

State Baking & Pastry Event Kansas FCCLA

New this Year

The Baking & Pastry STAR Event will be an **individual event** and **not** a team event. Chapters will be able to submit up to three (3) individuals to compete in this event during the 2021 State Leadership Conference. As a reminder, members **must be Level 3** – see the National Competitive Events Guide for a full list of qualifications for this event.

National Qualifiers

The top three (3) participants during the finals round of the 2021 State Leadership Conference will qualify for the National Leadership Conference.

Baking and Pastry – update to guide 12.11.20

The products required for competition have changed. Participants will prepare a quick bread, choux pastry, shaped yeast bread, and **demonstrate cake decorating skills**. The rubric has been adjusted to reflect this change. Cake decorating skills will include slicing a prepared cake into layers, fill and icing the cake, decorating the cake with specified items such as writing, borders, etc.

For Kansas competition, participants will prepare the quick bread, choux pastry, shaped yeast bread and cake decorating. **One change: Instead of a layer cake, participants will decorate a single layer cake.**

(If you qualify for nationals, you will follow their procedure with the layer cake.)

Procedures for Virtual Competition

In the event of a virtual competition, this event will consist of a preliminary round and finals round. All members registered for this event will compete in the preliminary round. The preliminary round will consist of a baking and pastry knowledge exam. This exam will be administered March 3, 2021.

On March 8, 2021, Kansas FCCLA will notify the twenty (20) members with the highest exam scores who will move on to the finals round and will be responsible for preparing the provided menu. These individuals will be responsible for recording a video, not to exceed seventy (70) minutes in length, of themselves preparing the provided formula using the recipes listed. Kansas FCCLA will not provide any ingredients to execute the provided menu. It is the responsibility of the adviser and/or participant to secure the ingredients and tools necessary to successfully execute the provided formula.

One hundred sixty-five (165) minutes will be provided for food production. Participants must present each batch in its finished state. Participants must be present in the video at all times – this allows for two options (1) set up a camera with the entire workspace visible, or (2) have a designated camera person who will follow the participant around the work area, ensuring the participant is visible at all times. Participants will also be required to provide a PDF copy of their completed time line for evaluation. Participants must also supply the following pictures: one (1) picture of all twelve (12) garlic rolls, one (1) picture of all ten (10) buttermilk biscuits, one (1) picture of the decorated cake, and one (1) picture of all ten (10) cream puffs.

Videos will need to be sent electronically to plamb@ksde.org by April 2. A notification will be sent if we cannot view the link. Therefore, please allow access to the link for anyone to view.

Procedures for a Tie on the Exam

In the event of a tie that hinders the determination of the top twenty (20) scoring participants on the baking and pastry knowledge exam, the participants with the highest score with the shortest time will qualify to compete in the finals round. In the event there is still a tie, an FCCLA knowledge exam will be administered. Only those students who have the tied score and are subject to the cut-off mark of 20th place will have to take the FCCLA knowledge exam. The FCCLA knowledge exam will be comprised of ten (10) questions based on FCCLA knowledge. The participant (or participants, if more than one place is at stake) with the highest exam score will qualify for the finals round. In the event of a tie on the FCCLA knowledge exam that still hinders the determination of the top twenty (20) participants to move on to the finals round, the participants with the highest score on the FCCLA knowledge exam with the shortest time will qualify to compete in the finals round.

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	15-18 oz	440-497 g
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.

Buttermilk Biscuits

450 F

Yield: 10 biscuits

All-purpose flour	2 cups	
Baking Soda	¼ tsp	
Baking Powder (without aluminum)	1 T.	
Kosher Salt or Regular Salt	1 tsp.	
Unsalted Butter, very cold	6 T.	
All Purpose Flour	1 1/8 cups	
Buttermilk	1 cup (approx.)	

- Preheat your oven to 450°F.
- Combine the dry ingredients in a bowl, or in the bowl of a food processor.
- Cut the butter into chunks and cut into the flour until it resembles coarse meal.
- If using a food processor, just pulse a few times until this consistency is achieved.
- Add the flour and buttermilk and mix JUST until combined.
- If it appears on the dry side, add a bit more buttermilk. It should be very wet.
- Turn the dough out onto a floured board.
- Gently, gently PAT (do NOT roll with a rolling pin) the dough out until it's about 1/2" thick. Fold the dough about 5 times, gently press the dough down to a 1 inch thick.
- Use a round cutter to cut into rounds.
- Place the biscuits on a cookie sheet..
- Bake for about 10-12 minutes- the biscuits will be a beautiful light golden brown on top and bottom.
- Do not overbake.

Cream Puffs

400 F

Yield: Approximately 10 servings

Water	1 cup
Butter	½ cup
Salt	¼ tsp.
All-purpose Flour	1 cup
Eggs	4 large
Milk	2 T.
Egg Yolk, slightly beaten	1 large

- In a large saucepan, bring the water, butter and salt to a boil over medium heat. Add flour all at once; stir until a smooth ball forms. Remove from heat; let stand for 5 minutes. Add 1 egg at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.
- Drop or pipe onto greased [baking sheets](#). Combine milk and egg yolk; brush over puffs. Bake at 400° until golden brown, 30-35 minutes. Remove to wire racks. Immediately cut a slit in each for steam to escape; cool.

Cream Puff Filling

Heavy Whipping Cream	2 cups
Confectioners' Sugar	¼ cup
Vanilla Extract	½ tsp.
Additional Confectioners' sugar	If desired

- In a large bowl, beat cream until it begins to thicken.
- Add sugar and vanilla; beat until almost stiff.
- Split cream puffs; discard soft dough from inside. Fill the cream puffs just before serving.
- Dust with confectioners' sugar.