



IDAHO
STATE ASSOCIATION



Baking & Pastry
Level 3
District & State
Recipes & Equipment List

Quick Bread: *Blueberry Scones with Vanilla Icing*
Choux Pastry: *Chocolate Eclairs*
Shaped Yeast Bread: *Garlic Rolls*
Demonstration of Cake Decorating Skills

Only the equipment, supplies, and tools listed on the recipes and equipment list may be used by participants. No additional food products, garnishes, or condiments may be used other than what is listed on the official menu.

General Information

The following recipes and equipment list will be used for the Idaho District and State Baking & Pastry STAR Events competitions. The rubric found in the 2021-2022 National Competitive Events Guide for the Baking & Pastry STAR Event will be used for evaluating the event.

The Baking & Pastry STAR Event is an **INDIVIDUAL** event for **Level 3** students who are currently or have been enrolled in the Family and Consumer Sciences Culinary Arts pathway program. Students enrolled in cluster food and nutrition courses are not eligible. (see page 25, 2021-2022 Competitive Events Guide).

As a reminder students will need to have a completed Time Management plan to give to the Room Consultant at Equipment Check in.

Blueberry Scones

Yield: 8 scones

Ingredients

2 cups	240 grams	All-purpose flour
½ c	100 grams	Granulated Sugar
2 ½ tsp	10 grams	Baking powder
1 tsp	3 grams	Cinnamon
½ tsp	3 grams	Salt
½ cup	115 grams	Unsalted Butter
½ cup + 2 Tbsp	150 grams	Heavy Cream
1 ea.	50 grams	Egg
1 ½ tsp	7 grams	Vanilla extract
1 cup	142 grams	Fresh Blueberries

Procedure

1. Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper or a silicone mat.
2. Wash blueberries and set aside.
3. Combine the flour, sugar, cinnamon, baking powder, and salt.
4. Cut in the butter into the flour mixture until it resembles pea-sized crumbs.
5. Whisk together the 1/2 cup (120 grams) heavy cream, egg, and vanilla in small bowl.
6. Combine with the flour mixture and blueberries just until the dough comes together.
7. Shape the dough into a 8-inch round disk. Cut the dough into 8 equal sized wedges. Place the scones on the prepared baking sheet. Brush the tops with remaining heavy cream.
8. Bake for 20-25 minutes or until golden brown. Transfer the scones to a wire rack to cool slightly and top with vanilla icing.

Vanilla Icing

Yield: 1 cup

Ingredients

1 cup	114 grams	Powdered sugar
3-4 Tbsp	45-60 grams	Heavy Cream
½ tsp	3.5 grams	Vanilla extract

1. Combine the powdered sugar, 2 tablespoons of heavy cream, and vanilla in small bowl. Adjust the heavy cream based on desired consistency.
2. Cover and set aside for scones.

Chocolate Eclairs

Yield: 12-14

Ingredients

½ c	115 grams	Unsalted butter
½ c	4 oz	Water
½ c	4 oz	Whole Milk
¼ tsp	1.5 grams	Salt
2 tsp	4 grams	Granulated Sugar
1 c	120 grams	All-purpose Flour
4 ea	200 grams	Eggs, beaten
1 ea	50 grams	Egg with 1 T milk or water for egg wash

Procedure

1. Preheat the oven to 400 degrees.
2. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
3. At a full boil, remove the pan from the heat; add the flour all at once. Stir vigorously removing any lumps of flour to a smooth consistency.
4. Return to the heat and cook, stirring constantly, until it forms a ball and a skin forms on the bottom of the pot.
5. Transfer the paste to the bowl of an electric mixer; beat on lowest speed with the paddle to cool the paste slightly, about 20 seconds.
6. Add eggs gradually making sure to scrape down the bowl often.
7. Pipe paste into equal sized strips.
8. Bake at 400 degrees for 20 minutes. Reduce heat to 350 degrees and bake until golden brown.
9. When cool pipe pastry cream into eclairs.
10. Dip filled eclairs into chocolate ganache.

Pastry Cream

Ingredients

1 ½ cups	155 grams	Whole Milk
1 tsp	4.5 grams	Vanilla Extract
4 ea	56 grams	Egg yolks
½ cup	99 grams	Sugar
2 Tbsp.	14 grams	Cornstarch
2 Tbsp.	28 grams	Butter

Procedure

1. In a saucepan warm the milk and the vanilla until small bubbles appear along the edges of the pan. Remove from the heat.
2. In a bowl, whisk together the egg yolks, sugar, and cornstarch until smooth. Temper the egg mixture with some of the hot milk.
3. Add tempered egg mixture into the saucepan with the remaining hot milk.
4. Cook stirring constantly, until the mixture comes to a boil and thickens. Continue whisking for 1 minute.
5. Remove from the heat and whisk in the butter. Transfer to a bowl and place over ice. Stir every few minutes until completely cool. Press plastic wrap directly on the surface and chill immediately.

