



2020 Recipes

BAKING AND PASTRY STAR EVENT



NORTH CAROLINA
STATE ASSOCIATION



NORTH CAROLINA
STATE ASSOCIATION

BAKING & PASTRY ITEMS

SWEET POTATO SCONES

SHORTBREAD COOKIES

CHALLAH BREAD ROLLS

CREAM PUFFS

MENU SPONSORED BY

EQUIPMENT LIST

Each PARTICIPANT May Bring:

- 1 Paring Knife
- 1 Chef Knife
- 1 Serrated-edge Knife
- 1 Cutting Board
- 1 Set Measuring Spoon
- 1 Set Dry Measuring Cup
- 1 Liquid Measuring Cup
- 1 Thermometer
- 1 Whisk
- 1 Vegetable Peeler
- 3 Towels
- 1 Hot Pad
- 1 Piping Bag with Tips

***ALL EQUIPMENT* needs to be carried with the participants while at the State Conference**

Please mark all your equipment (i.e. colorful tape around handle)

North Carolina FCCLA and the host facilities are not responsible for any lost or stolen items

SWEET POTATO SCONES

YIELD: 8 SCONES

INGREDIENTS

2 1/2 cup	All-purpose flour
1/3 cup	Light brown sugar
1/2 tsp	Ground cinnamon
1 tsp	Baking powder
1/2 tsp	Baking soda
1/4 tsp	Salt
1/2 cup	Unsalted butter
1/2 cup	Buttermilk
1 ea.	Sweet potato, <i>peeled</i>
1 1/2 tsp	Vanilla extract
1 Tbsp	Heavy cream

PROCEDURE

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper or a silicone mat.
2. Boil sweet potato until fork tender and then mash. Set aside to cool.
3. Combine the flour, sugar, cinnamon, baking powder, baking soda, and salt.
4. Cut in the butter into the flour mixture until it resembles pea-sized crumbs.
5. Whisk together the buttermilk, sweet potato, and vanilla in small bowl. Combine with the flour mixture just until the dough comes together.
6. Turn the dough out onto a lightly floured work surface and knead it gently about 5 times.
7. Shape the dough into a 7-inch round disk. Cut the dough into 8 equal sized wedges. Place the scones on the prepared baking sheet. Brush the tops with cream.
8. Bake for 15 to 20 minutes or until golden brown. Transfer the scones to a wire rack to cool slightly and top with glaze.

SCONE GLAZE

YIELD: APPROX. 1/2 CUP

INGREDIENTS

1 Tbsp	Unsalted butter
1/4 cup	Light brown sugar
3 Tbsp	Heavy cream
1/4 cup	Powdered sugar

PROCEDURE

1. Combine the butter brown sugar and cream in small saucepan.
2. Cook over medium-low heat, stirring often, until the sugar melts and the mixture becomes smooth.
3. Pour the mixture over the powdered sugar in a medium mixing bowl and whisk until smooth.
4. Allow to cool before topping the scones

CHALLAH BREAD ROLLS

YIELD: 12 ROLLS

INGREDIENTS

2 1/4 tsp	Active dry yeast
1/2 cup	Warm water
1/3 cup	Honey
1/4 cup	Unsalted butter
3 ea.	Large eggs
3—3 1/2 cups	Break flour
3/4 tsp	Salt
1 tsp	Water
TT	Poppy seeds

PROCEDURE

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone mat.
2. Combine warm water and yeast and let sit for 5 minutes till foamy.
3. Combine the yeast mixture, honey, butter, and 2 eggs. Add 2 1/2 cups of the flour and the salt.
4. Mix until it comes together to make a wet dough. Continue adding remaining flour 1/4 cup at a time until dough no longer sticks to your fingers when touched. Dough should be able to be handled, but still very soft. It will not clear the bowl.
5. Continue kneading until smooth and elastic or about 5 more minutes.
6. Proof for 1 hour. Gently punch down dough and gather back into a ball. Divide into 12 equal pieces.
7. Working with one piece at a time, roll out into a 6-inch long rope and tie into a knot. Place on a baking sheet.
8. Proof again for 30 minutes.
9. Whisk together 1 egg and 1 teaspoon of water to create egg wash.
10. Brush rolls with egg wash and sprinkle with poppy seeds. Bake until golden brown for 15-17 minutes.

SHORTBREAD COOKIES

YIELD: 24 COOKIES

INGREDIENTS

1 cup	Unsalted butter
1 cup	<i>Powdered sugar</i>
1 tsp	Vanilla extract
2 cups	All-purpose flour
1/4 tsp	Salt
1 Tbsp	Milk
6 oz	Semi-sweet chocolate

PROCEDURE

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone mat.
2. Cream together the butter and sugar. Add vanilla.
3. Combine flour and salt. Add to butter mixture.
4. Knead dough until smooth or about 6-10 times.
5. Roll out dough into square and cut 24 rectangles out.
6. Place on baking sheet and bake for 10—15 minutes. Let cool.
7. Melt chocolate. Dip a corner of each cookie into the chocolate. Let dry.

CREAM PUFFS

YIELD: 12 ROLLS

INGREDIENTS

365 grams Milk or water
155 grams Unsalted butter
2 grams Salt
4 grams Granulated sugar
232 grams All-purpose flour
365 grams Eggs

PROCEDURE

1. Preheat the oven to 400°F.
2. Combine milk, butter, sugar and salt in a pan over medium heat; bring to a boil, stirring occasionally.
3. At a full boil, remove the pan from the heat; add the flour all at once. Stir vigorously removing any lumps of flour to a smooth consistency.
4. Return to the heat and cook, stirring constantly, until the paste forms a ball and a skin forms on the bottom of the pot.
5. Transfer the paste to the bowl of an electric mixer; beat on lowest speed with the paddle to cool the paste slightly, about 20 seconds. Add eggs gradually making sure to scrape down the bowl often.
6. Drop or pipe paste into 12 equal sized circles.
7. Bake at 400°F. for 10 minutes. Reduce heat to 350°F and bake until golden brown. Let cool.
8. Pipe pastry cream into cream puffs.
9. Dip filled cream puff into chocolate glaze.

