. Preheat oven to 350 degrees.
2. DRY: Sift 2 cups flour, baking powder, and salt into a bowl and set aside.
3. WET: In a new bowl, blend the milk, egg, and vanilla extract.
4. CREAM: In a stand mixer with the paddle attachment, cream together the butter and sugar until light and smooth.
5. Add the DRY mixture in 2 additions, alternating with the WET ingredients, mixing at low speed, and scraping the bowl to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth.
6. In your empty DRY bowl, scatter 2 Tbsp. of flour over the berries and toss to coat them evenly. Fold the blueberries into the batter to distribute.
7. Divide batter evenly among 12 muffin cups. BAKE in the oven for 18-20 minutes.

## Pate a Choux: Cream Puff 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: 6-8 Uniform Cream Puffs (Six will be evaluated)

Amount	Ingredient
<i>Choux</i>	
¼ Cup	Water
¼ Cup	Unsalted Butter
¼ tsp.	Salt
½ tsp.	Sugar
½ Cup	All Purpose Flour
2 Each	Large Egg
<i>Chantilly Cream</i>	
1 Cup	Heavy Cream
2 Tbsp.	Sugar
½ tsp.	Vanilla

### Method:

1. Prepare sheet pan with parchment paper. Preheat oven to 400 degrees.
2. In a medium saucepan, combine the water, butter, sugar, and salt. 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 additions (as needed), stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
4. Transfer the choux to a piping bag fitted with a ½ inch plain round tip. Pipe mounds on the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.
5. Whip Chantilly ingredients to form desired consistency of whipped cream. When puffs are cool, cut the top half off the cream puff, fill the bottom half with cream, and replace the top.

## Chocolate Chip Cookies

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

Yield: 12 Cookies

### Amount

½ Cup  
½ Cup  
¼ Cup  
1 Each  
1 tsp.  
1 ¼ Cups  
½ tsp.  
¼ tsp.  
1 Cup

### Ingredient

Unsalted Butter, softened  
Brown Sugar, packed  
White Sugar  
Large Egg  
Vanilla Extract  
All Purpose Flour  
Baking Soda  
Salt  
Chocolate Chips

### Method:

1. Prepare sheet pan with parchment paper. Preheat oven to 350 degrees.
2. CREAM: In large bowl, cream together butter and both sugars. Add in egg and vanilla and beat until smooth.
3. DRY: In a new bowl, combine flour, baking soda, and salt. Add combined dry ingredients to creamed butter and sugar to form a dough.
4. Fold in chocolate chips.
5. Portion 12 cookies and place them on your parchment lined baking sheet.
6. Bake in preheated oven for 12-15 minutes or until golden brown.

## Decorated Cake

- (1) 9" Styrofoam cake round (**must bring your own**)
- (2) Prepared white icing (**must bring your own**)

### **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 for Baking and Pastry

Available for Use	Not Provided
Mixer, 1 mixer bowl, Paddle/Whisk Attachment	Gel or Paste Icing Colors
Assorted Mixing Bowls	Grease-Proof Cake Board
Rubber Spatulas	Icing
Wooden Spoons	Pastry Tips & Couplers
Half Sheet Pans	Pastry Bags (disposable)
Full Sheet Pans	Rose Nail
Measuring Cups (Liquid)	Scale
Measuring Cups (Dry)	Knife Kit (with at least Paring/Chef)
Muffin Pans	Timer
Portion Scoops	Other Cake Decorating Equipment as Needed
Hot Pads/Potholders	Assorted Deli Prep Containers
Side Towels	Sifter
Sanitizer Buckets	Paper Muffin Liners
Whisk	Parchment Paper
Colander	9" Styrofoam Cake Round
Measuring Spoons	
Sauce pot	
Cooling Rack	

#### 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. **Make sure that any equipment that you bring is well marked with your name/school name.**
- Latex and non-latex gloves will be available on site.