



Family, Career and Community Leaders of America



2019 National Leadership Conference
Baking and Pastry Required Equipment List
Parental Consent Form
Recipes

Event will take place at the Institute of Culinary Education, 521 East Green Street, Pasadena, CA 91101

Teams will be transported by bus from the Anaheim Convent Center to the competition site on Sunday, June 30.

Per Team

- 1 wire whisk
- 2 heat resistant (silicone) spatula
- 1 Bi-metallic or instant read thermometer*
- 1 set dry measuring cups
- 1 set liquid measuring cups
- 1 set measuring spoons
- 1 Slotted turner or metal spatula
- 1 set metal kitchen tongs
- 2 stainless steel kitchen spoon, 8-12 inches
- 1 stainless steel slotted kitchen spoon, 8-12 inches
- 4 side towels
- Piping tip, straight, 808
- Piping Bag
- Brush

Per Participant

- Knife Kit (contents should be standard based on school's requirements, but must include at least 1 Paring Knife, 1 boning knife, 1- 8" or 10" Chef Knife, 1 serrated knife)

General Information

- The items listed above are required for implementation of the selected menu. All necessary large equipment will be provided. Only items on the list may be brought to the event. No electrical tools are allowed to be brought to the competition. Take care when packaging or packing equipment for shipment. If breakage occurs, **the participant is responsible for any replacement.**
- Any additional equipment required will be provided at the time of the event by the host institution.
- *If your state Culinary Arts laws require you to carry a meat thermometer while preparing food, you will be permitted to do this during the competition. Evaluators will not deduct points from those who do not, since these are not industry-wide standards.
- Latex and non-latex gloves will be available on site.
- Call the airline you are traveling with to determine specific packing regulations for your equipment. (e.g. Knives are not allowed in carry-on luggage.)

Please email starevents@fcclainc.org with any questions.

PARENTAL CONSENT FORM
Family, Career and Community Leaders of America, Inc.
1910 Association Drive
Reston, Virginia 20191-1584

All Baking and Pastry STAR participants must return this completed parental consent form to the National Office by May 15. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Baking and Pastry STAR Event with the national Family, Career and Community Leaders of America. The following information may be helpful if such a situation arises:

Our family physician is: _____ Phone (____) _____
(include area code)

Physician's address: _____

Known allergies: _____

Special medical conditions that should be noted: _____

Special medication currently taking: _____

Prescription number and pharmacy for special medication currently taken: _____

Contact in case of emergency: _____

Comments: _____

Insurance Company: _____

Identification #: _____

Group #: _____

Location of Card: _____

Insurance Company Phone Number: (____) _____

I have read and consent to the above.

(Signature of Parent) (date)

(Signature of Participant) (date)

Return this completed form to starevents@fclinc.org or fax to 703/439-2662 by May 15.



2019 Baking and Pastry Recipes National Leadership Conference

Recipes provided by The Institute of Culinary Education

Special thanks to The Institute of Culinary Education for in-kind support for the 2019 Baking and Pastry
STAR Events Competition



Chocolate Glazed Eclairs
TEMPERATURE 400F and then reduce to 350F

PASTRY CREAM	
cornstarch	50 grams
milk	530 grams
sugar	125 grams
eggs	55 grams
yolks	75 grams
butter	60 grams
vanilla	6 grams

1. Dissolve cornstarch in some of the milk. Add approximately ½ of the sugar, all of the eggs and yolks, and whisk to combine.
2. Combine the remaining milk with the other half of the sugar in saucepan; bring to a boil.
3. Temper the corn starch mixture with some of the boiling milk.
4. Return the remaining milk mixture to a boil. Whisk the corn starch mixture into the boiling milk, whisking until the pastry cream thickens and returns to a boil.
5. Boil the pastry cream and continue whisking for 1 minute or as instructed. Remove from heat and whisk in the butter and vanilla. Transfer to a bowl and cool over ice. Or spread thinly on a plastic lined sheet pan. Press plastic wrap directly on the surface. Chill immediately.

CHOCOLATE GLAZE FOR ECLAIRS	
water	112 grams
light corn syrup	85 grams
semisweet chocolate (finely cut)	285 grams

1. Bring water and corn syrup to a boil
2. Pour over chopped chocolate. Whisk until smooth being careful not to incorporate too many air bubbles. Strain if necessary.

PATE A CHOUX (Cream Puff Pastry)	
milk or water	365 grams
butter (cut in pieces)	155 grams
salt	2 grams
sugar	4 grams
all-purpose flour	232 grams
eggs	365 grams

1. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
2. 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.
3. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot.
4. 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. Add eggs gradually making sure to scrape down the bowl often.

ÉCLAIRS

Piping: Using a French tube with a 1/2-inch opening, pipe out 4-inch lengths on paper-lined baking sheets.

Finishing: Pierce the bottom of each éclair at both ends with the tip of a plain tube with 1/4-inch opening. Using the same tube, fill the éclairs with flavored, lightened pastry cream. Glaze the tops with chocolate glaze.

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	12-14 oz	340-397
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.

Alternate method:

Use straight dough method in a mixer, starting with a paddle and switching to a dough hook when a dough is formed.

Chocolate Chunk Cookies

375 F

Yield: 3 dozen

All-purpose flour	490 g
Salt	10 g
Baking soda	7 g
Butter, soft	325 g
Sugar	212 g
Light brown sugar	156 g
Eggs	2
Vanilla extract	10 g
Semisweet chocolate chunks	490 g

1. Line sheet pans with parchment paper.
2. Sift together the flour, salt, and baking soda.
3. Cream the butter and sugars in an electric mixer on medium speed with the paddle, scraping down the bowl periodically, until the mixture is smooth and light in color, about 5 minutes.
4. Combine the eggs and vanilla. Add to the butter-sugar mixture in three additions, mixing until fully incorporated after each addition and scraping down the bowl as needed. Mix in the sifted dry ingredients and the chocolate chunks on low speed just until incorporated.
5. Scale the dough into 1½-oz/43-g portions and place them on the prepared pans. Alternatively, scale the dough into 2-lb/907-g portions, shape into logs 16 in/41 cm long, wrap tightly in parchment paper, and refrigerate until firm enough to slice. Slice each log into 16 pieces and arrange on the prepared sheet pans in even rows.
6. Bake at 375°F/191°C until golden brown around the edges, 12 to 14 minutes.
7. Cool completely on the pans.

Corn Muffins

350 F
Yield: 24

all-purpose flour	432 g
sugar	230 g
cornmeal	155 g
dry milk	31 g
baking powder	22 g
salt	6 g
water	340 g
vegetable, corn or canola oil	30 g
light corn syrup	32 g
melted butter	225 g
whole eggs	160 g
vanilla extract	1.5 g

1. In a bowl, combine well the first 6 (dry) ingredients.
2. Gradually add the next 6 (liquid) ingredients which have been combined and mixed well.
3. Mix just until thoroughly combined.
4. Place the batter 2/3 full in paper muffin cups and bake at 350 F.