

# 2021 Recipes

BAKING AND PASTRY EVENT



**NORTH CAROLINA**  
STATE ASSOCIATION



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# BAKING & PASTRY ITEMS

Banana Chocolate Chip Muffins

Gougères

Soft Garlic Knots

# EQUIPMENT LIST

Each participant may use the list of equipment below as a guideline. Participants will submit a complete list of equipment they will use during competition. See more information in the 2020-2021 NC FCCLA Competitive Events Guidelines.

- 1 Paring Knife
- 1 Chef Knife
- 1 Serrated Edge-Knife
- 2 Cutting Board
- 1 Set Measuring Spoons
- 1 Set Dry Measuring Cup
- 1 Liquid Measuring Cup
- 1 Set Glass Mixing Bowls
- 1 Straight-Edge Spatula
- 1 Whisk
- 1 Sturdy Spoon
- 1 Stiff Spatula
- 1 Hand Mixer
- 1 Grater
- 1 Bench Scraper
- 1 Pastry Brush
- 1 Large Saucepan
- 1 Cake Tester
- 2 Large Baking Sheets
- 2 Cooling Rack
- 1 Thermometer
- 1 Sharpening Steel
- 3 Towels
- 1 Hot Pad
- 1 Oven Mitt
- 1 Piping Bag with Tips

# Banana Chocolate Chip Muffin

Yield: 12-14 Muffins

## Ingredients:

8 Tbsp.	Butter, room temperature
2/3 c.	Sugar
1 c.	Mashed banana, about 2 medium or 1 ½ large bananas
1	Large egg
1 tsp.	Vanilla extract
1/3 c.	Milk
1 ½ tsp.	Baking powder
½ tsp.	Baking soda
½ tsp.	Salt
1 c.	All-Purpose Flour
1 c.	Whole Wheat Flour
¾ c.	Chocolate chips

## Procedures:

1. Preheat oven to 350°F. Lightly grease 12 to 14 standard muffin cups.
2. In a medium-sized mixing bowl, beat together butter and sugar, until smooth.
3. Beat in the mashed banana, then the egg, flavorings, and milk.
4. Add in the baking powder, baking soda, salt, and flours, stirring until smooth. If the mixture has a lot of lumps, beat at a higher speed until they've nearly disappeared.
5. Stir in chocolate chips.
6. Heap the thick batter into prepared muffin cups, mounding them quite full. A muffin scoop might work well here.
7. Bake muffins for 20-23 minutes, until a cake tester or toothpick inserted into the center of one of the middle muffins in the pan comes out clean.
8. Remove the muffins from the oven, and tilt in the pan to cool a bit.
9. Transfer to a wire rack to cool completely.

# Gougères

Yield: 30 pastries

## Ingredients:

1 c.	Water
8 Tbsp.	Butter, unsalted
3/8 tsp.	Salt
1 ¼ c.	All-Purpose Flour
4 lrg.	Eggs
1 c.	Grated sharp cheddar cheese

## Procedures:

1. Preheat oven to 425°F. Line two baking sheets with parchment paper.
2. Combine water, butter, and salt in a large saucepan. Place the saucepan over medium-high heat to melt the butter and bring the mixture to a boil.
3. Remove the pan from the heat and add the flour all at once, stirring vigorously with a sturdy spoon or stiff spatula.
4. Return the pan to medium heat briefly, stirring until the mixture smooths out and starts to steam. The batter will be very thick and shiny at this stage.
5. Remove the pan from the heat and let the thick batter cool, stirring occasionally, for 5-10 minutes. You should be able to hold a finger in it for a few seconds; or a digital thermometer should read below 125°F.
6. Transfer the mixture to a large bowl.
7. Beat in the eggs one at a time, on medium speed. Wait until each egg is fully incorporated before adding the next. Beat for about a minute after adding the last egg.
8. Add all but 2 Tbsp. of grated cheese to the mixture, stirring to incorporate.
9. Transfer batter to piping bag with ½" to ¾" diameter round tip. Pipe into mounds about 1 ½" in diameter, leaving 2" of space between them.
10. Sprinkle the remaining cheese on top of the pastries.
11. Bake for 15 minutes, then reduce the oven to 350°F. Bake 20-25 minutes longer, until they are medium golden brown. Do not open the oven while baking.
12. Remove from oven and transfer to cooling rack to cool.

# Soft Garlic Knots

Yield: 16 knots

## Ingredients:

3 ¼ c.	All-Purpose Flour
¼ c.	Nonfat dry milk
3 Tbsp.	Potato flour
1 Tbsp.	Sugar
2 tsp.	Instant yeast
1 ¼ tsp.	Salt
2 Tbsp.	Olive oil
1 c.	Water, lukewarm
4	Cloves garlic, peeled and crushed

## Procedures:

1. Whisk dry ingredients together to prevent potato flour from clumping when liquid is added.
2. Stir in olive oil and water, then mix. Knead by hand to form a smooth, elastic dough, adding additional water or flour as needed.
3. Place the dough in a lightly greased bowl, cover, and allow it to rise for 1 hour, until it is doubled in size.
4. Preheat the oven to 350 °F. Line baking sheet with parchment paper.
5. Divide the dough into 16 pieces, and roll each into a rope about 11" long. Tie each rope into a knot, tucking the loose ends into the center.
6. Place knots onto prepared baking sheet, cover, and let rise for 45 minutes to an hour, until puffy.
7. Bake knots for 15-18 minutes. Knots should be set, and very lightly browned.
8. While baking, whisk together melted butter and garlic.
9. Remove the knots from the oven, and brush or drizzle with garlic butter mixture. Sprinkle with Italian seasoning and parmesan cheese.