



CALIFORNIA

STATE ASSOCIATION

Menu

**Pate a Choux: Cream Puffs with Chantilly Cream
Cheddar Cheese Buttermilk Biscuits
Decorated Cake**

NOTE: Competitor will provide a 9 inch styrofoam cake dummy and 3 pounds of buttercream icing. There will be a box provided for extra food to be taken with the competitor after the competition.

To accommodate more competitors, this event is different than the national event in the following ways:

–we eliminated the cookie

–we limited the time to 2 hours with a 20 minute clean up.

Pate a Choux

Ingredients:

½ cup water
4 tablespoons unsalted butter, cut into cubes
½ teaspoon granulated sugar
¼ teaspoon Kosher salt
½ cup all-purpose flour
2-3 large eggs

Procedure:

Preheat oven to 400 degrees F.

In a medium saucepan set over medium heat, add water, butter, sugar, and salt. When water boils and butter is melted, turn off heat. Add flour all at once and stir to combine. Return to heat and stir until a smooth ball forms. Remove from heat and set aside to cool slightly.

When mixture is cool enough that the eggs will not scramble, add eggs one at a time and stir to combine. Do not overmix. As soon as mixture comes together, stop stirring. After 2 eggs are added, place a little dough between your thumb and finger and gently pull apart. If the dough stretches without breaking, you are done. If it does not, scramble additional egg in a small bowl and add a tablespoon at a time, until dough will stretch properly.

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

Add ingredients to a bowl of a stand mixer fitted with a whisk attachment (or place in a bowl and use a hand mixer). Mix on high speed until desired peak stage has been achieved.

Cheddar Cheese Buttermilk Biscuits

Yield: 9 biscuits

Ingredients:

8 oz all-purpose flour
0.25 ounces baking powder
0.05 ounces kosher salt
0.05 ounces baking soda
1/2 stick (1/4 cup) cold unsalted butter
4 ounces sharp cheddar cheese
6 fl. oz well-shaken buttermilk, plus more as needed
1/2 fl. oz milk or cream for brushing biscuits

Instructions:

Put oven rack in middle position and preheat oven to 425°F.

Sift together flour, baking powder, salt, and baking soda onto a sheet of parchment paper, then sift again into a bowl. Coarsely grate the cheese. Cut the butter into the flour mixture. Mix in the cheese. Add buttermilk and stir with a fork until a dough just forms (dough will be moist).

Turn dough out onto a well-floured surface and knead gently just until the dough comes together. Pat out dough on a floured surface with floured hands, re-flouring surface if necessary, into a circle 1/2-inch thick. Using a 2-inch round biscuit cutter, stamp out biscuits. Transfer biscuits to a small, ungreased, rimmed baking sheet. Gather the remaining dough and stamp out as many more biscuits as possible. Repeat until all of the dough has been used. Brush biscuit tops with cream or milk and bake until golden and flaky, 12-14 minutes. Let biscuits cool on baking sheet 10 minutes before transferring to a cooling rack.

Decorated Cake Guidelines:

Styrofoam form must be/have:

1. Iced smooth on the top and the sides
2. Rosette border either on the top or bottom edge
3. Shell border either on the top or bottom edge
4. 3 buttercream roses
5. Writing in cursive on top of the cake - phrase will be given to student at competition
6. Participants may choose their color palette with the understanding that colors should coordinate with the on site announced scripting requirement.

Other information:

- Students may color their buttercream in whatever color scheme they choose
- Students may add additional edible decorations of their choosing, but all required elements *must* be included for full scoring
- Students may not bring pre-iced forms or pre-made buttercream flowers to the event

Partial Equipment List:

Saucepans

Spoon for stirring pate a choux

Measuring spoons

Scale for weighing ingredients

2, 1 cup liquid measuring cups

½ cup dry measuring cup

1 cup dry measuring cup

Cheese grater

Pastry cutter (or other device used to cut butter into flour mixture)

2 Sheet trays

Parchment paper/silicone baking mats

Piping bags

Piping tips

Bench scraper

Pastry brush

Mixing bowls

Sifter

Biscuit cutter

Fork

Gel colors for frosting, as needed

Icing spatulas

Stand or hand mixer and appropriate attachments

3 lbs buttercream icing

9 inch styrofoam cake round