

Utah FCCLA Baking & Pastry Region 2026

Quick Bread

| Menu Item – Blueberry Muffins | Portion – 13 muffins, 12 will be presented |
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| Amount | Ingredient |
| 250 g (2 cups) | All-purpose flour |
| 1 ½ teaspoon | Baking powder |
| ½ teaspoon | Salt |
| 225 ml (1 cup) | Milk |
| 1 | Large egg |
| 1 teaspoon | Vanilla extract |
| 113 g (1/2 cup) | Butter, at room temperature |
| 198 g (1 cup) | Granulated sugar |
| | |
| 220 g (1 ½ cups) | Frozen blueberries |
| 1 Tablespoon | All-purpose flour |
| | |
| 2 Tbsp (28 g) | Course or sanding sugar, for topping |
| | |

Procedure

Heat oven to 350 degrees F

1. Prepare muffin baking pans with paper liners.
2. Combine the 250 g flour, baking powder, and salt, into a bowl and set aside.
3. In a separate bowl, blend the milk, egg, and vanilla extract.
4. Cream together the butter and sugar until light and smooth.
5. Add half the flour mixture and half the wet ingredients, mixing at low speed until mostly integrated. Add the remaining dry mixture and wet mixture. Combine to smooth, scraping the bottom and sides of bowl and mixing for about a total of 2 minutes.
6. In the empty flour mixture bowl, scatter the Tbsp flour over the berries and toss to coat them evenly. Add blueberries to the batter (discard the extra flour if there is some). Fold the blueberries into the batter to distribute.
7. Divide the batter evenly among 13 muffin cups. They will be all the way full, (a heaping 16 portion scoop should work well).
8. Sprinkle course sugar over the tops of the muffins. Bake for 35 minutes, or until a toothpick comes out clean and the muffins are done.
9. Remove the muffins from the oven, after 5 minutes loosen the tops from the pan, transfer them to a rack to cool after another 5 minutes.

Choux Pastry

| Menu Item – Cheddar Chive Puffs | | Portion – 12 puffs, 8 will be presented |
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| Amount | Ingredient | |
| 60 g (2 oz) ½ cup | Sharp Cheddar, grated | |
| ½ Tbsp | Fresh chive, finely sliced/chopped | |
| 1 pinch | Cayenne pepper | |
| | | |
| 56 ml (¼ cup) | Water | |
| 56 ml (¼ cup) | Milk | |
| 35 g (2 1/2 Tbsp) | Unsalted butter, cut into pieces | |
| 1/4 tsp | Kosher salt | |
| | | |
| 60 g (1/2 cup) | AP flour | |
| 80-100 g (2) | Egg | |
| | | |
| Procedure | | |
| <ol style="list-style-type: none"> 1. Heat oven to 425 degrees F. Line a baking sheet with parchment or a silicone mat. 2. Combine the cheese, chives and cayenne pepper. 3. Place water, milk, butter and salt in a small sauce pan. Heat over medium high heat, to melt the butter and bring to a boil. 4. Reduce heat to medium, add flour, stirring quickly. Continue to cook until it pulls away from the sides and forms a smooth ball. Remove from heat. 5. Place dough in a mixing bowl, stir and cool for a few minutes. 6. Add about half the egg and mix in fully before adding the remainder of the egg. The batter should be smooth and glossy and fall off the mixing tool in a V. Adjust the amount of egg as needed for proper consistency. 7. Mix in the cheese and the chives. 8. Pipe the batter onto the prepared baking sheet, keeping at least 2” apart. Should get 12. 9. Place the baking sheet in the middle of the oven and turn the heat up slightly to 450 degrees, for 8 minutes. 10. Without opening the oven, reduce the heat to 350 degrees and continue to bake for an additional 8-10 minutes, or until golden and able to hold shape. | | |

Cookie

| Menu Item – Smores Cookie | Portion- Yields 6 large cookies 6 will be presented |
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| Amount | Ingredient |
| 74 grams about 1 | Hershey milk chocolate bar |
| 100 grams ($\frac{3}{4}$ cup) | AP Flour |
| $\frac{1}{4}$ tsp | Baking powder |
| $\frac{1}{4}$ tsp | Baking soda |
| $\frac{1}{2}$ tsp | Corn starch |
| $\frac{1}{4}$ tsp | Salt |
| 75 g (5 Tbsp) | Unsalted butter |
| 25 g (2 Tbsp) | Granulated sugar |
| 55 g ($\frac{1}{4}$ cup) | Light brown sugar |
| 1 (50 g) | Lrg egg |
| $\frac{1}{2}$ tsp | Vanilla |
| 50 g (about 3) | Graham cracker, coarsely chopped |
| 25 g ($\frac{1}{2}$ cup) | Mini marshmallows |
| 30 g (2 Tbsp) | Semi-sweet chocolate chips |

Procedure

1. Save enough chocolate bar to use as garnish, roughly chop the remaining bar
2. Combine the flour, salt, baking powder, baking soda, and cornstarch, and salt, set aside.
3. Cream butter and both sugars. Add egg and vanilla and continue creaming, until light and fluffy.
4. Gradually add the flour mixture, on low speed just to combined.
5. Reserve some graham cracker (about 10 g) for garnish. Mix in the remaining graham crackers.
6. Reserve some marshmallow for garnishing. Add remaining marshmallows, chocolate chips, and chopped chocolate bar.
7. Scoop with a heaping size 20 scoop, to get 6 equal portions.
8. Place on a parchment lined baking sheet. Spray a little nonstick spray just under each cookie before placing it.
9. Flatten dough slightly and top with reserved graham cracker pieces.
10. Refrigerate for 30 minutes or more
11. Pre-heat oven to 350 degrees F.
12. Bake for 8 minutes, remove from oven to top with reserved Hersey's pieces and marshmallows. Return to oven, bake additional 3-5 minutes, to slightly brown on bottom.
13. If they had some blowouts from the marshmallows, use a greased knife too scootch it back in place so the cookies are as round as possible.
14. Cool as much as possible before moving.