

Nevada FCCLA Baking and Pastry Recipes 2024

Cream Puffs with Chantilly Cream

Yield: 6 to 8 – 3” Cream Puffs (6 will be evaluated)

Pate a Choux

400 degrees

INGREDIENTS

1/4 cup water

1/4 cup butter

1/4 tsp salt

1/2 tsp sugar

1/2 cup flour

2 eggs

METHOD

1. Line baking sheet with parchment paper.
2. In a medium saucepan, combine the water, butter, sugar, and salt and bring to a boil. Reduce the heat to moderate. Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan for 2 minutes. Remove the pan from the heat.
3. In a bowl, beat eggs and add to the dough in 2-3 batches, stirring vigorously between additions until the eggs are completely incorporated and the pastry is smooth.
4. Transfer the dough to a piping bag fitted with a 1/2-inch plain tip. Pipe mounds onto the baking sheet, leaving space between them. Bake for 25-30 minutes or until browned and puffed.

Chantilly Crème

INGREDIENTS

1 cup heavy cream

2 tbsp granulated sugar

1/2 tsp vanilla

METHOD

1. Whip ingredients together to form desired consistency of whipped cream.
2. Cut off the top half of the cream puff; fill the bottom half with the cream, replace the top.

Decorated Cake

(1) 9" Styrofoam cake round (included in registration cost)
3# Prepared white icing (may be pre-ordered during registration)

Specific Equipment for Cake Decorating:

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

Assorted spatulas, as needed

Rose nail

Scissors

Bowls or containers for mixing colors

Cake Decorating Parameters

1. 9-inch cake round – no splitting; rubric points will be automatically added.
2. Cake side must be smooth iced with buttercream – no combed or patterned sides.
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 leaves.
6. Scripting – participants will be given a message to write at the time of the competition, in cursive (script), on the cake (spelling counts).
7. Participants may choose their color palette with the understanding that colors should coordinate with the on-site announced scripting requirement.

Equipment List for Baking and Pastry

Available for Use	Not Provided
Stand mixer with bowl and attachments (whisk and paddle)	Bowls or containers for mixing colors
Half-size sheet pan	Gel or paste icing colors (participants choice)
Large (full size) sheet pan	Standard knife kit to include but not limited to French, paring, utility/boning
	Hot pad(s) / pot holder(s)
	Measuring devices (liquid/dry/spoons)
	Mixing bowls
	Standard knife kit to include but not limited to French, paring, utility/boning
	Timer
	Wooden Spoon
	Portion scoop / disher
	Side towels
	Parchment paper
	Assorted deli / prep containers
	Assorted spatulas
	Food service glove(s)

General Information

- The items listed above are required for 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.