



IDAHO
STATE ASSOCIATION



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

Quick Bread: *Blueberry Muffin*
Pate a Choux: *Cream Puffs with Chantilly Cream*
Cookie*: *Chocolate Chip Cookie*
Decorated Cake

*Shaped Yeast Breads may return for the 2023 NLC Menu.

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 2022-2023 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, 2022-2023 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 Muffins

Yield: 12 muffins

400 degrees

INGREDIENTS

2 cups all-purpose flour
2 tbsp all-purpose flour
1½ tsp baking powder
½ tsp kosher salt
¾ cup milk
1 large egg
½ tsp vanilla extract
½ cup unsalted butter, at room temperature
1 cup sugar
1½ cups fresh blueberries, washed and patted dry, or unthawed frozen blueberries

METHOD

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

Chocolate Chip Cookies

Yield: 12 - 4" cookies

350 degrees

INGREDIENTS

- ½ cup unsalted butter, softened
- ½ cup brown sugar, packed
- ¼ cup white sugar
- 1 large eggs
- 1 teaspoons vanilla extract
- 1 ¼ cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cups chocolate chips

METHOD

1. In a large bowl, cream together butter and both sugars. Add in eggs and vanilla and beat until smooth.
2. In a bowl combine flour, baking soda, and salt. Add dry ingredients to creamed butter and sugar to form a dough.
3. Fold in chocolate chips.
4. Portion 12 cookies and place them on a parchment-lined baking sheet.
5. Bake in preheated oven for 12-15 minutes or until golden brown.

Cream Puffs with Chantilly Cream

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

Pate a Choux

400 degrees

INGREDIENTS

¼ cup water
¼ cup butter
¼ tsp salt
1/2 tsp sugar
½ cup 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

INGREDIENTS

1 cup 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

(1) 9" Styrofoam cake round (may be prebaked at home, purchased or a foam cake form)
3# Prepared white icing

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 requirement.

Equipment List

- 2 NSF approved cutting boards (no larger than 15x20 inches)
- 2 timers
- 2 wire whisks (can be silicone coated)
- 1 Sifter
- 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 Standard Size 12 portion muffin pan
- 1 plastic bowl scraper
- 1 portion scoop
- 4 cooling racks
- 4 half sheet pans or cookie sheets
- Paper muffin liners
- 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 Handheld mixer
- 1 kitchen scale
- Assorted deli/prep containers

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.