



2025 Baking and Pastry STAR Event and Recipe Requirements



February 7-8, 2025

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 and recipes by Alabama chefs. As much as you can, please use products produced or grown in Alabama.
 - Competitors should use the recipe as a guide but may make slight alterations to make it their own.
 - **Competitors may add or substitute up to 5 ingredients** for the entire menu but must keep the concept/idea/spirit of the original recipe.
- 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 Orlando, FL. 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.

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Quick Bread

Lemon Blueberry Yellow Squash Muffins

Ingredients

- 1 large egg
- 0.25 cup vegetable oil (or melted butter-not hot)
- 0.5 cup shredded yellow squash (also called summer squash) (about 1/2 small squash)
- 0.5 cup sugar plus 2 tablespoons for topping
- 0.5 lemon
- 1.25 cups all-purpose flour (If using self-rising flour, omit baking powder)
- 1 teaspoons baking powder
- 0.25 teaspoon salt
- 0.5 cup fresh or frozen blueberries (If frozen, do not thaw)

Instructions

1. Preheat oven to 350°.
2. Start with lightly beating the egg in a large bowl with a spoon or fork. Add the oil and stir.
3. Shred enough yellow squash to make .5 cup. Use paper towels to pat the squash dry or squeeze out any liquid with your hands over the sink. Add to the bowl and stir.
4. Add .5 cup of the sugar to the bowl. Using a zester or micro plane hand grater, remove the zest (or yellow only portion of the peel/rind). Avoid the white part (pith) because it has a bitter flavor. Add the lemon zest (about 1 tablespoon) and 1 tablespoon lemon juice to the bowl and stir.
5. Measure the flour into a dry measuring cup by spooning it in gently with a spoon. Never scoop a measuring cup into the flour bin. It will pack in more flour than you need or want. Pour the flour over the squash mixture. **Do not stir.**
6. If using all-purpose flour, sprinkle the baking powder and salt evenly over the flour. Gently stir the baking powder and salt into just the dry ingredients on top-not the squash mixture, yet.
7. Add the blueberries, tossing them around gently in the flour mixture only. This will help them not sink to the bottom of the muffin when baking.
8. NOW, you can stir together the entire mixture. Be careful not to over-stir the batter. Stir just until the dry and liquid ingredients are combined. You aren't beating it like a pancake batter.
9. Spoon ½ cup of the muffin batter into muffin pans lined with paper cupcake liners. If you don't have paper liners, coat the pans with cooking spray, oil, or butter.
10. I like to use an ice cream scoop to disperse the batter. It's quick, consistently measures the same amount each time, and no drips land on the pan... usually.
11. Sprinkle the remaining 2 tablespoons of sugar evenly (about ½ teaspoon each) over each muffin.
12. Bake at 350° for 20minutes or just until a toothpick inserted in the center comes out clean or the tops spring back when touched. The muffins will be ever so slightly browned around edges.
13. Let the muffins cool on a wire rack 5 minutes before turning them out to cool completely...if you can wait that long to eat them!

[Original recipe from Kathleen Phillips of Grits and Gouda, published on the Sweet Grown Alabama website.](#)



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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

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.



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Cookie Butter Pecan Cookie Alabama Pecan Company Elizabeth Shanks

Ingredients:

- 3 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup unsalted Butter, melted
- 1 3/4 cup brown sugar
- 1/2 cup granulated sugar
- 1 Sweet Grown Alabama egg & 1 egg yolk
- 1 teaspoon vanilla extract
- 1 1/2 cups Sweet Grown Alabama pecan pieces
- 3/4 cup chocolate Chips (Not entirely necessary, but is chocolate ever not necessary?)

Directions:

- Preheat oven to 350°F.
- In a large mixing bowl, add the melted butter, brown sugar, and granulated sugar until well combined.
- Next, add the egg, egg yolk, and vanilla extract to the butter and sugar mixture. Set this mixture aside.
- Then add the rest of the dry ingredients to a separate bowl. Combine the flour, baking powder, baking soda, salt, and cinnamon. Mix until fully incorporated.
- Working in two batches, add the dry ingredients into the wet ingredients. Combine until the dough comes together and is pulling away from the bowl.
- Next, fold in the pecan pieces and chocolate chips. This may take a little elbow grease to get all those toppings into the dough but it will be well worth it.
- Using a very small ice cream scoop, scoop the dough into balls and place them on a greased or parchment paper lined baking sheet, leaving approximately 2" between each cookie.
- Bake them for 10 to 12 minutes or until the edges are set and the tops are a light golden brown.

[Recipe from the September edition of Sweet Grown Alabama newsletter.](#)



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Decorated Cake

- (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. Cake side must be smooth iced with buttercream – no combed or patterned sides.
2. The bottom border of the cake must be a shell border.
3. The top border of the cake must be a rosette border.
4. Three (3) buttercream roses and leaves.
5. Scripting – participants will be given a message to write at the time of the competition, in cursive (script), on the cake (spelling counts).
6. Participants may choose their color palette.