



**Modified 2021-2022 FCCLA Baking Competition**  
Hawaii Chapters:

**Competition Menu**

Display 2 of each baked goods

**Quick Bread**

Banana Crumble Muffin

**Choux Pastry**

Orange Cream Puffs

**Yeast Bread**

**Cake Decorating**

More information TBA

*\*Participants decide on plating*

## Banana Crumble Muffin

Yield: 6 Muffins

### Ingredients:

#### *Batter*

1 ½ cups	all-purpose flour
1 tsp.	baking soda
1 tsp.	baking powder
½ tsp.	salt
3	bananas, mashed
¾ cup	white sugar
1	egg
⅓ cup	butter, melted

#### *Crumble*

⅓ cup	brown sugar, packed
2 Tbsp.	all-purpose flour
⅛ tsp.	ground cinnamon
1 Tbsp.	butter

### Method:

1. In a bowl mix together dry ingredients for batter.
2. Mix together all wet ingredients.
3. Add wet ingredients to dry and mix until fully incorporated.
4. Portion batter in cupcake liners.
5. In a small bowl, mix together brown sugar, flour and cinnamon.
6. Cut in butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
7. Bake in preheated 350 degree Fahrenheit oven for 18 to 20 minutes

**Orange Cream Puffs**  
**Pate A Choux**  
Yield: 10 – 56 g. Shells

Ingredients:

186 grams	Water
93 grams	Butter
2 grams	Salt
125 grams	Bread Flour
208 grams	Eggs

Method:

1. Combine liquid, butter and salt in a saucepan. Bring mixture to a full, rolling boil.
2. Add the flour all at once. Stir Quickly
3. Over moderate heat, stir vigorously until the dough forms a ball and puffs away from the sides of the pan.
4. Incorporate eggs into mixture vigorously whisking to avoid scrambling the eggs, the paste should be smooth and moist but firm enough to hold its shape.
5. Pipe shells in the shape of an eclair onto a sheet pan lined with parchment paper.
6. Bake at 425°F for 10 minutes. Lower the heat to 375°F and continue baking until mounds are golden brown and crisp.

**Orange Cream**  
Yield: 3 Cups

Ingredients:

3 Cups	Heavy Cream
3 Tbsp.	Sugar
2 Tbsp.	Orange Zest
2 tsp.	Vanilla Extract

Method:

1. Combine Heavy Cream and Vanilla in a stand mixer.
2. Whip heavy cream to medium peaks.
3. Fold in Orange Zest and set aside.

## Baguette

Yields: 4 Breads (135 grams)

### Ingredients:

292 g. Water  
15 g. Yeast  
500 g. Bread Flour  
10 g. Salt

### Method: Straight Dough Mixing Method

1. Dissolve yeast in water before adding flour and salt
2. 3 minutes at 2<sup>nd</sup> speed; rest 2 minutes; 3 minutes at 2<sup>nd</sup> speed

### Fermentation:

1. ½ hour at 80 degrees.
2. Punch Down
3. 1 hour at 80 degrees.
4. Shape and bake at 450 degrees until golden brown.

### **Cake Decorating Guidelines**

Each participant will be provided the following:

- 2 6" Round cake
- 1# of white Buttercream icing
- Turntable
- Round Cake Board
- (\_\_\_\_\_) size Tips

Each Participant will be tasked to complete the following task

1. Fill and frost using the given 6" round cakes
2. Cake must have smooth plain sides with no texture.
3. Must have a simple pearl bordering using the given piping tip.
4. Cake must have the phrase "\_\_\_\_\_" piped on the surface of the cake.