



FCCLA®
ARIZONA



Arizona Baking & Pastry STAR Event

Arizona FCCLA has adopted its own menu that will be used for the Baking & Pastry STAR Event, a National Leadership Conference (NLC) qualifying event. These formulas will be used for the Arizona State Leadership Conference. The rubric found in the National STAR Events Guide for the Baking & Pastry STAR Event will be used for evaluating the preparation of the provided recipes. A separate list of formulas will be provided for each of the qualifiers prior to the NLC to prepare.

Event Capacity and Eligibility

The Baking & Pastry STAR Event is an individual event. Chapters can submit up to two (2) individuals to compete in this event during the State Leadership Conference.

Members must be Level 3 or Level 4 – see the National STAR Events Guide for a full list of qualifications for this event.

National Qualifiers

The top three (3) participants scoring **80% or higher** during the State Leadership Conference will qualify for the National Leadership Conference.

Procedures and Time Requirements

This event will span 3 hours and 30 minutes. Participants will be notified of their competition heat times after registration closes. The competition is not open to spectators.

Students will sign in and receive a participant number and will be assigned a workstation. Participants for this event shall

dress in proper attire. Participants must provide and wear a clean chef jacket, chef pants, appropriate closed-toe footwear, bib style apron, and hair restraint that keeps hair off the face, neck, and shoulders. Do not wear any jewelry (rings, watches, bracelets, dangling earrings, etc.), nail polish, artificial nails, and piercings. Makeup should be minimal. There should be no odor present whether good or bad. Disposable gloves should be worn when appropriate.

All participants must bring their own equipment that will be appropriate for basic baking production. This includes a tabletop mixer. No equipment will be provided except for ovens in the host kitchen. An equipment list is included — below

Participants will produce the following items in the time allotted.

Quick Bread

Six (6) – 3" diameter Buttermilk Biscuits

Cookies

1 dozen uniform size Chocolate Chip Cookies

Choux Pastry

6 large – 3-inch, cream puffs filled with Chantilly Cream

Decorated Cake

Round 9" x 4" Cake Decorated to specifications given below

Participants will be given all necessary ingredients to produce the required elements for competition and sufficient equipment for presenting their final products. Participants must use the recipes provided.

Participants will be given the following time for this event: 30 minutes to set up their station and organize mise en place, 2 hours and 45 minutes for food production and presentation, and 15 minutes for cleanup.

Items will be judged based on taste, consistency, appearance, and technique.

Suggested Equipment List

This is a **suggested** list and not an *exclusive* list. Students should be prepared to bring any reasonable small piece of equipment they would need to produce the given menu. Items students should bring include, but are not limited to:

- Food service gloves
- Side Towels
- Hot pads / potholders
- Measuring utensils (liquid / dry / spoons)
- Digital Scale – some will be provided on-site
- Mixing bowls
- Sheet pans
- Stand mixer with bowl and needed attachments
- Pastry blender
- Small cutting board
- Knife
- Rolling pin
- Cooling racks
- Bench scraper
- Microplane / rasp / zesting tool
- 2-3 Rubber spatulas
- 2 Pastry brushes
- Parchment paper (including 1 for displaying finished product)
- 2 Small Saucepans
- Wooden Spoon
- Whisks
- Various deli prep containers
- Cake Decorating equipment listed in Decorated Cake Section

Finished products will be placed on participant provided parchment paper or large cake board.

Chocolate Chip Cookies

375 degrees

Yield: 1 dozen 3" cookies

147 g	Butter, room temp
113 g	Sugar
113 g	B. Sugar
2 g	Salt
91 g	Eggs, room temp
6 g	Vanilla
285 g	AP flour
4 g	Baking soda
357 g	Semi-Sweet Chocolate Chips

USE CREAMING METHOD

Buttermilk Biscuits

400 degrees

Yield: 9 3" biscuits

277g	Bread flour
277g	Pastry flour
6g	Salt
18g	Baking powder
4g	Baking soda
27g	Sugar
175g	Butter, cold
375g	Buttermilk

USE BISCUIT MIXING METHOD

Cream Puffs

400 degrees

Yields: 6-8

365 g	Water
155 g	Butter
232 g	Flour
365 g	Eggs

USE STANDARD PATE A CHOUX METHOD

Chantilly Cream

480 g	heavy cream
28 g	granulated sugar
5 g	vanilla extract

Decorated Cake ALL ITEMS TO BE BROUGHT BY COMPETITOR:

9" x 4" round Styrofoam cake – A suggested links to purchase → [Amazon: Cake Blank](#) ; [Walmart: Cake Blank](#)

3# - 4# Prepared white icing (can be made or purchased)

Gel or Paste Icing colors (participant's choice)

Pastry bags and couplers, any size/type

Grease-proof 10" cake board

Pastry tips of participants' choice

Cake turntable

Icing spatulas

Plastic spatulas

Rose Nail

Serrated knife

Piping/Icing Scissors

Bowls or containers for mixing colors

Using no more than 4 lbs. of scaled icing

1. 9-inch x 4-inch round Styrofoam cake

2. Cake must be smooth iced with buttercream (made or purchased)

3. The bottom border of the cake must be a shell border

4. The top border of the cake must be no larger than 2-inch rosette border

5. Three (3) buttercream roses and leaves

6. Scripting – participants will be given a message to write at the time of the competition, *in cursive* (script), on the cake (spelling counts)

7. Participants may choose their color palette. Precoloring of buttercream is acceptable with the understanding that colors should relate to the assigned scripting to be given on-site.

8. No patterns or design of any kind should be on the sides of cake – only the piped top and bottom border.