

Utah FCCLA Baking & Pastry State Competition 2025

Quick Bread

Menu Item – Cornbread Buttermilk muffin	Portion – 12 muffins (all will be presented, pictures taken and most returned to participants at the end of cleaning time)
Amount	Ingredient
1 cup (120 g)	Cornmeal
1 cup (125 g)	AP flour
1 teaspoon	Baking powder
½ teaspoon	Baking soda
1/8 teaspoon	Salt
½ cup (113g)	Unsalted butter, melted and cooled
2 Tablespoons (30ml)	Olive oil
¼ (50 g)	Light brown sugar
2 Tablespoons (43 g)	Honey
1 large	Egg
1 cup (240ml)	Buttermilk
Procedure	
<ol style="list-style-type: none"> 1. Preheat oven to 400 degrees F. 2. Prepare a 12-count muffin pan. 3. Combine ingredients using the blending/muffin mixing method. 4. Divide batter equally into the pan. 5. Bake about 15 minutes or until done. 	

Choux Pastry

Menu Item – Chocolate Choux with Craquelin and Brown Sugar Cream	Portion – 15 Puffs (all will be presented, pictures taken and most returned to participants at the end of cleaning time)
Amount	Ingredient
40 grams	Unsalted butter, soften at room temp
50 grams	Brown sugar
40 grams	AP flour
10 grams	Unsweetened Dutch-processed cocoa powder
Pinch	Salt
65 grams	AP flour
10 grams	Unsweetened Dutch-processed cocoa powder
125 grams	Water
50 grams	Unsalted butter, cut into pieces
1 tsp	Sugar
¼ tsp	Salt
100 to 125 grams	Egg, slightly beaten
4 oz	Cream cheese, softened to room temperature
5 oz	Brown sugar
1 tsp	Vanilla
¼ tsp	Salt
10 oz	Heavy whipping cream
Procedure	
<p>Craquelin</p> <ol style="list-style-type: none"> 1. Combine the softened butter, brown sugar, flour, cocoa powder and salt in a small bowl, with finger tips until it forms a smooth dough consistency and can be formed into a ball. 2. Place the dough between parchment paper and roll to a thickness of about 2mm. 3. Chill while making the choux. 4. When choux is ready, cut craquelin into 15 5 cm circles. <p>Choux</p> <ol style="list-style-type: none"> 1. Heat oven to 400 degrees. 2. In a bowl combine cocoa powder and flour, set aside. 3. Combine water, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally. 4. At a full boil, remove the pan from the heat; add the flour mixture all at once. Stir vigorously removing any lumps of flour and getting a smooth consistency. 5. Return to low heat and cook, stirring constantly, until the paste forms a ball and a thin skin forms on the bottom of the pan, it will be a soft dough consistency. 	

6. Transfer the panade to a bowl. Using an electric mixer, if desired; beat on low speed to cool slightly.
7. Add egg gradually making sure to scrape down the bowl often.
8. Scoop with a size 40 portion onto a parchment-lined baking sheet.
9. Place a circle of the chilled craquelin on each scoop of choux.
10. Bake in a 400 degree oven about 20 minutes or until puffed and set. Remove and cool at room temperature.

Brown Sugar Cream

1. Beat cream cheese with brown sugar, vanilla and salt.
2. Add the cream
3. Whip to stiff peaks
4. Place in a piping bag with a tip.
5. Make a small hole in the side of each cooled puff and fill.

Cookie

Menu Item – Old Fashioned Fruit and Nut Oatmeal Cookie	Portion – 12 lrg cookies (all will be presented, pictures taken and most returned to participants at the end of cleaning time)
Amount	Ingredient
113 grams	Unsalted butter, softened
100 grams	Brown sugar
25 grams	Granulated sugar
1 lrg	Egg
2 tsp	Vanilla
105 grams	AP flour
½ tsp	Baking soda
¼ tsp	Nutmeg
1/8 tsp	Cinnamon
¼ tsp	Salt
130 grams	Old fashioned oats
90 grams	Dried fruit*
30 grams	Chopped nuts (optional)*
Procedure	
<ol style="list-style-type: none"> 1. Cream butter, sugars, egg and vanilla 2. Combine flour, soda, nutmeg, cinnamon, and salt 3. Add flour mixture to creamed mixture 4. Add oats, fruit and nuts 5. Scoop using a size 24 portion scoop onto parchment lined baking sheets 6. Chill and/or flatten as needed 7. Bake until done, about 12 minutes. <p>* Fruit and/or nuts can be chosen by the participant, based on what is available at the competition. Practice with whatever you choose.</p>	

Cake Decorating

Writing:

- Students will color frosting and pipe a name on each tray or section of tray
 - Pastries- in cursive
 - MUFFINS or Muffins - in cursive or block
 - COOKIES - in block.

Decorating/Boarders:

- Stars or flowers will be piped on the tray to enhance the visual appeal of the presentation.

Principles & Techniques:

- Each word should be a different color, but should complement one another.
- Color and number of stars/ flowers enhances the presentation.
- The arrangement of the required items on the tray/s, label and decorations.

Students will bring the piping bags, tips, **and frosting** (of choice), as well as the bowls, toothpicks and spoons that may be needed to color and bag the frosting. Frosting can be pre-colored and bagged if desired.