

BAKING AND PASTRY

Baking and Pastry, an individual state competitive event, recognizes participants who demonstrate their baking and pastry skills through the preparation of a pastry shell, quick bread, and shaped yeast bread.

Host of the 2017 Competition



CAREER CLUSTER/ PATHWAY

- ◆ Restaurant and Food & Beverage Services

EVENT CATEGORIES

Occupational: grades 10 – 12

EVENT PROCEDURE & TIME REQUIREMENTS

1. Participants will attend a required Orientation Meeting at a time and place designated prior to the event.
2. Participants will have 2 hours to complete the following:
 - A. Utilize up to 30 minutes to adjust the recipes and create plan for preparation of items
 - B. Prepare 2 items - 1 from each category:
 - ◆ Quick Bread
 - Banana bread/muffins
 - Blueberry bread/muffins
 - Coffee cake
 - Zucchini bread/muffins
 - ◆ Choux Paste
 - Cream puff shell
 - Éclair shell
 - C. Demonstrate shaping and baking of 2 of following yeast bread:
 - ◆ Braids
 - ◆ Loaf
 - ◆ Crescent or cinnamon rolls
 - ◆ Knots or round rolls
 - D. Answer verbally knowledge questions about baking and pastry skills
3. Participants will be required to use a bakers scale during competition.
4. Participants may bring 2 pencils, note pad, calculator, and 1 bench scraper.
5. Participants will have 30 minutes to clean workstation and kitchen.

GENERAL INFORMATION

| Individual or Team Event | Prepare Ahead of Time | Production Time | Cleaning Time | Equipment Provide | Total Time |
|--------------------------|-----------------------|-----------------|---------------|-----------------------|------------------------|
| Individual | Equipment | 2 hours | 30 minutes | Large equipment, food | 2 hours and 30 minutes |

PRESENTATION ELEMENTS ALLOWED

| Audio | Costumes/Uniforms | Easel(s) | File Folder | Flip Chart(s) | Portfolio | Equipment | Skits | Visual Equipment | Visuals |
|-------|-------------------|----------|-------------|---------------|-----------|-----------|-------|------------------|---------|
| | X | | | | | | | | |

PERSONAL APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

| | |
|-------------------------|--|
| Uniform | Clean and appropriate, uniform including professional chef attire (chef coat/jacket; industry pants or commercial uniform pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). |
| Personal Hygiene | Facial jewelry is concealed with bandages. No additional jewelry, except a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish. Hand washing is done frequently. |

PERFORMANCE SKILLS

Participants will have 2 hours after receiving recipes to prepare food products. Participants should be proficient in the preparation of all require food products. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standard for appearance and taste.

| | |
|--------------------------|---|
| Work Organization | Works effectively and workstation is organized to complete tasks within time allowed. |
| Baking Principles | Follows recipe directions in proper sequence to demonstrate correct baking principles. |
| Adjusted Recipes | Correctly adjusts recipe to prepare half of original recipe. |
| Sanitation | Workstation is clean, neat, and sanitized to industry standards. |
| Equipment Use | Correctly uses proper equipment, tools, and techniques in the preparation of food products. |

QUICK BREAD

| | |
|---------------------|--|
| Appearance | Quick bread is uniform in shape and size. |
| Golden Brown | Quick bread is golden brown in color. |
| Tunnels | Quick bread is not over mixed and free of tunneling. |

CHOUX PASTE

| | |
|-------------------|--|
| Appearance | Choux Paste is uniform in shape and size with consistent browning. |
| Flavor | Choux Paste has rich flavor and baked throughout. |
| Texture | Choux Paste is tender and does not crumble. |

YEAST SHAPING

| | |
|--------------------|---|
| Appearance | Yeast bread has structure and appears smooth. |
| Consistency | Yeast bread uniform in shape and size. |

ORAL PRESENTATION

Participants will be asked questions by evaluators during the food production time and will be required to answer these questions verbally.