Chocolate Ganache

Ingredients

4 oz	Semi-Sweet chocolate, finely chopped
4 oz	Heavy Cream

Procedure

1. Place finely chopped chocolate into a bowl.
2. Heat cream to a simmer and pour the warm cream over the chocolate.
3. Let stand for 2-3 minutes. Stir until smooth.

Garlic Rolls

Yield: 12

Ingredients

¼ cup	50 grams	Sugar
4 tsp	13 grams	Instant Yeast
9 oz	256 grams	Warm water
1 ea.	50 grams	Egg
1/3 cup	66 grams	Oil
1 ½ tsp	9 grams	Salt
3 ¾ -4 ¼ cups	450-510 grams	All-purpose Flour
1 ea.	50 grams	Egg, for egg wash
As needed		Garlic Salt

Procedure

1. Dissolve yeast in warm water.
2. Add oil, sugar, salt, egg, and enough flour to reach clean-up stage.
3. Knead for 4-5 minutes until soft and elastic
4. Divide into 2 oz portions and shape rolls,
5. Cover and let rise for 30 minutes.
6. Egg wash and sprinkle with garlic salt.
7. Bake 10-12 minutes.

Cake Decorating (Cake, Icing, & Supplies provided by Participant)

1 - 8" cake round, ready to use (may be prebaked at home, purchased or a foam cake form)

3 lbs prepared white icing

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

Icing spatulas

Plastic spatulas

Rose Nail

Serrated knife

Scissors

Bowls or containers for mixing colors

Size: (1) 8-inch round cake, may be cut into 2 layers with white icing as filling

Icing: Use up to 3# white icing - premade or purchased.

Colors: multi-colored roses, green leaves, white borders (top and bottom borders)

Flower Type: Spray of roses- 3 to 5

Inscription: Make it Count 2022

Special instructions:

1. Scale no more than 3 lbs of icing.
2. Prepare colors and bags.
3. Piped border of your choosing.
4. Do not comb sides or pattern sides of cake, besides piped border.

Equipment List

- 2 NSF approved cutting boards (no larger than 15x20 inches)
- 2 timers
- 2 wire whisks (can be silicone coated)
- 1 cheese grater
- 2 heat resistant (silicone spatula)
- 2 rubber spatulas
- 2 wooden spoon
- 1 slotted spoon
- 1 set of dry measuring cups (up to 1 cup)
- 3 (2-cup) liquid measuring cups
- 1 set measuring spoons
- 3 mixing bowls (8 to 15-inch diameter)
- 1 heat resistant bowl (glass or stainless steel)
- 1 pair of scissors
- Piping tips and bags of choice
- 1 pastry brush
- 1 metal bench scraper
- 1 plastic bowl scraper
- 1 portion scoop
- 4 cooling racks
- 4 half sheet pans or cookie sheets
- 1 pastry cutter
- 2 silicone baking mats
- 1 small sauté pan (6 to 8-inch diameter)
- 2 saucepan (2-4qt)
- 1 chef's knife
- 1 serrated knife
- 1 paring knife
- 1 table knife
- 1 roll plastic wrap
- 1 roll of foil
- 1 roll or 6 half sheets of parchment paper
- 1 roll paper towels
- 1 small sanitizing bucket/pail (max 6 qt.)
- 6 side towels
- 1 can of non-stick cooking spray
- 1 thermometer
- 1 pair of oven mitts or hot pads
- 10 regular plastic spoons
- 10 toothpicks
- Latex free disposable food handler gloves
- 1 Stand mixer
- 1 Handheld mixer
- 1 kitchen scale

Additional Cake Decorating Supplies

- 1 - 8" cake round, ready to use
- 3 lbs prepared white icing
- Gel or Paste Icing colors
- Pastry bags and couplers, any size/type
- Pastry tips of participants' choice
- Cake turntable
- Icing spatulas
- Grease-proof cake board
- Rose Nail
- Bowls or containers for mixing colors

All necessary large equipment and plates for presentation will be provided at the host site. If breakage occurs, **the participant is responsible for any replacement.**

Please label equipment and equipment box.