

# Baking and Pastry Event Specifications for 2024 FCCLA SLC

In order to facilitate the Baking and Pastry STAR Event Competition in a way where the needs of competitors, advisers, evaluators, and the facility are all considered, modifications have been made to the format, time frame, evaluation style, and requirements of the event for this year's state competition. These changes have been made in earnest and in the hopes that it will create a more equal, harmonious, and gratifying experience for all involved in the process. Any changes in the facilitation of this year's Baking and Pastry competition are detailed below.

The official FCCLA STAR Event Rubric for Baking and Pastry and Culinary Arts found in the FCCLA portal is still an integral part of preparing to compete in this event. In cases where the event details/rubric and the information in this document are in conflict, the information in this document should be considered the most accurate. It is highly recommended that both competitors and their advisers be familiar with the official FCCLA rubric for Baking and Pastry or Culinary Arts, this document, and any other information sent out by the FCCLA state adviser in order to be successful on the day of competition.

## Check In, Competitor Holding, Communication with Advisers

To ensure that the competition schedule runs smoothly and to avoid as many delays as possible, students need to arrive by their scheduled time to be prepared to compete. Competitors should check in with an event volunteer on the first floor of NICHE by their posted report time and remain in the open seating area in the food hall. Competitors will be ushered up to the third floor by event volunteers and will be oriented to the kitchen and given reminders of the rules and specifications of the event. Any competitor arriving after the posted report time forfeits their initial orientation period to the competition space. Any competitor arriving after the posted start time may be disqualified from participation in the event. No additional time will be given to competitors for late arrivals.

Competitors and advisers are welcome to utilize the seating in the food hall on the first floor throughout the day of the competition. Competitors will only be allowed to travel to the third floor where the competition space is held during their scheduled competition times. An event volunteer will escort students up to the third floor when their scheduled time begins. There is minimal secure storage on the third floor for competitors' belongings. **Competitors should plan to bring only the equipment they will need for competition and plan to store it in the space underneath or close to their station.** There is a small holding area on the third floor where competitors will be able to relax once they have finished cleaning up prior to their evaluation/release from the competition.

## Competition Schedule

The following adjustments have been made to the time schedule of the Baking and Pastry Event

- The uniform and equipment check will occur during the mise en place and set up time
- The 15 minute time period for mise en place and setting up the station will occur prior to the start time on the schedule
- Competitors will be competing with start times staggered by 10 minutes
  - Competitors with later staggered start times will be able to utilize the holding area. Competitors may review their time management plan, check equipment, etc. Phone use is allowed in this area. Competitors must stay in the lab or holding area, they are not allowed to leave the competition floor. Phone use is not allowed in the competition space.
- Competitors will have a **total of two hours for production of their products and cake**
  - This is a difference from the 2 hours and 30 minutes indicated in the rubric.
- Competitors will no longer be timed for clean up, but are still responsible for cleaning and sanitizing their space and all equipment from the facility. Competitors may also be asked to help with cleaning tasks for shared areas in the competition space

A digital communication option will be available for advisers and students to sign up for prior to SLC. This communication channel will be used to communicate event updates and any delays in the competition schedule on competition day.

Here is an example of the competition schedule for 'Competitor A', 'Competitor B', and 'Competitor C' all three competitors are in Group 1

<b>Group 1 - Posted report time 7:30am, Posted start time 8:00am</b>		
<b>Competitor A</b>	<b>Competitor B</b>	<b>Competitor C</b>
1) Checks in at 7:30am 2) Escorted to the third floor shortly after check in, orientation, reminders. 3) Mise en Place begins at <b>7:45am</b> 4) Event Starts at <b>8:00am</b> 5) Start baking at <b>8:00am</b> 6) Stop baking at <b>10:00am</b> 7) Evaluated at <b>10:00am</b> 8) Clean up and released	1) Checks in at 7:30am 2) Escorted to the third floor shortly after check in, orientation, reminders. 3) Mise en Place begins at <b>7:45am</b> 4) Event Starts at <b>8:00am</b> 5) Start baking at <b>8:10am</b> 6) Stop baking at <b>10:10am</b> 7) Evaluated at <b>10:10am</b> 8) Clean up and released	1) Checks in at 7:30am 2) Escorted to the third floor shortly after check in, orientation, reminders. 3) Mise en Place begins at <b>7:45am</b> 4) Event Starts at <b>8:00am</b> 5) Start baking at <b>8:20am</b> 6) Stop baking at <b>10:20am</b> 7) Evaluated at <b>10:20am</b> 8) Cleans up and released

