

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.

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.

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

Quick Bread					Points
Appearance	0	1	2-3	4-5	
	No product prepared	Unappetizing appearance, inconsistent	Inconsistent shapes or size of some product, uneven types	Uniform shape, consistent size, round even tops	
Golden Brown	0	1	2-3	4-5	
	No product prepared	Pale, colorless, undercooked	Inconsistent or light color	Consistent golden brown color	
Tunnels	0	1	2-3	4-5	
	No product prepared	Over-mixed, many tunnels	Some tunnels present	No tunnels present	
Choux Paste					Points
Appearance	0	1	2-3	4-5	
	No product prepared	No browning, sunken shape	Inconsistent size and color, uneven tops	Consistent size, uniform browning, round even tops, blistered surface	
Flavor	0	1	2-3	4-5	
	No product prepared	Unfinished, inedible	Uneven mixing, unpleasant/uneven flavor, slightly undercooked	Rich, thoroughly baked, well blended	
Texture	0	1	2-3	4-5	
	No product prepared	Mushy or tough, falls apart	Chewy, crumbly, unpleasant texture	Tender, does not crumble	
Yeast Shaping					Points
Appearance	0	1	2-3	4-5	
	No product prepared	Un-shaped or no structure present	Uneven texture but structure present	Smooth, structure, no visible bubbles	
Consistency	0	1	2-3	4-5	
	No product prepared	The shape and size are very inconsistent	There are some inconsistencies in shape and size	Shape and size are uniform and consistent	
Verbal Score					Points
Response to Evaluator Questions	0	1	2-3	4-5	
	Participant was not able to answer questions	More than 2 incomplete or incorrect questions	Incomplete answer on 1—2 questions/ one answer could have been incorrect	All questions are answered fully and correctly	

Disqualification ___ Did not appear for final clean up

Total Score (Maximum 100): _____

Penalties (5 points each) ___ Did not attend orientation

Minus Penalty: _____

___ Did not bring necessary equipment

Final Score:

Additional Comments:

Evaluator # _____

Evaluator Initial _____

Consultant Initial _____

Circle rating achieved: Gold 90-100 points Silver 70-89.99 points Bronze 1-69.99 points