PASTRY CREAM

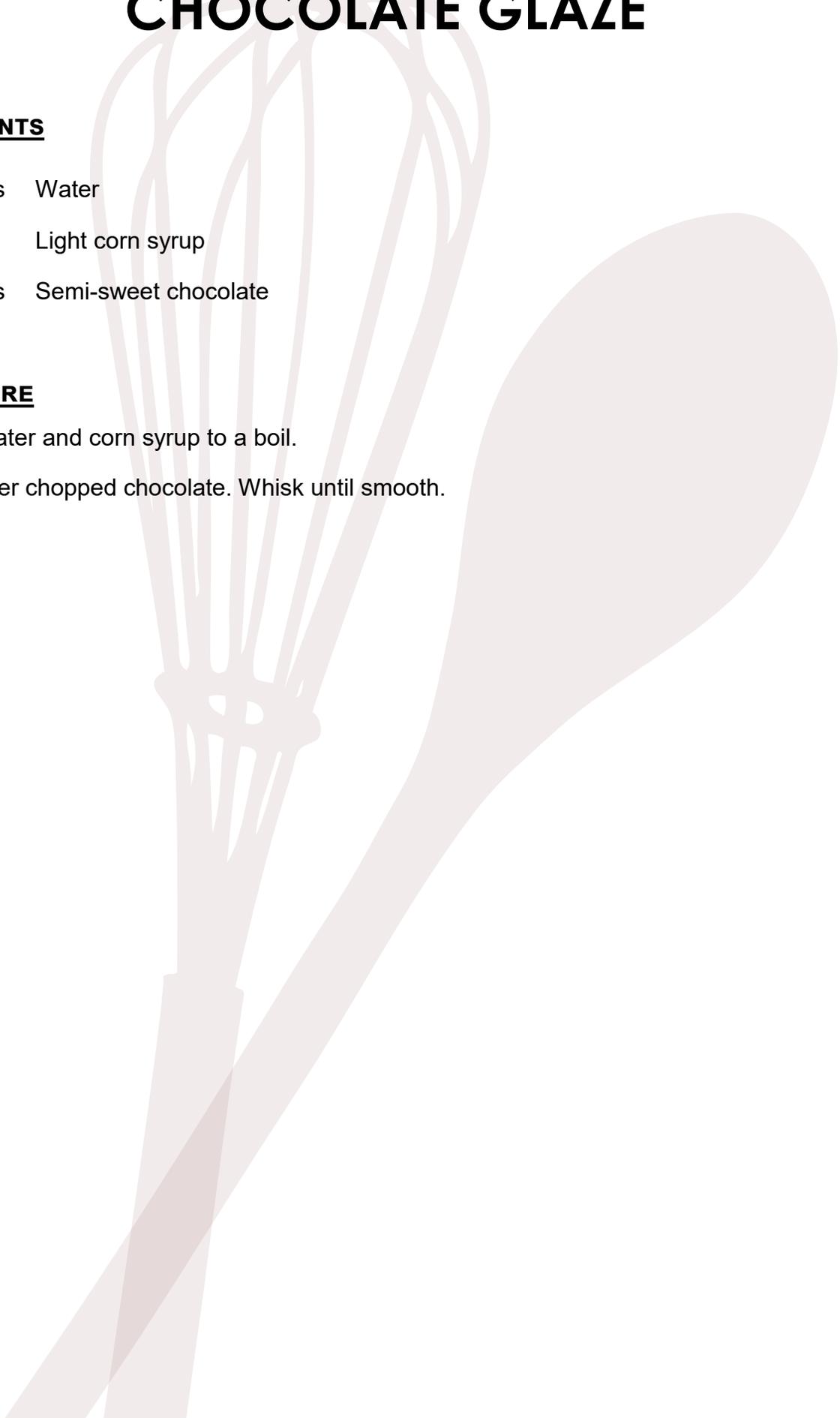
INGREDIENTS

50 grams	Cornstarch
530 grams	Milk
125 grams	Sugar
55 grams	Eggs
75 grams	Egg yolks
60 gram	Salted butter
6 gram	Vanilla extract

PROCEDURE

1. Dissolve cornstarch in some of the milk. Add approximately $\frac{1}{2}$ of the sugar, all of the eggs and yolks, and whisk to combine.
2. Combine the remaining milk with the other half of the sugar in saucepan; bring to a boil.
3. Temper the corn starch mixture with some of the boiling milk.
4. Return the remaining milk mixture to a boil. Whisk the corn starch mixture into the boiling milk, whisking until the pastry cream thickens and returns to a boil.
5. Boil the pastry cream and continue whisking for 1 minute or as instructed. Remove from heat and whisk in the butter and vanilla. Transfer to a bowl and cool over ice. Or spread thinly on a plastic lined sheet pan. Press plastic wrap directly on the surface. Chill immediately.

CHOCOLATE GLAZE



INGREDIENTS

112 grams Water

85 grams Light corn syrup

285 grams Semi-sweet chocolate

PROCEDURE

1. Bring water and corn syrup to a boil.
2. Pour over chopped chocolate. Whisk until smooth.