## Specifications for the Decorated Cake

To compensate for the reduced production period, modifications and additional preparation of the decorated cake will be allowed prior to the competition. The following are the specifications for the decorated cake and icing prior to and during the competition:

### **Cake Form Dimensions**

- 1 foam round cake form
- 4" high by 11.8" diameter ([\\$6.99 @ Hobby Lobby, order here](#))

### **Cake Preparation Prior to Competition Day**

- Competitors should select their own theme and color scheme for their cake and prepare their form accordingly. Specific requirements for decoration are below.
- The cake form may be "crumb coated" and/or frosted with buttercream by the competitor
- The frosting should be **a single solid color, smooth, and free of any decorative designs, indentations, or garnish**
- The frosted cake form may be frozen or chilled and stored in an airtight container or wrap/foil
- The cake form may be affixed to a cake board and/or rotating cake decorating base with frosting. The cake will be presented to the evaluators on the same cake board and/or cake decorating base. An additional cake stand/pedestal is not required.
- Competitors may premix coloring agents into buttercream frosting for writing/decorating and store them in airtight containers (storing in decorating/piping bags is not allowed)

### **Cake Preparation on Competition Day**

- Competitors are evaluated on three items for the decorated cake portion of this event - Writing, Borders, and Decoration.
  - Writing
    - The message "Congratulations Class of 2024" should be written on the top of the cake
      - The word "Congratulations" should be in a script-style font
      - The words "Class of 2024" should be in block-style font
  - Borders and Decoration
    - Competitors can select whichever bordering and decoration techniques best suit their theme/color scheme. Be sure that enough techniques for bordering and decoration are utilized to demonstrate skill proficiency to evaluators.

## Production Schedules/Time Management Plans

- Competitors should prepare and bring a completed production schedule/time management plan with them to the competition space.
  - Competitor generated time management plans should include information from competition recipes
- Copies of product formulas will be available for competitors to use during their baking period.
- While time management plans are not scored, they are highly recommended for competitors to take advantage of.

## Equipment and Supplies

In the interest of creating a fair and level playing field, competitors will be responsible for bringing most of their own equipment for this event. Participants should bring at least 2 tubs/containers for their equipment - one to hold clean equipment and one to hold dirty equipment. The equipment list below is comprehensive and written in regard to the recipes for this year's competition (blueberry muffins, chocolate chip cookies, chocolate dipped eclairs). Competitors should bring only the items listed below - any items in the competitors possession on competition day not included on the list may be confiscated and returned to them at the conclusion of the competition. Quantities of specific equipment are up to the competitor and their time management/production plan. Each student will have a rectangular work area of approximately 60" long by 21" wide. Equipment sharing between competitors is not allowed, except where noted below. While the competition facility has some equipment, competitors will only be allowed to use the facility equipment listed below.

