



IDAHO

STATE ASSOCIATION

2026 District/State Leadership Conference

Baking and Pastry

Lemon Poppy Seed Muffins

Paris-Brest Filled with Chantilly Cream

Sugar Cookie

Decorated Cake

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 scraping 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 a 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 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 – 350°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 are 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

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
3 lbs Icing

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
<ul style="list-style-type: none">• Mixer with Paddle/Whisk Attachment• Side Towels• Sanitizer Buckets• Bus tubs for Dirty Dishes under stations• Scale• Measuring Spoons• Measuring Cups (Liquid)• Measuring Cups (Dry)

Not Provided	
<ul style="list-style-type: none">• Icing (3 lbs)• Gel or Paste Icing Colors• Grease-Proof Cake Board• 9" Styrofoam Cake Round• Cake Turntable• Pastry Tips & Couplers including Star tip• Pastry Bags (disposable)• Rose Nail• Scissors• Bowls or containers for mixing colors• Other Cake Decorating Equipment as needed• Knife Kit (with at least Paring/Chef)• Timer• Assorted Mixing Bowls• Cooling Racks• Cutting Board• Small Sieve (dusting powdered sugar)• Wooden Spoons	<ul style="list-style-type: none">• Assorted Spatulas• Half Sheet Pans• Muffin Pans• Portion Scoops• Whisk• Zester• Citrus Juicer• 3" round cookie cutter• 3" cookie cutters (2)• Pastry Brush• Saucepan• Parchment Paper• Plastic Wrap• Paper Muffin Liners• Rolling Pin• Hot Pads/Pot Holders• Gloves• Pencil

- At the completion of the event competitors can use the facility for washing their dishes or they can wash somewhere else.
- Only items on the list may be brought to the event.