



Baking and Pastry

California State Leadership Conference State Level Competition

Chocolate Glazed Cream Puffs

Carrot Cake Muffins

Decorated Cake

Chocolate Glazed Cream Puffs

Cream Puffs

Yield: 12 Cream Puffs

Amount	Ingredient
183 g	Water
78 g	Unsalted Butter
1 g	Salt
2 g	Granulated Sugar
116 g	All Purpose Flour
183 g	Eggs

Method:

1. Combine water, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
2. 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.
3. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot.
4. 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. Add eggs gradually making sure to scrape down the bowl often.
5. Drop or pipe paste into 12 equal sized circles.
6. Bake at 400°F. for 10 minutes. Reduce heat to 350°F and bake until golden brown. Let cool.
7. Pipe pastry cream into cream puffs.
8. Dip filled cream puff into chocolate glaze.

Pastry Cream

Amount	Ingredient
25 g	Cornstarch
265 g	Milk
63 g	Sugar
28 g	Eggs
38 g	Egg Yolks
30 g	Salted Butter
3 g	Vanilla Extract

Method:

1. Dissolve cornstarch in $\frac{1}{3}$ of the milk. Add $\frac{1}{2}$ of the sugar, all of the eggs and yolks, and whisk to combine.
2. Combine the remaining milk with the other half of the sugar in saucepan; bring to a boil.
3. Temper the corn starch mixture with some of the boiling milk.
4. Return the remaining milk mixture to a boil. Whisk the corn starch mixture into the boiling milk, whisking until the pastry cream thickens and returns to a boil.
5. Boil the pastry cream and continue whisking for 1 minute or as instructed. Remove from heat and whisk in the butter and vanilla. Transfer to a bowl and cool over ice. Or spread thinly on a plastic lined sheet pan. Press plastic wrap directly on the surface. Chill immediately.

CHOCOLATE GLAZE

Amount	Ingredient
56 g	Water
43 g	Light Corn Syrup
143 g	Semi-Sweet Chocolate

Method:

1. Bring water and corn syrup to a boil.
2. Pour over chopped chocolate. Whisk until smooth

Carrot Cake Muffins

Yield: 12 Muffins

Amount	Ingredient
240 g	All Purpose Flour
4 g	Ground Cinnamon
4 g	Ground Ginger
6 g	Baking Soda
6 g	Kosher Salt
297 g	Finely Grated Carrot
154 g	Brown Sugar, Packed
167 g	Olive Oil
3	Eggs, lightly beaten

Method:

1. Prepare muffin baking pans with paper liners.
2. In a medium bowl, whisk the flour, spices, baking soda and salt.
3. In a separate bowl, combine the grated carrot, sugar, eggs, and oil and stir until well mixed.
4. Add the flour mixture and fold gently just until combined, with no pockets of dry flour.
5. Divide the batter evenly among 12 muffins cups. Bake at 350 degrees for 25 minutes.

Yield: 12 Muffins

Decorated Cake

(1) 9" Styrofoam cake round

(2) 3# Prepared white icing

(3) 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 rosette border.

4. The top border of the cake must be a shell 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 onsite announced scripting requirement

Baking and Pastry Supply and Equipment List

NOTE: Student competitors will provide equipment; except as noted the baking supplies will be provided. Competitors should label all equipment and bring in a large container.

Supplies(to be supplied by the competitor):

- 9 inch cake round (dummy) (9 inches x 3 inches)
- No more than 3 pounds of scaled icing

Equipment:

kitchen scale
portion cups
straight edge spatula
rubber spatula
spoon
chef knife
cutting board
vegetable peeler
grater
large mixing bowl
2 medium mixing bowls
Bowl for ice
rolling pin
baking sheets
muffin pan
parchment paper
saucepans
wooden spoon
4 large piping bags
Pastry tip (optional) for piping
cream puffs

2 each #1A (½ inch) plain
pastry tips
#16 star pastry tip
coupler (optional)
timer
stand mixer(optional)
hand held mixer (optional)
wire whip mixer attachment
(optional)
2 serving dishes
1 each stand mixer bowl
cooling rack
wire whisks
paper liners for muffin pans
plastic wrap
supply tray
pot holders
food service gloves
scrap bucket or bin
sanitation bucket
towels
paper towels
extension cord (optional)
Cleaning supplies to include :
Dish soap
Cleaning brush
Drying towels
Dish soap

Baking and Pastry Market Order/Mise en Place

For Each Competitor

(to be supplied by FCCLA)

Amount	Item
65 g	Sugar
356 g	Flour
214 g	Eggs
239 g	Water
78 g	Unsalted Butter
1 g	Salt
25 g	Cornstarch
265 g	Milk
30 g	Salted Butter
3 g	Vanilla Extract
43 g	Light Corn Syrup
143 g	Semi-Sweet Chocolate
4 g	Ground Cinnamon
4 g	Ground Ginger
6 g	Baking Soda
6 g	Kosher Salt
297 g	Finely Grated Carrot
154 g	Brown Sugar, Packed
167 g	Olive Oil