



2022 BAKING AND PASTRY STAR EVENT TENNESSEE FCCLA

TN FCCLA has adopted its own menu that will be used for the Baking and Pastry STAR Event, a National Leadership Conference (NLC) qualifying event. This menu will be used for the 2022 State Leadership Conference. The rubric found in the 2021-22 National Competitive Events Guide for the Baking and Pastry STAR Event will be used for evaluating the preparation of the provided recipes.

The Baking and Pastry STAR Event is an individual event and not a team event. Chapters will be able to submit up to three (3) individuals to compete in this event during the 2022 State Leadership Conference. As a reminder, members must be Level 3 – see the National Competitive Events Guide for a full list of qualifications for this event.

NATIONAL QUALIFIERS

The top three (3) participants at the 2022 State Leadership Conference will qualify for the National Leadership Conference.

DATES AND DEADLINES

All competitors must be registered by **February 3**.

Baking and Pastry Competition will occur on **March 16**, please plan travel accordingly.

REQUIRED BAKING AND PASTRY FORMS

Release forms due via email to Christina Isong, State Adviser, by **March 1**.

2022 BAKING AND PASTRY STAR EVENT MENU

Chocolate Chip Scones
Chouquettes
Garlic Knots

*Please note that due to oven space at Walters State Community College and requirement for Chouquettes to decrease in temperature while cooking, they should be ready for the oven at the end of the 2nd hour. More information will be send out regarding this time frame by Feb. 15.



PARENTAL CONSENT FORM
Tennessee Family, Career and Community Leaders of America
710 James Robertson Parkway
Nashville, TN 37243

All Culinary Arts STAR participants must email this completed parental consent form to the State Advisor (Christina.Isong@tn.gov) by March 1. All medical information must be complete and accurate. Failure to do so may result in disqualification.

_____ has my permission to receive medical treatment by a physician should an illness or minor accident occur while participating in the Baking and Pastry STAR event with TN FCCLA. The following information may be helpful if such a situation arises:

Family Physician: _____ Phone: _____

Physician's Address: _____

Known Allergies: _____

Special medical medications or conditions that should be noted:

Pharmacy number for special medication currently taken: _____

Contact in case of an emergency:

Name: _____ Cell Phone: _____

Comments: _____

Insurance Company: _____

ID # _____

Group #: _____

Insurance Company Phone: _____

I have read and consent to the above.

Signature of Parent (Date)

Signature of Participant (Date)



2022 BAKING AND PASTRY EQUIPMENT LIST

Required Equipment List – Per Participant

- 1 wire whisk
- 2 heat resistant (silicone) spatula
- 1 bi-metallic or instant read thermometer
- 1 set dry measuring cups
- 1 set liquid measuring cups
- 1 set measuring spoons
- 1 slotted turner or metal spatula
- 1 set metal kitchen tongs
- 2 stainless steel kitchen spoon, 8-12 inches
- 1 sturdy wooden spoon or stiff spatula
- 1 stainless steel slotted kitchen spoon, 8-12 inches or spider strainer
- 4 side towels
- 1 Piping tip, straight, 808
- 1 Piping bag
- 1 Pastry Brush
- 1 Kitchen Shears
- 1 Pastry Blender
- 1 Bench Scraper
- 1 Knife Set (contents should be standard based on school's requirement, but must include at least 1 Paring Knife, 1 boning knife, 1- 8" or 10" Chef Knife, 1 serrated knife)
- 2 Cutting Boards
- All items for cake decorating must also be brought with except the cake dummy.

General Information

- The items listed above are required for the implementation of the selected menu. All necessary large equipment will be provided. Only items on the list may be brought to the event. No electrical tools are allowed to be brought to the competition. Take care when packaging or packing equipment for travel. If breakage occurs, **the participant is responsible for any replacement.**
- Any additional equipment required will be provided at the time of the event by the host institution.
- Non-latex gloves will be available on site.