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| Response to Questions | Provide clear and concise answer to evaluator's questions regard baking and pastry skills. |
|------------------------------|--|

COFFEE CAKE**YIELD:** 1/2 sheet pan or 24 muffins

| Amounts | Ingredients |
|----------------|--------------------------|
| 1 lb 4 oz | Flour, <i>pastry</i> |
| 10 oz | Sugar, <i>granulated</i> |
| 1 1/4 oz | Baking Powder |
| 1/4 oz | Salt |
| 4 oz | Eggs, <i>beaten</i> |
| 1 lb 4 oz | Milk |
| 10 oz | Butter, <i>melted</i> |

Method of Preparation:

1. Gather all necessary equipment and ingredients.
2. Sift together the dry ingredients.
3. Combine all liquid ingredients, including melted butter.
4. Add the liquids to the dry ingredients and mix just until all the flour is moistened. The batter will look lumpy. Do not over mix.
5. Pour into a greased and/ or parchment lined sheet pan and spread until smooth.
6. Top with Streusel Nut Topping.
7. Bake at 360° for about 30 minutes.

STREUSEL NUT TOPPING

| Amounts | Ingredients |
|----------------|--------------------------|
| 2 oz | Butter |
| 3 oz | Sugar, <i>granulated</i> |
| 1/4 tsp. | Cinnamon, <i>ground</i> |
| 3 oz | Flour, <i>pastry</i> |
| 1 oz | Pecans, <i>chopped</i> |

Method of Preparation:

1. Gather all necessary equipment and ingredients.
2. Combine sugar, cinnamon, flour, and pecan.
3. Cut butter into dry ingredients until cornmeal consistency.

ZUCCHINI BREAD**YIELD:** 2 loaves or 24 muffins

| Amounts | Ingredients |
|----------------|--------------------------|
| 1 lb | Zucchini, <i>grated</i> |
| 5 oz | Oil |
| 5 oz | Eggs |
| 14 oz | Sugar, <i>granulated</i> |
| 1 tsp | Baking Soda |
| 1 tsp | Baking Powder |
| ¼ tsp | Cloves, <i>ground</i> |
| ½ tsp | Cinnamon, <i>ground</i> |
| 1 tsp | Salt |
| 10 oz | Flour, <i>bread</i> |
| 2 oz | Flour, <i>pastry</i> |
| 3 oz | Pecans, <i>chopped</i> |

Method of Preparation:

1. Gather all necessary equipment and ingredients.
2. Sift all dry ingredients together.
3. Combine all liquid ingredients, including zucchini and mix just until combined.
4. Fold in nuts.
5. Pour into a greased and/ or parchment lined sheet pan and spread until smooth.
6. Bake at 350° for 10-20 minutes for muffins; about 1 hour for loaves.

BANANA BREAD**YIELD:** 2 loaves or 24 muffins

| Amounts | Ingredients |
|----------------|--------------------------|
| 5 each | Ripe Bananas |
| 4 each | Eggs |
| 1 cup | Shortening |
| 2 ½ cups | Sugar, <i>granulated</i> |
| 1 Tbsp | Vanilla Extract |
| 2 ½ cups | Flour, <i>bread</i> |
| 1 cup | Flour, <i>cake</i> |
| 2 Tsp | Baking Soda |
| 1 Tsp | Salt |

Method of Preparation:

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, mash banana. Stir in eggs until blended well then set aside.
3. Cream shortening and sugar together until light and fluffy. Stir in vanilla and banana mixture.
4. Sift dry ingredients together.
5. Add the liquids to the dry ingredients and mix just until all the flour is moistened. The batter will look lumpy. Do not over mix.
6. Pour into greased 9" x 5" loaf pans.
7. Bake at 350° for 10-20 minutes for muffins; about 1 hour for loaves.

