

Baking and Pastry, an individual event, recognizes participants enrolled in a Family and Consumer Sciences food class in a **comprehensive high school**. Individual participants will be evaluated on their ability to produce a quality, tasteful and attractive pastry using standard recipes, contemporary kitchen equipment, and established food preparation techniques. Participants must develop a plan, prepare recipes, and plate their final items for evaluation in the time allotted. Participants will be required to fill out a final personal evaluation sheet.

Event Category: **Senior:** grades 10 - 12

Eligibility

Districts may enter two participants.

1. Participation is open only to individuals in comprehensive high school chapters.
2. Participants must be, or have been, enrolled in a Family and Consumer Sciences class.
3. Participants must attend a Baking and Pastry orientation session prior to the competition.

Procedures and Time Requirements

1. Participants will report to the designated room at the required time with equipment and wearing appropriate, clean attire. (Whites NOT required.)
2. Participants will receive the mandated recipe (Fruit Tart) and be prepared to make a second recipe given to them at the event, from the list of “suggested recipes”.
3. The mandated recipe and list of equipment they should bring with them can be found on line at www.nysfccla.org.
4. Participants will have approximately 20 minutes to establish a work plan and organize their work area.
5. Participants will have approximately 90 minutes to prepare the two recipes.
6. Participants will be given approximately 30 minutes for clean up and additional baking time if needed.
7. Participants will be given approximately 10 minutes to prepare and plate the product for evaluation.
8. Participants will fill out a self-evaluation sheet after submitting product for judging.
9. Evaluators will use the rubric to score and write comments for the participant(s). Following this they will meet with participants’ to discuss strengths and suggestions for improvement.
10. The total time for this event is 2 hours and 30 minutes.

General Information

1. All ingredients will be provided.
2. All major equipment needed for recipes will be available.
3. The required recipe and a list of equipment to bring with you are located below. The only other items students may bring, if they wish, are for plating or garnishes.
4. No spectators will be allowed at this event.

Suggested Event Recipes for second item:

Rustic Fruit Tart

filled muffins

French dipped butter cookies

Oatmeal cookies with vanilla glaze

Baking and Pastry

Specifications

Appearance

Participants will be well groomed and wear appropriate clean attire and apron. Hair will be tied back and jewelry will be kept to a minimum.

Planning

After receiving a copy of both recipes, each participant will have 20 minutes to prepare a sequential work plan and organize his/her work area. The plan may be adapted as necessary for completing tasks efficiently.

Food Preparation

Participants will have 90 minutes to prepare two recipes, the Chocolate top Cream Puff and one assigned from the suggested list.

Both products must be plated for judging.

Participants are required to bring all items on equipment list and anything he/she may choose to enhance or garnish their finished product.

Participants will be evaluated on the following: Equipment used, techniques, following directions, prepare work plan, follow recipe in proper sequence, sanitation, safety, organization, and clean as you go work area. Kitchen must be left spotless at the end of the event.

Food Presentation

Each participant will prepare two recipes. Each of the two products will be plated twice, once for appearance, the other for tasting. All preparation work must be completed within 90 minutes. Items may bake during the thirty minute clean up. Plating, decorating and final presentation preparation will be given 10 minutes after the cleanup and bake period.

Product Appearance, Taste, and Garnish will be evaluated as per rubric.

Evaluation

While evaluators are finishing, each participant will have ten minutes to complete a self-evaluation sheet. The sheet will critique strengths and areas for improvement of both the final product and procedures used during the event.

Mandatory Recipe

Cream puffs with a chocolate topping

1/2018

Chocolate Topped Cream Puffs

Filling:

- 2 (3.5 ounce) packages instant vanilla pudding mix
- 2 Cups minus 1 Tbsp. light cream (2C. reserving 1 Tbsp. for chocolate topping)
- 1 cup milk

Yield: 1 Doz.

Cream puff:

- 1 cup water
- 1/2 cup butter

- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 4 eggs



Topping:

- 1 Tbsp. Butter
- 3 Tbsp. Mini Chocolate chips
- 1 Tbsp. Light cream (Reserved from the 2 C.)

