

Baking and Pastry, an individual event, recognizes participants enrolled in a Family and Consumer Sciences food class in a **comprehensive high school**. Individual participants will be evaluated on their ability to produce a quality, tasteful and attractive pastry produce using standard recipes, contemporary kitchen equipment, and established food preparation techniques. Participants must develop a plan for the time allotted, prepare recipes given to them at the time of the event, and plate their final items for evaluation. Participants will be required to fill out a final personal evaluation sheet.

Event Category

Senior: grades 10- 12

Eligibility

Districts may enter two participants.

1. Participation is open only to participants in comprehensive high school chapters.
2. Participants must be or have been enrolled in a Family and Consumer Sciences class.
3. Participants must attend a Baking and Pastry orientation session prior to the competition.

Procedures and Time Requirements

1. Participants will report to the designated room at the specified time required with equipment and wearing appropriate, clean attire. (Whites NOT required.)
2. Participants will receive the recipe for the mandated cake and be prepared to make one of the recipes given to them at the event from the list of “suggested event recipes”.
3. Participants will receive the mandated recipe and list of equipment they should bring with them after their registration had been received.
4. Participants will have approximately 20 minutes to establish a work plan and organize their work area.
5. Participants will have approximately 60 minutes to prepare the two recipes, the mandated and the assigned recipe.
6. Participants will be given approximately 30 minutes for clean up and additional baking time if needed.
7. Participants will be given approximately 20 minutes to prepare and plate the product for evaluation after clean up.
8. Participants will fill out a final evaluation sheet after submitting product for judging.
9. Evaluators will use the rubric to score and write comments for the participants. Then the evaluators will meet with each other to discuss participants’ strengths and suggestions for improvement.
10. The total time for this event is approximately 2 hours and 30 minutes.

General Information

1. An equipment and tool requirement list will be sent to the students prior to state meeting. Students may add additional non-food items they wish to bring, such as equipment for plating.
2. All ingredients will be provided. Additional food items may be brought to the event **ONLY** to be used for decorative purposes.
3. All major equipment needed for recipes will be available.
4. No spectators will be allowed at the event.

Mandatory Recipe

Black Forest Cake

Suggested Event Recipes

Cream puffs with a chocolate sauce

Rugelach

French dipped butter cookies

Cinnamon crumb muffins

Oatmeal cookies with vanilla glaze

Baking and Pastry

Specifications

Appearance

Participants will be groomed and wear appropriate clean attire and apron. Hair will be tied back and jewelry will be kept to a minimum.

Clothing and appearance Wear appropriate clothing and present a well groomed appearance

Planning

Participants will have 20 minutes to prepare a work plan after receiving and choosing the recipes they will use for the competition. During this time they will be expected to prepare and organize their work area.

Effective Planning Sheet Make a schedule and develop a sequential plan for completing tasks efficiently.

Follow Planning Sheet Follow plan; adapt plan as necessary.

Food Preparation

Participants will have 110 minutes to prepare two recipes, one required and one assigned from the suggested event recipe list. Both products must be plated for judging.

Participants are required to bring all items on supply list. Participants may bring equipment, tools or food items to enhance or decorate items.

Participants will be judged on their food preparation techniques, their ability to follow correct food safety and sanitation procedures, their use of the work plan, and the appearance and taste of the final product.

Equipment, Tools, and Techniques Use proper equipment, tools, products, vocabulary and techniques in the preparation and decoration of products.

Following directions Prepare work plan and follow recipe in proper sequence.

Sanitation and Safety Keep work area clean and organized; demonstrate appropriate safety and sanitation procedures.

Organized and cleaned work area Work area organized and kept clean throughout process. Kitchen left spotless at the end of the event.

Food Presentation

Each participant will prepare two recipes. Each of the two products will be plated twice, once for appearance, the other for a tasting plate. All preparation work must be completed within one hour. Items may bake during a thirty minute clean up. Plating, decorating and final presentation preparation will be given twenty minutes after the clean up and bake period.

Product Appearance	Prepare two decorated plates for each recipe exhibiting creative appearance, color, and shape.
Product Taste	Products should meet the standard of taste for each recipe. Correct sweetness and moisture will be judged.
Garnish or Decoration	Presentation should be tasteful, creative, and have eye appeal.

Evaluation

Each participant will have ten minutes to complete a self-evaluation sheet. The sheet will critique strengths and areas for improvement of the final product and procedures used.

Evaluation	Evaluation should reflect areas that could be improved as well as highlighting those techniques that were successful.
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