BLUEBERRY MUFFINS**YIELD:** 18 muffins

| Amounts | Ingredients |
|-----------------|--------------------------|
| 1 lbs. 1 1/2 oz | Flour, <i>pastry</i> |
| 10 1/2 oz | Sugar, <i>granulated</i> |
| 1 oz | Baking Powder |
| 1/2 oz | Salt |
| 10 oz | Milk |
| 1/2 cup | Oil |
| 2 each | Eggs |
| 3/4 tsp. | Almond Extract |
| 3/4 tsp. | Vanilla Extract |
| 6 oz | Blueberries |

Method of Preparation:

1. Gather all necessary equipment and ingredients.
2. Sift together all dry ingredients in a bowl.
3. Stir all liquids together and add to the dry ingredients.
4. Mix dry and liquid just until combined and there are no dry pockets.
5. Gently fold in blueberries
6. Scoop out into paper lined muffin pans and sprinkle with sugar.
7. Bake at 350° F until done, approximately 20 minutes.

CHOUX PASTE DOUGH

| Amounts | Ingredients |
|----------------|----------------------|
| 1 lb | Water or Milk |
| 1/2 lb | Shortening or Butter |
| 1/4 oz | Salt |
| 12 oz | Flour, <i>bread</i> |
| 1 lb 4 oz | Eggs |

Method of Preparation:

1. Gather all necessary equipment and ingredients.
2. Combine first three ingredients in saucepan.
3. Bring to rolling boil.
4. Add flour to saucepan and blend.
5. Cook until mixture is smooth and rolls free from side of pan.
6. Remove from heat and allow to slightly cool.
7. Add eggs slowly until a medium stiff paste is obtained. Blend well after each addition of eggs.
8. Using 24-portion scoop, place on parchment-lined baking sheet.
9. Bake at 400° for 25-30 minutes.

BAKING AND PASTRY RUBRIC

Name of Participant _____
 Chapter _____ State _____ Team # _____ Group # _____ Category _____

| Personal Appearance | | | | | Points |
|--------------------------|--|--|---|--|--------|
| Uniform | 0 Proper uniform not worn by participant | 1 Dirty uniform and/or missing 3—4 items of professional dining room and kitchen safe shoes/ visible jewelry or facial jewelry not concealed | 2-3 Clean uniform but missing 1—2 items of professional dining room attire and kitchen safe shoes/ some visible jewelry or facial jewelry not concealed | 4-5 Clean and proper uniform: professional dining room attire and kitchen safe shoes/ no visible jewelry or facial jewelry concealed | |
| | 0 Personal hygiene is at unacceptable level | 1 Personal hygiene is at acceptable level/ hair is not properly restrained | 2-3 Personal hygiene is at good level/ hair is properly restrained | 4-5 Personal hygiene is highly regarded/ hair is properly restrained | |
| Performance Skills | | | | | Points |
| Work Organization | 0 There are incomplete products | 1-2-3 Some food products completed/ food products were left unattended/ the workstation is unorganized | 4-5-6-7 Tasks not completed in an organized manner/ food items prepared in order, but station may be slightly disorganized/ too much time spent on one task | 8-9-10 Tasks are done in an efficient order/ workstation is kept clear and equipment is stored as it is used | |
| | 0 Baking principles done incorrectly | 1-2-3 At least 1 baking principle is done correctly | 4-5-6-7 Most baking principles done correctly | 8-9-10 Creaming, mixing, baking, shaping, proofing- all done with efficiency | |
| Adjusted Recipes | 0 None of the recipes were adjusted correctly | 1-2-3 Only 1 of the recipes adjusted correctly | 4-5-6-7 2 of the recipes adjusted correctly | 8-9-10 All recipes adjusted correctly | |
| Sanitation | 0 Lack of sanitation knowledge and food handling procedures/ no hand washing | 1-2-3 Lack of sanitation knowledge and food handling procedures/ no hand washing | 4-5-6-7 Equipment may be cleaned but not properly sanitized/ hand washing is not frequent | 8-9-10 Equipment is cleaned, sanitized and properly stored/ equipment is sanitized frequently throughout the tasks/ frequent hand washing and use of gloves when appropriate | |
| | 0 All tools used incorrectly | 1 2 or more tools used incorrectly | 2-3 1 or more tools used incorrectly | 4-5 Participant uses all equipment appropriately | |
| Equipment Use | 0 All tools used incorrectly | 1 2 or more tools used incorrectly | 2-3 1 or more tools used incorrectly | 4-5 Participant uses all equipment appropriately | |

