

Utah FCCLA Baking and Pastry Regions Menus

Menu Item	Vanilla Cupcakes		
Number of Portions	10 cupcakes	Time	
Recipe Source			
Amounts	Ingredients		
1 ¼ cups	All-purpose flour		
1 cups	sugar		
1 ½ tsp	baking powder		
½ tsp	salt		
½ cup	milk		
¼ cup	vegetable oil		
½ Tbsp	vanilla extract		
1	large eggs		
½ cup	water		
Procedure			
<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees F. Prepare a cupcake pan with liners. 2. Add the flour, sugar, baking powder, and salt to a larger mixing bowl and combine. Set aside. 3. Add the milk, vegetable oil, vanilla extract, and eggs to a mixer and combine. 4. Add the dry ingredients to the wet, and beat until combined. 5. Slowly add the water to the batter and mix on low speed until well combined. Scrape down the sides of the bowl as needed to make sure everything is well combined. Please note that the batter will be very thin. 6. Fill the cupcake liners about half way and bake for 15-17 minutes or until a toothpick comes out with a few moist crumbs. 7. Remove the cupcakes from the oven and allow to cool for 2 minutes. Then remove to a cooling rack to finish cooling. 			

Menu Item	Buttercream		
Number of Portions	2 Cups	Time	
Recipe Source			
Amounts	Ingredients		
½ cup	salted butter, room temp		
½ cup	shortening		
4 cups	powdered sugar		
1 ½ tsp	vanilla extract		
2-3 Tbsp	water or milk		
Procedure			
<ol style="list-style-type: none"> 1. Combine the butter and shortening in a large mixing bowl and mix until smooth. 2. Add 2 cups of powdered sugar and mix until smooth. 3. Add the vanilla extract and 1 tablespoon of water or milk and mix until smooth. 4. Add remaining powdered sugar and milk until desired consistency. 5. Pipe frosting onto cupcakes 			

Menu Item	Lemon Curd		
Number of Portions	2 Cups	Time	
Recipe Source	FCCLA		
Amounts	Ingredients		
3	eggs		
6 Tbsp	butter		
½ cup	sugar		
½ cup	lemon juice (one lemon)		
1	Lemon, zest		
Procedure			
<ol style="list-style-type: none"> 1. In a double boiler add the eggs, butter, sugar, lemon juice, and zest 2. Mix the curd constantly so that the eggs don't scramble 3. Once the curd coats the back of a spoon and doesn't run together, remove from heat 4. Pour the curd through a sieve and refrigerate until cool 5. Once the curd has cooled, pour it through a sieve one more time 			