Directions:

1. Filling: Mix together vanilla instant pudding mix, cream (save 1 Tbsp. for chocolate topping) and milk. Cover and refrigerate to set.
2. Puff: Preheat oven to 425 degrees F.
3. In a medium sauce pan, over medium heat, bring water and butter to a rolling boil. Add flour and salt (all at once) and stir with a wooden spoon until the mixture forms a ball. Remove from heat. Beat in eggs one at a time, mixing well after each. Drop by heaping tablespoon onto parchment paper lined baking sheet.
4. Bake for 20 to 25 minutes, until golden brown. Centers should be dry.
5. Set on cooling rack
6. When shells are cool, split them and fill with chilled pudding mixture.
7. Topping: Place 1 Tbsp. butter in a small microwavable dish, top with chocolate chips and microwave on high for 10 seconds, stir, (repeat if necessary) and stir until texture is even, add heavy cream and stir. Microwave on high for another 10 seconds, remove and stir until smooth. Drizzle over cream puff and serve immediately.

Equipment needed for the NYS STAR Event: Baking and Pastry: 2018

Set of mixing bowls	2 Custard/Sauce dish
Set of dry measuring cups	Wire whip (whisk)
Set of measuring spoons	Cooling rack
1 C. Liquid measure	1 baking sheet
Wooden spoons	Rubber spatulas
Narrow metal spatula	2-3 teaspoons (not measuring)
Muffin pan	Muffin pan liners
1 (2 – 3 qt.) sauce pan	Potholders
Dish clothes	Dish towels
Parchment paper	Hot pads
Storage containers for left overs	4 serving plates & flatware



Baking & Pastry Rubric



Baking & Pastry

Name of Participant _____

SAFETY AND APPEARANCE				Points
Clothing and Appearance 0-5 points	0 1 2	inappropriate appearance, attire and/or grooming	3 4	Neat appearance, attire & grooming but lacks polish
			5	Proper clean attire and appearance & grooming
Safety 0-10 points	0 1 2 3 4	Disregard of safety creating unsafe situation during preparation	5 6 7 8	Shows minimal safety concerns
			9 10	Follows all safety practices
Sanitation 0-15 points	0 1 2 3 4 5 6 7 8	Un-sanitary situation creates unsafe product	9 10 11 12 13	Shows minimal sanitation concerns during preparation
			14 15	Follows all sanitation practices
FOOD PRODUCTION				Points
Equipment, tools, and techniques 0-15 points	0 1 2 3 4 5 6 7 8	Selection and usage of tools/equipment lacks understanding and demonstration of skills	9 10 11 12 13	Selection and usage of tools/equipment occasionally lacks safe and appropriate industry techniques
			14 15	Selects and uses all tools/equipment correctly and safely
Time Management Plan 0-5 points	0 1 2	Disregard of written time management plan	3 4	Partial implementation of written time management plan
			5	Effectively follows written time management plan
Follow recipe directions 0-10 points	0 1 2 3 4	Did not follow recipe or proper sequence	5 6 7 8	Partially followed recipe and proper sequence
			9 10	Followed recipe and proper sequence
Work Habits 0-10 points	0 1 2 3 4	Work station lacks organization	5 6 7 8	Work station has minimal organization
			9 10	Work station is efficiently organized
FOOD PRESENTATION				Points
Product Appearance 0-10 points	0 1 2 3 4	Presentation needs improvement	5 6 7 8	Presentation is acceptable but lacks professional qualities
			9 10	Presentation is attractively displayed and shows creativity
Product taste 0-10 points	0 1 2 3 4	Questionable taste; needs for improvement	5 6 7 8	Adequate, but not outstanding taste. Not all items served at proper
			9 10	Pleasing, appropriate taste food/recipe
Garnish 0-5 points	0 1 2	Inappropriate selection of garnish or no garnish or too much	3 4	Adequate but not outstanding. Lacks creativity
			5	Appropriate for food items. Exhibits creativity
EVALUATION				Points
Evaluation Sheet 0-5 points	0 1	Minimal to no evaluation of performance given	3 4	Adequate but not outstanding evaluation of performance
			5	Thorough and complete feedback and evaluation of performance

Evaluator's comments:

Total
(100 points possible)