



**IDAHO**  
STATE ASSOCIATION



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

# Menu

**Quick Bread:** *Buttermilk Biscuit*

**Pate a Choux:** *Chocolate Eclairs*

**Cookie:** *Snickerdoodle*

**Decorated Cake**

*\*Shaped Yeast Breads may return for the 2024 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 2023-2024 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 and Level 4** - recognizes participants for their ability to demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, cookie and demonstration of cake decorating. Participants must prepare menu items given to them at the time of the event and present prepared items to evaluators. (see page 21, 2023-2024 Competitive Events Guide).

## Notices

Please be advised that the following recipes are required components for the competition. The FCCLA Culinary STAR Event is an individual event that aligns with the ACF Culinary Fundamentals Cook (CFC) Certification. Learn more about ACF Certification on the FCCLA Website. All competitors are responsible to review the National STAR Event Guidelines located in the FCCLA Portal to ensure they understand the specifications and rubrics.

# Buttermilk Biscuits

Yield 8-10

<i>Amount</i>	<i>Ingredient</i>
2 cups	All-purpose flour
¼ tsp.	Baking Soda
1 Tbs.	Baking Powder
1 tsp	Salt
6 Tbs.	Butter, very cold
1 cup	Buttermilk, very cold

## Method:

1. Preheat your oven to 450°F.
2. Combine the flour, baking soda, baking powder, and salt in a large bowl and whisk together.
3. Cut butter into small pieces and add to the dry ingredients. Cut into the flour, using a pastry cutter or a fork, until it resembles coarse meal.
4. Add the cold buttermilk into the bowl and stir with a spoon or a rubber spatula until combined.
5. Turn the dough out onto a lightly floured board. With floured hands gently pat out the dough out until it's about 1/2" thick. Add flour over top if needed and fold the dough over itself about 5 times, gently pressing down in between each fold. Gently pat the dough out to 1 inch thick.
6. Use a round cutter to cut into rounds.
7. Gently pat the scraps together to cut out the rest of your biscuits.
8. Place the biscuits on a greased pan and bake at 450 F for 11-15 minutes. Brush biscuits with melted butter if desired.

# Chocolate Eclairs

Yield:12-14

## Pate a Choux

<i>Amount</i>		<i>Ingredient</i>
½ cup	115 grams	Unsalted butter
½ cup	4 oz	Water
½ cup	4 oz	Whole milk
¼ tsp	1.5 grams	Salt
2 tsp	4 grams	Granulated sugar
1 cup.	120 grams	All-purpose flour
4 ea	200 grams	Eggs, beaten
1 ea	50 grams	Egg with 1Tbs milk or water for egg wash

### Method

1. Preheat the oven to 400 degrees.
2. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
3. 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.
4. Return to the heat and cook, stirring constantly, until it forms a ball and a skin forms on the bottom of the pot.
5. 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.
6. Add eggs gradually making sure to scrape down the bowl often.
7. Pipe paste into equal sized strips.
8. Bake at 400 degrees for 20 minutes. Reduce heat to 350 degrees and bake until golden brown.
9. When cool pipe pastry cream into eclairs.
10. Dip filled eclairs into chocolate ganache.

## Pastry Cream

<i>Amount</i>		<i>Ingredient</i>
1 ½ cups	155 grams	Whole milk
1 tsp.	4.5 grams	Vanilla Extract
4 ea	56 grams	Egg yolks
½ cup	99 grams	Sugar
2 Tbs.	14 grams	Cornstarch
2 Tbs.	28 grams	Butter

### Method

1. In a saucepan warm the milk and the vanilla until small bubbles appear along the edges of the pan. Remove from the heat.
2. In a bowl, whisk together the egg yolks, sugar, and cornstarch until smooth. Temper the egg mixture with some of the hot milk.
3. Add tempered egg mixture into the saucepan with the remaining hot milk.
4. Cook stirring constantly, until the mixture comes to a boil and thickens. Continue whisking for 1 minute.
5. Remove from the heat and whisk in the butter. Transfer to a bowl and place over ice. Stir every few minutes until completely cool. Press plastic wrap directly on the surface and chill immediately.

## Chocolate Ganache

<i>Amount</i>	<i>Ingredient</i>
4 oz	Semi-sweet chocolate, finely chopped
4 oz.	Heavy Cream

### Method

1. Place finely chopped chocolate into a bowl.
2. Heat cream to a simmer and pour the warm cream over the chocolate.
3. Let stand for 2-3 minutes. Stir until smooth.

# Snickerdoodles

Yield 12

<i>Amount</i>	<i>Ingredient</i>
½ cup	Butter (softened)
½ cup	Granulated sugar
1/3 cup	Brown sugar
1	Eggs
½ tsp.	Vanilla
1 ½ cup	Flour
¼ tsp.	Salt
½ tsp.	Baking soda
¼ tsp.	Cream of tartar

## Cinnamon Sugar for Rolling

<i>Amount</i>	<i>Ingredient</i>
1-2 Tbs	Granulated sugar
1 tsp.	Cinnamon

## Method

Cream together the butter and sugars. Add the egg and vanilla and mix until combined. In another bowl, combine the flour, salt, baking soda, and cream of tartar. Add the dry ingredients to the wet ingredients and combine. Chill dough in the fridge for an hour.

After dough has chilled, preheat oven to 350 degrees. In a small bowl, combine the sugar with the cinnamon for the topping. Portion dough into 12 equal pieces approximately 2 tablespoons each and shape into balls. Roll each piece in the cinnamon/sugar mixture and place onto a parchment lined cookie sheet. Slightly flatten each ball with the palm of your hand.

Bake the cookies for 8-12 minutes.

# Decorated Cake

## Specific Equipment for Cake Decorating:

- (1) 8" cake round, ready to use (may be prebaked at home, purchased or a foam cake form)
- 3 lbs. Prepared white icing
- 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. 8-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 cheese grater
- 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 food scale
- 1 pair of scissors
- Piping tips and bags of choice
- 1 pastry brush
- 1 metal bench scraper
- 1 plastic bowl scraper
- 1 portion scoop
- 4 cooling racks
- 4 half sheet pans or cookie sheets
- 1 pastry cutter
- 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
- Disposable Mise en place containers (max. 10)
- 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
- 1 handheld mixer
- 1 stand mixer

## 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. No electrical tools are allowed to be brought to the competition. If breakage occurs, **the participant is responsible for any replacement.**

Please label equipment and equipment box.