



Baking and Pastry STAR Event Recipes
California State Competition, April, 2023

Buttermilk Biscuits
Creamed Puffs with Whipped Cream
Decorated Cake, Theme: Spring

Buttermilk Biscuits

Yield 10

Ingredients

3 cups AP flour
5 t. baking powder
1 ½ t. salt
½ t. baking soda
½ cup cold unsalted butter
1 to 1¼ c. cold buttermilk
Melted butter to brush on tops

Instructions

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Sift together the dry ingredients in a large mixing bowl.
3. Cube the butter and using a pastry cutter, cut into the dry ingredients until it becomes crumbly and resembles peas.
4. Mix in 1 cup of cold buttermilk, just until the crumbs are moistened. Add up to ¼ cup more buttermilk if needed. The dough should not be overly wet but, slightly sticky.
5. Roll out on a lightly floured surface about ¾ to 1 inch thick. Cut into rounds using a 2-inch cookie cutter dipped in flour. Reroll scraps and repeat.
6. Place biscuits 2 inches apart on the prepared baking sheet. Brush the tops with melted butter.
7. Bake 13-15 minutes until lightly golden and puffed.
8. Brush with melted butter after removing from the oven.

Cream Puffs with Whipped Cream

Yield: 1 dozen

Choux Paste

Ingredients:

½ cup water
3 T. butter
½ cup AP flour
2 eggs
¼ t. salt
½ t. sugar

Directions

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a saucepan, bring the water and butter to a full boil.
3. Add the flour all at once and stir vigorously. The flour needs to incorporate all of the liquid and cook enough to remove the taste of raw flour. The dough will be ready when it forms a ball in the middle of the pan.
4. Add the eggs to the dough as soon as you remove the pan from the fire. Before you add the last egg, check for sanitation by observing a slowly slumping trench.
5. Pipe the dough while it is still warm.
6. Bake for 20-30 minutes.

Whipped Cream

Ingredients

1 c. heavy cream
2 1/2 t. powdered sugar
1/2 t. vanilla extract
¼ t. gelatin powder

Directions

1. Whip the heavy cream, sugar and vanilla until soft peaks form.
2. Sprinkle with gelatin and continue to whip until the cream holds its shape but not broken.

Cream Puff Construction

1. Fill prepared puffs with prepared whipped cream.
2. Dust with powdered sugar.

Decorated Cake Theme: Spring

1-9" cake round(supplied by competitor: 9" x 3")

3 # prepared icing (supplied by competitor)

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

Icing spatulas

Plastic spatulas

Rose Nail

Serrated knife

Scissors

Bowls or containers for mixing colors

Using no more than 3 lbs. of scaled icing

1. 9-inch cake round – no splitting; rubric points will be automatically added.
2. Cake must be smooth iced with buttercream—no combed or patterned sides.
3. The bottom border of the cake must be a rope border.
4. The top border of the cake must be a dot border.
5. Buttercream rose bouquet consisting of Three (3) buttercream roses, Four (4) buttercream rosebuds, stems and their leaves
6. Scripting – participants will write a message of their choice related to the theme, in cursive (script), on the cake (spelling counts)
7. Participants may choose their color palette. Precoloring of buttercream is acceptable with the understanding that colors should relate to the assigned theme.
8. Do not comb sides or pattern sides of cake, besides piped border.

Baking and Pastry Supply and Equipment List

Supplies(to be supplied by the competitor):

- 9 inch cake round (dummy) (9 inches x 3 inches)
- No more than 3 pounds of scaled icing

Equipment:

2 each 1 cup dry measuring cup
½ cup dry measuring cup
⅓ cup dry measuring cup
¼ cup dry measuring cup
1 cup liquid measuring cup
2 each 2 cup Liquid measuring cup
portion cups
container to melt butter
measuring spoons
straight edge spatula
rubber spatula
spoon
chef knife
pastry cutter
cutting board
pastry brush
sifter
large mixing bowl
2 medium mixing bowls
pastry board
rolling pin
1 each 2-inch diameter cookie cutter
2 baking sheets
parchment paper
medium saucepan
small saucepan
wooden spoon
3 large piping bags
2 each #1A (½ inch) plain pastry tips
#16 star pastry tip
coupler (optional)

timer
stand mixer(optional)
wire whip mixer attachment (optional)
2 serving dishes
1 each stand mixer bowl
cooling rack
wire whisk
supply tray
pot holders
food service gloves
scrap bucket or bin
sanitation bucket
towels
paper towels
plastic wrap
extension cord (optional)

Cleaning supplies to include :

Dish soap
Cleaning brush
Drying towels

Time Management Plan

State _____

[illegible]

