



# 2023 Bakery and Pastry Arts STAR Event and Recipe Requirements



February 24-25, 2023

Jefferson State Community College Culinary and Hospitality Institute  
4600 Valleydale Rd, Birmingham, AL 35242

Please note the following:

- Each competitor will make two identical plates: one for tasting judges and one for plating judges. Jefferson State Community College (JSCC) will provide basic plates, if desired. Competitor may bring their own plates, if desired.
- Each entry will consist of a quick bread, choux pastry, cookie, and cake decorating skill demonstration to be completed in 2 hours 45 minutes.
- Alabama inspired recipes are provided at the end of this document.
- Competitors will bring their own ingredients.
- The cake for the cake decorating demonstration may be made ahead of time, but it may not be iced prior to the competition. Cake should be 9" round or square and 4-5" tall. Cake portion could also be a styrofoam cake dummy as there is no tasting of cake in the scoring.
- White icing may be pre-made or bought. Coloring of icing will take place during the event.
- JSCC will be providing large equipment: shared convection oven, stand mixer and workstation.
- Competitor is responsible for bringing all equipment not supplied by JSCC. Standard industry equipment only: no glass, wooden spoons or cutting boards, etc.
- Staple ingredients (i.e., dry ingredients, seasonings, oils, etc.) may be pre-measured prior to event.
- All perishable items must be stored at proper temperature.
- The top 3 competitors will advance to the National STAR Events in Denver, CO. The National FCCLA will offer an exam from the American Culinary Federation to qualify certification through the ACF.
- Bring your own copy of the recipes.

How the event will run:

- The event is scheduled for two days. Competitors from the same school will be placed on the same day, if possible, to help eliminate the need for overnight stays. Event times will be scheduled as registrations are made through the SLC portal. Final schedule will be available one week prior to the scheduled event.
- Each chapter may submit 3 individual entries. Due to space, there is a limit of 16 competitors. To offer the opportunity to the most programs, we will schedule two per school until filled or the deadline. The remaining spots will be filled with students on the waiting list in the following order: first registered, first scheduled. If the 3<sup>rd</sup> student does not get placed in a spot, they can serve as an alternate if one of the other students from their school cannot compete.
- At this time, there is not a test scheduled at the state level. The state reserves the right to implement a test to qualify, if needed, to manage the number of registrants.



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## Quick Bread Cracklin' Cornbread

### INGREDIENTS

- 57 g butter
- 357 g self-rising cornmeal mix
- 60 g plain flour
- 605 g buttermilk
- 2 eggs, beaten
- 85 g cooked pork cracklings

### METHOD

1. Preheat oven to 425 degrees. Place butter in a 10-inch cast iron skillet and place in the oven while it preheats.
2. Chop cracklings carefully with a knife into bite-size pieces.
3. Add eggs to buttermilk and lightly beat.
4. Add in cracklings and allow to sit in buttermilk and egg mixture.
5. Mix well.
6. Allow the butter to melt while you prepare your ingredients.
7. Sift flour and cornmeal together and place in a large mixing bowl.
8. Add in wet ingredients and mix well.
9. Pour batter in the hot skillet on top of the melted butter. Do not mix.
10. Bake 25-30 minutes until browned.
11. Cool and remove from pan and enjoy!

Recipe from Alabama Living Magazine, September 1, 2021



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## Cookie

Turtleback Cookies: Alabama's Almost Lost Recipe  
Signature Treat of Traeger's Bakery, Demopolis, Al  
1926-1993  
Yield 16 Cookies

### INGREDIENTS

90 g all-purpose flour  
25 g chopped pecans  
2 g ground cinnamon  
1 g baking soda  
2 g ground cardamom  
2 g kosher salt  
77 g brown sugar  
53 g granulated sugar  
141 g unsalted butter, softened  
2 g vanilla extract  
1 egg  
84 g confectioners sugar  
22 g heavy cream

### METHOD

1. Combine flour, pecans, 1/2 tsp. cinnamon, baking soda, cardamom, and 1/8 tsp. salt; set aside.
2. Combine 1/4 cup brown sugar, granulated sugar, 8 tbsp. butter, and 1/2 tsp. vanilla in a large bowl; beat on medium-high speed with a hand mixer until smooth and fluffy, about 3 minutes.
3. Add egg, beat well.
4. Add dry ingredients; beat on low speed until just combined.
5. Cover the dough and refrigerate an hour.
6. Whisk remaining cinnamon and salt, plus the powdered sugar in a bowl; set aside. Place remaining butter and brown sugar in a saucepan over medium, stirring constantly; boil.
7. Remove from heat and stir in remaining vanilla and the cream.
8. Using a mixer, add the powdered sugar mixture and blend until icing is completely smooth.
9. Heat oven to 350°. Roll dough into 1 1/2" balls and flatten into circles about 1/2" thick. Bake for 25 minutes, until browned around the edges; cool.
10. Top each cookie with a thin layer of icing, spread almost to the edge (about 1 tablespoon of icing should suffice).
11. Allow the icing to harden completely before serving.

Recipe from Savuer, March 4, 2015



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## Pate a Choux

Cream Puffs with Chantilly Cream

Yield: 4 to 6 – 3” Cream Puffs (4 will be evaluated)

### Pate a Choux

#### INGREDIENTS

80 g water

75 g butter

1 g salt

3 g sugar

94 g flour

2 ½-3 eggs

#### METHOD

1. Preheat oven to 350°F.
2. Line baking sheet with parchment paper.
3. In a medium saucepan, combine the water, butter, sugar, and salt and bring to a boil. Reduce the heat to moderate.
4. Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan for 2 minutes. Remove the pan from the heat.
5. In a bowl, beat eggs and add to the dough in 2-3 batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
6. 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.
7. Bake for 25-30 minutes or until browned and puffed.

### Chantilly Crème

#### INGREDIENTS

360 g cup heavy cream

38 g granulated sugar

4 g vanilla

#### METHOD

1. Whip ingredients together to form desired consistency of whipped cream.
2. Cut off the top half of the cream puff; fill the bottom half with the cream, replace the top.

Recipe from National FCCLA 2022 National Leadership Conference with adjustment to make desired quantity.



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## Decorated Cake

### SUPPLIES

- (1) 9" x 4-5" cake (can be real cake or foam cake dummy)
- 3# Prepared white icing

### 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
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.