



Baking and Pastry Level 3 (National Event) 2024 State Leadership Conference

Name of Participant: _____

Chapter: _____

Equipment Bin Directions	Equipment List
<ol style="list-style-type: none"> 1. All ingredients for this event will be provided, except for cake decorating ingredients. 1. Each participant must have their own equipment and bins, they cannot be shared between participants. 2. Equipment listed is suggested, not required. Items not listed on this list are not allowed and will be removed by the room consultant at the time of competition. 3. Equipment bins should be labeled on the top and both ends with the participant's name, school, and city. 4. Hair nets, aprons, and chef hats should not be packed in the equipment bin. They should be brought at the time of competition. 5. Ingredients will be collected at a common supply table and should not be combined or mixed until a participant is back to their kitchen station. 6. Each recipe in this event may be completed in the order that the participant chooses. There is no required sequence. 7. At the conclusion of competition all items from the equipment bins and finished products should be taken with the participant from the competition room. 8. State Leadership Conference: All equipment bins should be dropped off in the Mangrove room at the Kalahari Convention Center on Monday, April 8th prior to the Opening Session. 	<ul style="list-style-type: none"> ● 2 Utility Trays/Sheet pans (approximately 12"x 18") two to collect ingredients, mise en place ● 2 cooling racks ● 2 sheet pans (approximately 18"x20") ● 2 2-quart mixing bowls ● 2 3-quart mixing bowls ● 2-quart sauce pan ● Muffin tin ● 2 sets of measuring spoons ● 2 sets of measuring cups (1 cup, ½ cup, ⅓ cup, ¼ cup) ● 1 cup liquid measuring cup ● Straight edge metal spatula for leveling ● Turner ● Tong ● Ice cream/food scoop ● 2½ in. diameter cookie scoop ● 6 heat resistant scrapers/rubber spatulas ● 1 wooden spoon ● 2 dinnerware forks ● 6 dinnerware spoons ● 3 white plates (5-6" in diameter, for presentation to evaluators) ● 6-8 paper or plastic cereal bowls to collect ingredients ● 20 small paper or plastic cups for mise en place (4 ounce or larger) ● 20 wooden toothpicks ● 8 ounce glass ● Digital or manual timer ● Electric hand mixer ● Roll of parchment paper ● 2 pot holders ● 2 dishcloths ● 4 dish towels ● 1 box of NSF food grade disposable gloves ● Small compost/waste bucket or bowl ● Spray bottle of food safe sanitizer in sealed bag ● Pencil <p style="text-align: center;">** See page 5 for Cake Decorating supply directions**</p>

Quick Bread Cranberry Orange Muffin

Yield: 6 muffins

Prep Time: 10-15 minutes

Cook Time: 20-25 minutes

Ingredients

2 Tablespoons shortening, unflavored
½ cup granular sugar
½ teaspoon vanilla extract
1 cup + 2 Tablespoons all-purpose flour
¾ teaspoons baking powder
½ teaspoon salt
¼ teaspoon baking soda
¼ cup + 2 Tablespoons orange juice
1 large egg white, beaten
½ cup dried cranberries
2 Tablespoons granular sugar

Method

1. Preheat conventional oven to 400 degrees fahrenheit.
2. In a large mixing bowl, cream together the shortening, ½ cup sugar, and vanilla until light and fluffy.
3. Add in the flour, baking powder, salt, baking soda, orange juice, and egg. Mix until the dry ingredients are moist and the flour disappears.
4. Stir in the cranberries.
5. Lightly spray a muffin tin with a non-stick, unflavored cooking spray.
6. Fill each muffin cup ¾ full, using an ice cream scoop.
7. Sprinkle the tops of the batter with the remaining 2 Tablespoons of granular sugar.
8. Lower the oven temperature to 375 degrees fahrenheit. Bake 20-25 minutes or until an inserted toothpick comes out clean and tops are golden brown.
9. Place muffin tin on a cooling rack and cool for 10 minutes.
10. Loosen edges with a straight edge spatula and remove from pan. Place on cooling rack for 5-10 minutes.
11. Serve on a small dessert or bread plate.

