



2024 Baking and Pastry STAR Event and Recipe Requirements



February 2-3, 2024

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.
- Recipes are provided in this document. Recipes include Alabama produced products when possible or are inspired by Alabama restaurant favorites. As much as you can, please use products produced or grown in Alabama.
- The 9-inch (single layer) cake Styrofoam cake round for cake decorating will be provided with registration.
- JSCC will be providing large equipment: shared convection oven, stand mixer and workstation.
- Competitor is responsible for bringing all ingredients and 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 National STAR Events in Seattle, WA. The National FCCLA may require an exam from the American Culinary Federation to qualify for participation in the National event if space is limited.

How the event will run:

- The event is scheduled for two days if needed to accommodate the number of participants. We will fill Friday first, then move to Saturday if needed. 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. All registrations for Baking and Pastry are due by January 19, 2024. The final schedule will be available no later than one week prior to the scheduled event.
- Each chapter may submit 3 individual entries.
- 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.

Quick Bread Cornbread Muffins Featured at the Fig in Vestavia Hills Chef John “J.P.” Holland

- 1/2 cup all-purpose flour ≈ 62.5 grams
- 1/2 cup cornmeal ≈ 85 grams
- 2 tablespoons granulated sugar ≈ 25 grams
- Pinch of salt
- 2 teaspoons baking powder ≈ 8 grams
- 1 egg
- 1/2 cup buttermilk ≈ 120 grams
- 1/2 cup corn oil or bacon drippings ≈ 120 grams

1. Preheat oven to 400°F.
2. Grease a muffin tin for 6 muffins.
3. In a large bowl, whisk together the flour, cornmeal, sugar, salt, and baking powder.
4. Add the egg, buttermilk, and the corn oil.
5. Stir together just until blended (do not overmix).
6. Using a scoop, scoop batter into muffin tin and bake about 15 minutes.

Original recipe from Martie Duncan’s Sweet Home Alabama Destinations & Dishes Worth the Trip, page 109. Original recipe was cut in half and converted from customary measurements to industry standard weight measures.

Pate a Choux Cream Puffs with Chantilly Cream Yield: 4 to 6 – 3” Cream Puffs (4 will be evaluated)

Pate a Choux

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

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.

Cookie Half Moon Cookie Full Moon BBQ

- 1 c + 2 tablespoon all-purpose flour \approx 140.625 grams
- $\frac{1}{2}$ teaspoon baking soda \approx 2.5 grams
- $\frac{1}{2}$ teaspoon salt \approx 2.85 grams
- $\frac{1}{4}$ pound butter \approx 113.4 grams
- $\frac{3}{8}$ cup granulated sugar \approx 75 grams
- $\frac{3}{8}$ cup light brown sugar \approx 75grams
- 1 large eggs \approx 50 grams
- $\frac{1}{2}$ teaspoon vanilla extract \approx 2.5 grams
- 1 $\frac{1}{2}$ cups semi-sweet chocolate chips \approx 225 grams
- $\frac{1}{2}$ cup pecans, chopped \approx 60 grams
- $\frac{1}{2}$ pound Hershey's milk chocolate bar \approx 226.8 grams

1. Preheat oven to 375^oF.
2. Combine the flour, baking soda, and salt in a medium bowl and set aside.
3. Cream together the butter, granulated sugar, and brown sugar in a large bowl.
4. Beat the eggs and vanilla into the butter mixture.
5. Slowly add the flour mixture to the butter mixture; beat until blended.
6. Stir in the chocolate chips and pecans.
7. Scoop the dough onto an ungreased cookie sheet, making 24 cookies.
8. Bake for 8-10 minutes. Cool the cookies on a rack; refrigerate until cold.
9. Melt the Hershey bar. After the cookies have been refrigerated, dip half of each cookie into the melted chocolate. Set aside the half-dipped cookies on cold cookie sheets until the chocolate hardens.

Original recipe from Martie Duncan's Sweet Home Alabama Destinations & Dishes Worth the Trip, page 91. Original recipe was cut in half and converted from customary measurements to industry standard weight measures.



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Decorated Cake 2023 National FCCLA BPA Event

- (1) 9" Styrofoam cake round (included in registration cost)
- (2) Prepared white icing (must bring your own)

Specific Equipment for Cake Decorating (brought by competitor):

- 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; 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