**State FCCLA Baking and Pastry STAR Event**

**2020 Recipes**

Recipes are provided in two formats – one with traditional instructions and the other with ingredients only – students are expected to know the process and techniques for these products.

**Quick Garlic Rolls**

**400 F**

**Yield: 12 x 2 oz**

|  |  |  |
| --- | --- | --- |
| sugar | 2 oz | 56 g |
| instant yeast | 4 tsp | 13 g |
| warm water | 9 oz | 266 g |
| Egg | 1 | 1 |
| Oil | 1/3 C | 69 g |
| Salt | 1 ½ tsp | 7.5 g |
| All-purpose flour | 12-14 oz | 340-397 |
| Egg, for egg wash | 1 | 1 |
| Garlic salt | As needed | As needed |

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

**Chippy Peanut Butter Cookies**

350 F

Yield: 2 dozen cookies

|  |  |  |
| --- | --- | --- |
| Butter, softened | ½ cup |  |
| Creamy peanut butter | ½ cup |  |
| Granulated sugar | ½ cup |  |
| Brown Sugar, packed | ½ cup |  |
| Egg | 1 large |  |
| Vanilla Extract | ½ tsp |  |
| All Purpose flour | 1 1/8 cups |  |
| Baking soda | 1 tsp |  |
| Salt | 1/8 tsp |  |
| Peanut butter chips | ½ cup |  |
| Milk Chocolate orSemi-Sweet chips | ½ cup |  |

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, cream the butter, peanut butter and sugars until light and fluffy.
3. Beat in egg and vanilla.
4. In a separate bowl, combine the flour, baking soda, and salt; gradually add to creamed mixture and mix well.
5. Stir in chips.
6. Drop by rounded tablespoon onto ungreased baking sheets.
7. Bake at 350 degrees for 12-15 minutes or until golden brown.
8. Cool for 2 minutes before removing to wire racks.

|  |  |
| --- | --- |
| **Blueberry Muffins with Topping**  **Yield:** 8 servings  400 degrees  Bake 18-20minutes | |
| **Amount** | **Ingredient** |
| 1 | Egg |
| 1/3 cup | Milk |
| 1/3 cup | Vegetable Oil |
| ½-1 tsp | Vanilla if desired |
| ¾ cup | Granulated sugar |
| 2 tsp | Baking powder |
| 1 ½ cups | All-purpose flour |
| ½ tsp | Salt |
| 1 cup fresh or frozen | Blueberries |
| Topping |  |
| ½ cup | Granulated sugar or brown sugar |
| 1/3 cup | All-purpose flour |
| ¼ cup | Butter, cubed |
| 1 ½ tsp | Ground cinnamon |
| Muffin cups or line with muffin liners |  |
|  | |

**Cream Puffs**

400 F

Yield: Approximately 3 dozen

|  |  |
| --- | --- |
| Water | 3/4 cup |
| Unsalted Butter, cubed | 1/2 stick plus 1 tsp |
| Sugar | 1/2 teaspoon |
| Salt | 1/4 tsp |
| All-purpose flour | ¾ cups |
| Eggs | 4 large |
| Sweetened Whipped Cream and Confectioner’s Sugar for dusting | |