Chocolate Chip Scones

2 ½ c. (298g)	All-Purpose flour
½ tsp.	Salt
¼ c. (50g)	Sugar
2 ¼ tsp.	Baking powder
6 Tbsp. (85g)	Unsalted butter, cold, cut into pats
¾ c. (170g)	Heavy whipping cream
2	Large eggs
2 tsp.	Vanilla extract
1 ½ c. to 2 c. (225 g-350g)	Chocolate chips
1 to 1 ½ c.	Coarse sparkling sugar for topping

Yield: 8 large scones

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. Whisk dry ingredients together until thoroughly combined. Add the butter, until the mixture is unevenly crumbly.
3. Whisk together wet ingredients. Set aside 2 tablespoons and add to the dry ingredients. Add chocolate chips.
4. Mix to form a moist dough.
5. Transfer dough to a heavily floured surface. Round dough into 8" circle. Brush with reserved wet ingredient mixture and sprinkle heavily with coarse sugar.
6. Cut out a total of 8 large scones. Space evenly on prepared pan.
7. Bake for 20 minutes, until golden brown.



Chouquettes

1 c. (227g)	Water
8 Tbsp. (113g)	Unsalted butter
3/8 tsp.	Salt
1 1/4c. (150 g)	All-purpose flour
4	Large eggs
	Pearl sugar for topping

Yield: 24

1. Preheat oven to 425 ° F. Line two baking sheets with parchment paper.
2. Combine water, butter, and salt in a large saucepan. Place the saucepan over medium-high heat to melt the butter and bring the mixture to a boil.
3. Remove the pan from the heat and add the flour all at once, stirring vigorously with a sturdy spoon or stiff spatula.
4. Return the pan to medium heat briefly, stirring until the mixture smooths out and starts to steam. The batter will be very thick and shiny.
5. Remove the pan from the heat and let the thick batter cool, stirring occasionally, for 5-10 minutes. You should be able to hold a finger in it for a few seconds; or a digital thermometer should read below 125 ° F.
6. Once cool, mix the eggs into the warm mixture in the saucepan, one at a time. Wait until each egg is fully incorporated before adding the next. Mix for about 2 minutes after adding the last egg.
7. Transfer the prepared batter into a prepared piping bag. Pipe into mounds about 1 ½" in diameter, leaving 2" of space between them.
8. Sprinkle pearl sugar onto the sides and tops of pastries.
9. Bake for 15 minutes, then reduce the oven to 350 ° F. Bake 20-25 minutes longer, until they are medium golden brown. Do not open the oven while baking.
10. Remove from oven and transfer to a cooling rack to cool.



TENNESSEE
STATE ASSOCIATION

Quick Garlic Rolls

sugar	2 oz	56 g
instant yeast	4 tsp	13 g
warm water	9 oz	266 g
Egg	1	1
Oil	1/3 C	69 g
Salt	1 ½ tsp	7.5 g
All-purpose flour	15-18 oz	440-497 g
Egg, for egg wash	1	1
Garlic salt	As needed	As needed

Yield: 12 x 2 oz

1. Preheat oven to 400°F.
2. Dissolve yeast in warm water.
3. Add oil, sugar, egg and enough flour to reach clean-up stage.
4. Add salt.
5. Knead for 4-5 minutes until soft and elastic.
6. Divide in 2 oz portions – shape in rolls.
7. Cover and let rise for 30 minutes.
8. Egg wash.
9. Sprinkle garlic salt.
10. Bake 10-12 minutes.



Decorated Cake

**All items to be brought by the contestant.

**An 8" x 4"H round cake dummy will be provided

3# Prepared white icing

Gel or Paste Icing colors (participant's choice)

Pastry bags and couplers, any size/type

Grease-proof cake board

Pastry tips of participants' choice

Cake turntable

Icing spatulas

Plastic spatulas

Rose Nail

Serrated knife

Scissors

Bowls or containers for mixing colors

Using no more than 3 lbs. of scaled icing

1. (1) 8-inch round cake, cut into 2 layers with white icing as filling
2. Cake must be smooth iced with buttercream
3. The bottom border of the cake must be a shell border
4. The top border of the cake must be a rosette border
5. Three (3) buttercream roses and their leaves
6. Scripting – participants will be given a message to write, 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 theme.
8. Do not comb sides or pattern sides of cake, besides piped border.