<b>Equipment and Supplies to be Brought by Competitor (only items on this list are allowed)</b>		<b>Equipment Provided at W SU Tech NICHE</b>
Measuring spoons (2 sets recommended)	Dry measuring Cups	6 qt. Stand Mixer - participants will have their own mixing bowl and attachments, but may be required to share a stand mixer with another student
Liquid Measuring cup (2-3 recommended)	Digital scale (w/ grams)	
Muffin pan (12 wells)	sifter	
Mixing bowls (5-7 recommended)	Rubber scraper	
Straight edged spatula	Portioning scoop(s)	Half Sheet Pans
bowl/bench scraper	Table knife, forks, spoon	Full Sheet Pans
whisk(s)	W ooden spoon(s)	Saucepan (limited available)
Sauce pans (pate a choux, pastry cream)	Offset spatula	Cleaning and sanitizing solution and buckets
decorating tools (rotating base, rose nail, etc).	Hot pads/oven mitts	
Parchment paper	Disposable gloves	
Muffin pan liners	Plastic wrap	
Piping bags/tips/collars	Towels (washing/drying)	
Iced cake form on a cake board and/or rotating base according to the "Specifications for the Decorated Cake" Section of this document		

## Ingredients

Competitors will each receive their own identical set of ingredients. Ingredients will be prepackaged for each competitor, but are not premeasured. Competitors are expected to complete any and all measuring operations as indicated by the recipes. Only the ingredients mentioned in the provided Baking and Pastry recipes will be provided to students. No other additional ingredients, decorations, or garnishes are allowed to be brought by competitors. Competition recipes should be followed as closely as possible.

## Heating and Cooling

For heating, the competition facility is equipped with four commercial convection ovens and four commercial conventional ovens. Ovens will be communal and used by all competitors concurrently. Oven temperatures will be set and monitored by the event consultant. Competitors will not be allowed to adjust any oven temperatures. Oven usage will be monitored by the event consultant to reduce impact on product quality. Two convection ovens will be reserved for the quick bread. Two convection ovens will be reserved for the cookies. And all four conventional ovens will be reserved for the pate a choux. The facility is equipped with gas burners.

For cooling, the competition facility is equipped with a large walk-in fridge and freezer with ample space for cooling of all items. Competitors will have access to this walk-in throughout their competition period, and are expected to use the walk in for any cooling needs. There are coolers underneath some stations, this space is not guaranteed for all competitors and will only be used to store unprocessed ingredients in (milk, eggs, butter etc.) prior to use in competition.

## Cleaning and Sanitizing Equipment

The competition facility is equipped with one high temperature, single-rack dishwasher that completes a cycle in approximately 2 minutes, as well as a standard three compartment sink. Competitors are asked to only wash and sanitize items that will be used multiple times during product preparation, and place single-use equipment in their dirty dish tub to be washed at the conclusion of their competition and evaluation period or at a later time after they have left the competition facility. **Competitors are also asked to be familiar with industry standard sanitation practices in regards to scraping equipment down prior to using dishwashing equipment (especially in regard to equipment used to produce fat/oil based products).**

Event volunteers may be available to assist with washing and sanitizing equipment. The competitor is responsible for managing their equipment while it is being washed and sanitized. Event volunteers, the competition facility, and Kansas FCCLA are not responsible for any lost or damaged equipment brought by event participants.

## **Evaluation**

With the adjustment to the competition schedule to include staggered start times, some adjustments to the evaluation process were needed. These changes contribute to the level of value of feedback that participants will receive, and will help the day of the competition flow more easily. The official FCCLA Baking and Pastry rubric will still be used to calculate the students overall score in the event. The changes to the evaluation process are:

- Students will be scored by three evaluators, these evaluators will be the same for all competitors and retain the same role (technical or tasting) for the whole competition
  - 1 evaluator will observe and score the student during the entire production process
  - 2 evaluators will score and give feedback to competitors on the taste, texture, and appearance of products
  - For the calculation of the competitor's composite score, all three evaluators will collaborate on final scoring decisions
- Competitors will receive both written and verbal feedback from all evaluators



# 2024 Baking & Pastry EVENT Kansas FCCLA



Kansas FCCLA has adopted its own recipes that will be used to qualify for the Baking & Pastry STAR Event, at the National Leadership Conference (NLC). This menu will be used for the 2024 State Leadership Conference. The rubric found in the 2023-2024 National Competitive Events Guide for the Culinary Arts STAR Event will be used for evaluation

The Culinary Arts STAR Event is an **individual event** and not a team event. Chapters will be able to submit **up to three (3) individuals** to compete in this event during the 2024 State Leadership Conference. As a reminder, members **must be Level 3** – see the National Competitive Events Guide for a full list of qualifications for this event.