Pate a Choux **Cream Puffs with Whipped Cream Filling**

Yield: 6-8 (3in. Diameter, 6 evaluated)

Prep Time: 15-20 minutes

Bake and Fill Time: 35-40 minutes

Ingredients for Pate a Choux

¼ cup water
¼ cup butter
¼ teaspoon salt
½ teaspoon sugar
½ cup flour
2 large eggs

Ingredients for Whipped Cream Filling

1 cup heavy whipping cream, chilled
2 Tablespoons powdered sugar
½ teaspoon vanilla extract

Method for Pastry

1. Preheat conventional oven to 400 degrees fahrenheit.
2. Line a baking sheet with parchment paper.
3. In a medium saucepan, combine water, butter, sugar, and salt and bring to a boil. Reduce the heat to moderate.
4. Add flour all at once and stir vigorously until dough forms and pulls away from the sides of the pan. Continue to cook and stir for 3 minutes. Remove the pan from the heat.
5. In a bowl, beat the eggs, and add the dough in 2 to 3 batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry dough is smooth.
6. Transfer the dough to the baking sheet using an ice cream scoop or 2 spoonfuls, portioning the dough into 6-8 equal mounds, leaving space between them.
7. ***
8. Bake for 25-30 minutes or until browned and puffed.

Method for Filling

1. Whip cream until it forms stiff peaks.
2. Gently fold in powdered sugar and vanilla.

Cookies Drop Sugar Cookies

Yield: 12 cookies
Prep Time: 20 minutes
Bake Time: 12-14 minutes

Ingredients

½ cup butter, softened
½ cup granular sugar
1 large egg white
½ teaspoon vanilla extract
1 Tablespoon milk
1 ¼ cups all-purpose flour
¼ teaspoon baking soda
⅛ teaspoon salt
⅓ cup granular sugar

Method

1. Preheat conventional oven to 375 degrees fahrenheit.
2. Line a baking sheet with parchment paper.
3. In a 2-quart mixing bowl, cream together butter and ½ cup granular sugar. Add egg, vanilla extract, and milk. Mix well.
4. Gradually add flour, baking soda, and salt. Mix well.
5. Portion dough into 12 equal balls using cookie scoop. Shape into balls with your hands and roll each ball in remaining sugar. Place on prepared baking sheet and press down with the bottom of a glass dipped in remaining sugar.
6. Baking for 12-14 minutes. Cool 5-8 minutes on the pan before transferring to a cooling rack.

Cake Decorating

Time: 25 minutes

Cake Decorating Bin Equipment List

In a small, separate bin, please bring the following:

- 1 container buttercream or or base frosting, can be store-bought and should be enough to cover cake
- 3-5 pre-tinted frostings, in decorator bags with coupler and decorating tips of choice already assembled, can be store-bought, and in any color palette.
- 1 8-9" round, crumb-coated cake in a covered cake container, no angel food or pound cakes. The cake itself may be store-bought, but must be crumb-coated by the participant.
- Cake plate, may be included as a part of the carrier
- Toothpicks
- Scrapers
- Rose nail
- Straight edge and off-set frosting spatulas and/or cake scrapers for applying and leveling base layer of frosting

Notes and Directions

1. Cake and frosting should remain in the participant's room, cooled appropriately, until competition time.
2. Bins containing decorating supplies should be labeled on the top and both ends with the participant's name, school, and city.
3. Participants will not be scored on the cake itself, just the decorating.
4. **At competition time, participants will be asked to:**
 - a. Spread a smooth, base layer of frosting on the sides and top of their cake
 - b. Pipe a shell border around the bottom of the cake
 - c. Pipe a star border around the top of the cake
 - d. Pipe three decorative roses and leaves
 - e. Pipe the phrase, "Best Wishes" across the top of the cake in a cursive script