## **NATIONAL QUALIFIERS**

The top three (3) participants at the 2024 State Leadership Conference will qualify for the National Leadership Conference if they receive a score of 85 or higher.

## **DATES AND DEADLINES**

All competitors must be registered by **February 22, 2024, on the Kansas registration system.**

Baking & Pastry Competition is scheduled for **April 8.**

## **REQUIRED CULINARY ARTS FORMS**

**NEW** -- Parental consent form due via email to State Adviser, Shandi Andres [sdandres@ksu.edu](mailto:sdandres@ksu.edu), by **March 1.**

## **2024 Baking & Pastry Recipes**

Blueberry Muffins  
Chocolate Glazed Eclairs  
Chocolate Chip Cookies  
Decorated Cake (see specifications in event specifications document)



**PARENTAL CONSENT FORM**  
**Kansas Family, Career and Community Leaders of America**  
**1324 Lovers Lane**  
**Manhattan, KS 66506**

**All Culinary Arts STAR participants must email this completed parental consent form to the State Adviser ([sdandres@ksu.edu](mailto:sdandres@ksu.edu)) by March 1. 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 & Pastry STAR event on April 8, 2024 with Kansas FCCLA. The following information may be helpful if such a situation arises:

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

Known Allergies: \_\_\_\_\_

Special medical medications or conditions that should be noted:  
 \_\_\_\_\_

**Contact in case of an emergency:**

Parent Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Adviser Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Comments: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

ID # \_\_\_\_\_

Group #: \_\_\_\_\_

Insurance Company Phone: \_\_\_\_\_

I have read and consent to the above.

\_\_\_\_\_  
 Signature of Parent (Date)

\_\_\_\_\_  
 Signature of Participant (Date)





## Blueberry Muffins

Yield: 12 muffins

400 degrees

### INGREDIENTS

2 cups all-purpose flour 2 tbsp all-purpose flour 1½ tsp baking powder ½ tsp kosher salt  
¾ cup milk 1 large egg ½ tsp vanilla extract ½ cup unsalted butter, at room temperature 1  
cup sugar 1½ cups fresh blueberries, washed and patted dry, or **unthawed** frozen  
blueberries

### METHOD

1. Prepare muffin baking pans with paper liners.
2. Sift the 2 cups flour, baking powder, and salt, into a bowl and set aside.
3. In a separate bowl, blend the milk, egg, and vanilla extract.
4. In a stand mixer with the paddle attachment, cream together the butter and sugar until light and smooth.
5. Add the flour mixture in 2 additions, alternating with the wet ingredients, mixing at low speed, and scraping to blend the batter evenly as needed. Increase the speed to medium and mix until the batter is very smooth.
6. In the empty flour mixture bowl, scatter the 2 tbsp flour over the berries and toss to coat them evenly. Fold the blueberries into the batter to distribute.
7. Divide the batter evenly among 12 muffin cups. Bake in the oven for 18–20 minutes.



## Chocolate Chip Cookies

Yield: 12 - 4" cookies

350 degrees

### INGREDIENTS

½ cup unsalted butter, softened ½ cup brown sugar, packed ¼ cup white sugar 1 large eggs 1 teaspoons vanilla extract 1 ¼ cups all-purpose flour ½ teaspoon baking soda ¼ teaspoon salt 1 cups chocolate chips

### METHOD

1. In a large bowl, cream together butter and both sugars. Add in eggs and vanilla and beat until smooth.
2. In a bowl combine flour, baking soda, and salt. Add dry ingredients to creamed butter and sugar to form a dough.
3. Fold in chocolate chips.
4. Portion 12 cookies and place them on a parchment-lined baking sheet.
5. Bake in preheated oven for 12-15 minutes or until golden brown.



## 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  $\frac{1}{2}$  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

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.

